



# Focus on Aging

A Quarterly Publication

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Call the Area Agency on Aging for information on winter weather safety.  
**(937) 223-HELP**

**Online Resources**  
<http://www.aging.ohio.gov/information/emergencypreparedness/>  
<http://www.aging.ohio.gov/steady/individuals/#winter>  
<http://www.weathersafety.ohio.gov/>  
<http://www.ema.ohio.gov/>



## Ready or Not ...

Ohio winters are unpredictable and can bring a variety of weather, including snow, ice, extreme cold, and wind. These can create significant hazards for all Ohioans, but especially our elders. The Ohio Department of Aging and the STEADY U Ohio initiative encourage all Ohioans to have a plan and know how you will be "Winter READY | Winter STEADY!"

### Winter READY

A good winter preparedness plan should enable you to remain in place for three days if you become unable to leave your home due to weather conditions.

- Have an **emergency kit** that contains, at a minimum, a battery operated radio, flashlight, extra batteries, a loud whistle or bell, food you can open and prepare easily, water (one gallon per person per day), extra blankets, and a first aid kit.
- Keep a **backup supply of the medications** you take every day. Have an ice chest on hand and keep ice packs in the freezer for medications that need to be kept cool.
- Make sure your **medical equipment and assistive devices** (such as canes, walkers, wheelchairs, lifts, oxygen tanks, etc.) are easy to locate in an emergency. Have spare batteries and non-powered options for equipment that will not work without electricity.
- Designate a **safe place** to go if it becomes unsafe to stay in your home, such as a friend's or neighbor's house or shelter. Have a plan for getting there.
- Prepare to explain how to help you **move safely and quickly** (e.g., "take my oxygen tank," "get my insulin from the refrigerator").

### Winter STEADY

Wintry conditions increase the risk of a potentially life-changing fall. However, falls are not a normal part of aging, and most falls can be prevented. Find tips to help prevent falls at the STEADY U Ohio website, [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov).



## Winter Heating Help for Older Ohioans

Ohio has several energy assistance programs to assist low income Ohioans with paying their utility bills.

The **Home Energy Assistance Program (HEAP)** is a federally funded program to help low-income Ohioans by providing a one-time benefit annually to the consumer's primary heating source account. For example, if you heat your home with a gas furnace, a credit will be provided to your gas bill. To receive this benefit, the applicant must be at or below 175% of the poverty level.

The **Percentage of Payment Plan Plus (PIPP Plus)** is a year-round extended payment arrangement that provides assistance with both electric and heating fuel bills. Persons at 150% of the poverty level pay only \$10 per month or 6% of their gross monthly income (whichever is greater) to the utility company each month to maintain service.

To apply for HEAP and PIPP Plus, complete the Energy Assistance Programs Application 2015-2016 (available online at: [energyhelp.ohio.gov](http://energyhelp.ohio.gov), click on "Energy Assistance Programs Application") or visit your local energy assistance program provider in person.

The **Winter Crisis Program (WCP)** provides a one-time benefit annually to your primary heating source account. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new services or pay to transfer service, or have 25% (or less) of bulk fuel. The program can also assist with fuel tank placement and furnace repair, and can provide funds for the purchase of electric heaters. Visit your local energy assistance program provider to apply in person for WCP.

## Regional Energy Assistance Program Providers

*It is advised to call ahead and make an appointment.*

### Champaign County

Community Action Organization of  
Delaware, Madison, and Union Counties  
40 Monument Square, Suite 200, Urbana  
937-772-9164  
M-F, 8:00 am – 4:30 pm

### Clark County

Opportunities Industrialization Center of  
Clark County  
10 South Yellow Springs Street, Springfield  
937-323-6461  
M-F, 8:00 am – 5:00 pm

### Darke, Greene, Montgomery, and Preble Counties

Community Action Partnership of the Greater  
Dayton Area  
719 South Main Street, Dayton  
937-341-5000  
M-F, 8:00 am – 5:00 pm

### Logan County

Community Action Organization of  
Delaware, Madison, and Union Counties  
1653 US 68 North, Bellefontaine  
937-404-9203  
M-F, 8:00 am – 4:30 pm

### Miami County

Miami County Community Action Council  
Community Services Center  
1695 Troy-Sidney Road, Troy  
937-335-7921  
M-F, 8:30 am – 4:30 pm

### Shelby County

Community Action Organization of  
Delaware, Madison, and Union Counties  
110 East Russell Road, Sidney  
937-507-9341  
M-F, 8:00 am – 4:30 pm



## March Leader Training Scheduled

*Applications Accepted Through February 15*

Chronic diseases – those conditions that are treated and managed, but not often cured – take an enormous toll on peoples' lives. Fortunately, the Area Agency on Aging offers community workshops called Healthy U to help people develop the skills and coping strategies they need to manage symptoms and maintain active and fulfilling lives.

In an effort to offer more regularly scheduled workshops throughout our nine counties, the agency is conducting a 4-day Healthy U lay leader training in the Dayton area on **March 17, 18, 24, and 25, 2016**. Roundtrip mileage to the training site will be reimbursed.

Successful leader candidates will have:

- Experience managing their own long-term health problem or caring for someone with a chronic condition.
- The availability to present this series of six weekly workshops at least twice a year.
- A strong commitment to following program standards, content, and time frames.
- The ability to work with a co-leader, and to speak in front of a small group and facilitate discussion.
- Good communication, listening, and interpersonal skills.

Interested leader candidates should contact Ann Finnicum at 937-341-3020, 800-258-7277, or [afinnicum@info4seniors.org](mailto:afinnicum@info4seniors.org) for additional information and to obtain a leader application. Program information and the leader application can be found under "News" on the agency website ([www.info4seniors.org](http://www.info4seniors.org)).



**Application Deadline:**  
**February 15, 2016**

## Community Workshops Promote Independence

Management of chronic diseases and fall prevention are two things that can help seniors remain independent in their community for as long as possible. Learn how to improve both by attending *Healthy U* and *A Matter of Balance*, evidence-based workshops offered throughout our nine-county region.

**Healthy U** - Visit [www.info4seniors.org](http://www.info4seniors.org) or [healthyuaaa2](https://www.facebook.com/healthyuaaa2) on Facebook to find workshops near you. Contact Ann Finnicum at 937-341-3020 or [afinnicum@info4seniors.org](mailto:afinnicum@info4seniors.org) for more information or to discuss being a workshop host site partner.

**A Matter of Balance** - Contact Goodwill Easter Seals of the Miami Valley about workshops offered throughout the region: 937-528-6409 or [c.wheeler@gesmv.org](mailto:c.wheeler@gesmv.org). The Preble County Council on Aging (937-456-4947) and the Yellow Springs Senior Center (937-767-5751) also offer workshops.

## Homestead Exemption



The homestead exemption allows low-income senior citizens and permanently and totally disabled Ohioans to reduce their property

tax bills, by shielding some of the market value of their home from taxation. The exemption is a credit on property tax bills that allows qualifying homeowners to exempt up to \$25,000 of the market value of their homes from all local property taxes. For example, through the homestead exemption, a home with a market value of \$100,000 is billed as if it is worth \$75,000.

For information about Homestead Exemption, visit the Frequently Asked Questions page on the Ohio Department of Taxation's website (<http://www.tax.ohio.gov/faq.aspx>) and select the category "Real Property Tax – Homestead Means Testing." You also may call the Taxpayer Service Line at 1-800-282-1780.

## Seeking Nominations to OH Senior Citizen Hall of Fame

The Ohio Department of Aging is accepting nominations for their 2016 Ohio Senior Citizens Hall of Fame award. Individuals and organizations interested in nominating a neighbor, colleague, family member or friend may visit [www.aging.ohio.gov/news/halloffame/](http://www.aging.ohio.gov/news/halloffame/) for more information and to submit a nomination or download the nomination form. Call 614-728-0253 to request a hard-copy nomination form.

Individuals selected for the Hall of Fame set an example for all Ohioans by leading lives not defined by age or barriers. They can be recognized for contributions and accomplishments after age 60 or for a continuation of effort and achievement begun before that age. Nominees must be outstanding in service to mankind through leadership, innovation, motivation and contribution.

Nominees must be age 60 or older and a native-born Ohioan or a resident of Ohio for at least ten years. Nominees will be evaluated on the impact that their contributions and accomplishments have had in keeping Ohio on the leading edge of innovation and responsiveness to the growing and changing aging population; and/or the degree to which they are respected and vital members of society who continue to grow, thrive and contribute.

Nominations are accepted year-round, but **to guarantee your nomination is considered for the current induction year, please submit it by February 15.** The older Ohioans selected will be honored in a special ceremony in Columbus this May, hosted by the Ohio Department of Aging and the Ohio Association of Area Agencies on Aging. Since 1978, more than 400 individuals age 60 or older have been inducted into the Hall of Fame.

*We are what we repeatedly do.  
Excellence, then is not an act,  
but a habit.* *Aristotle*

Nominate that person you know who has made a habit out of excellence.



### Caregiver Corner

*Caring for Your Mental Health  
Anger*

One of the greatest challenges facing most caregivers is taking care of themselves, and good self-care includes caring for your mental health as well as your physical health. In Caregiver Corner this year we will address some of the most common reasons caregivers and care receivers contact mental health professionals. We appreciate Powerful Tools for Caregivers granting permission to excerpt sections of **The Caregiver Helpbook**, 3rd Edition, Chapter 20, *Your Mental Health*.

"Anger is a familiar emotion for caregivers and care receivers. Anger is a natural response to sadness, fear, or feeling out of control, and caregiving is fraught with these emotions. In addition, dealing with the situation of being dependent on others or having someone else dependent on you, can stir strong feelings of anger.

If someone has an addiction or an anger control problem before the caregiver-care receiver relationship develops, anger management may be a major issue. Many chronic conditions include personality changes, and a person who has never had a problem with anger may suddenly become chronically angry or have frequent anger outbursts.

Working with a counselor to learn anger management techniques and healthy ways to respond to another's anger can be helpful."

*If you are concerned about feelings of anger, talk with someone who can help you find the resources that will allow you to take care of your emotional health. Contact the Area Agency on Aging to find support available in your county.*

**937-223-HELP**

**800-258-7277**

**[www.info4seniors.org](http://www.info4seniors.org)**

## March Alzheimer's Events

Mark your calendars for the annual Alzheimer's Association Dimensions of Dementia, which will be held on March 30 (Community Forum) and March 31 (Professional Symposium) at Sinclair Community College David H. Ponitz Center in Dayton.

The **Community Forum** will begin at 4:30 pm with a resource fair. The keynote speaker and dinner will begin at 5:30 pm and end at 7:00 pm. Cost is \$10 per person.

The **Professional Symposium** will begin at 8:00 am and end at 4:00 pm. The symposium provides an opportunity to network with other professionals and learn from the many breakout sessions, keynote speaker, and closing speaker. CEUs will be offered.

The keynote speaker is Dr. Steven Sabat of Georgetown University. Come find out what it is like to have Alzheimer's disease, the signs of well being in the person with Alzheimer's, and whether people with the disease form new memories.

**For more information or to register,** contact Katie Luce at [kluce@alz.org](mailto:kluce@alz.org) or 937-610-7013.



## Don't Miss Out!

*Change in Email  
Distribution of Agency  
Training Brochures*

We are changing our method of distributing registration brochures for Area Agency on Aging trainings approved for social worker CEUs.

If you wish to receive brochures by email, please **send your request to [afinnicum@info4seniors.org](mailto:afinnicum@info4seniors.org)**. The current training brochure will be sent by return email as confirmation.

Those who received brochures by email in the past must confirm their continued interest. Those who do not contact the agency will no longer receive training brochures by email.

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## PSA 2 Meetings Schedule

The 2016 meetings of the **Area Agency on Aging, PSA 2 Advisory Council** and **Board of Trustees** are scheduled for the fourth Wednesdays of January through October. The final 2016 council and board meetings will be December 7. There are no meetings in June, when the Annual Meeting is conducted. The Council meets at Spring Meade in Tipp City at 10:00 a.m. The Board meets at the agency in Dayton at 4:00 p.m.



## PSA 2 Training

**Feb 18:** *Through their Eyes - Understanding the Emotional Journey of Chronic Illness*

(3-hr CEU)

Presenters: Kristy Matheson, LSW, and Danita Kooyman

**Apr 21:** *Legal and Ethical Issues in Counseling, Social Work, and Marriage and Family Therapy*

(3-hr CEU)

Presenter: Bill Hegarty, J.D.

The Area Agency on Aging is a social worker CEU provider. You may print training brochures from our website, [www.info4seniors.org](http://www.info4seniors.org).



**Area Agency on Aging, PSA 2**  
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*Advocacy. Action. Answers on Aging.*

*Serving Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby Counties*

# OUTSTANDING!

## **Now Accepting Nominations** ***Outstanding Senior Citizen***

Inside this newsletter you will find a nomination form for the 2016 Outstanding Senior Citizen Award. The Area Agency on Aging (AAA) asks that you consider nominating an older Ohioan who makes a difference in your community.

AAA recognizes an Outstanding Senior Citizen in each of our nine counties during Senior Citizens Day celebrations in May. Nominees must be at least 60 years old, a legal resident of Ohio for the past five years, and not a previous recipient. Major emphasis will be placed on contribution to the community. Service in any field of endeavor will be considered.

**Nomination deadline is April 1, 2016.**

Call the **Area Agency on Aging, PSA 2** for information about services to help seniors and their caregivers.

**223-HELP**

**(800) 258-7277**

Information is also available online.

**[www.info4seniors.org](http://www.info4seniors.org)**

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