



# Focus on Aging

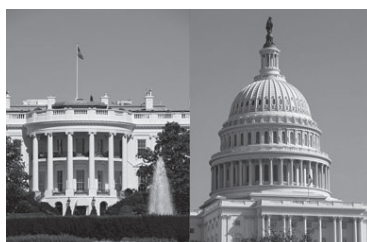
A Quarterly Publication

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## Older Americans Act Reauthorized



In April the President signed into law the Older Americans Act (OAA) Reauthorization Act of 2016, after bipartisan support in both houses of Congress. By law the OAA undergoes the process of reauthorization every three years, but the last reauthorization expired in 2011.

The ongoing mission of OAA is to provide a means for older adults to age with dignity, independence and health in their homes and communities through delivery of social and nutrition services. OAA provides essential services to nearly 11 million seniors: information and referral, in-home assistance, nutrition programs, transportation, caregiver support, legal services, health promotion and disease prevention programs and protection from abuse and financial exploitation.

The Area Agency on Aging, PSA 2 thanks Congress and the President for their support of OAA and urges the same bipartisan effort in funding important programs to meet the needs of seniors across the country. "Increased funding is essential to serve the growing number of older persons with ever increasing need for supports and services across our nine counties," said Area Agency on Aging Executive Director Doug McGarry. "We will continue to advocate for adequate funding of the many OAA programs and services that support the independence of Ohio's older adults and provide education and assistance for their caregivers."



## OAA – Historical Perspective

A federal law, the Older Americans Act was established in 1965. Originally its purpose was to serve all persons in the United States age 60 years and older. It established the Administration on Aging at the federal level and provided funds to states for community planning, advocacy, service development and training. The Act required states to form Units on Aging, and by 1973, regional Area Agencies on Aging were created to carry out the mission of the OAA.





In this edition, Caregiver Corner continues to address mental health challenges that commonly occur when providing or receiving care. Loss is one of those challenges.

Examples of losses include: sense of self, relationships, former mental or physical abilities, and independence. Grief is a normal response to loss, and over time, grief that is acknowledged will lessen. If anxiety or depression develop as a result of ongoing grief, professional mental health care is recommended.

One way for the caregiver and care receiver to alleviate grief is to acknowledge to each other the losses they are experiencing. Once the losses are recognized, feelings and expressions of grief can be validated, and the emotion and physical reactions can be understood as normal.

The following are coping strategies for grief, excerpted with permission from "The Caregiver Helpbook," by Powerful Tools for Caregivers ([powerfultoolsforcaregivers.org](http://powerfultoolsforcaregivers.org)).

- Sharing painful thoughts.
- Identifying destructive coping strategies like substance abuse and working to eliminate them.
- Recognizing those who are truly supportive, and taking advantage of the help they offer. This would include support groups.
- Planning realistically for the future.
- Exploring new avenues for healing and growth – things not done before, such as hobbies, travel, social clubs, sports, etc.
- Examining spiritual issues and struggles that might have been brought on by the caregiving experience, and reuniting with beliefs, rituals and faith communities.

Hospice care, grief counseling and support groups are also helpful if the experience of grief is interfering with activities of daily life.

Emergencies are sudden and require action for relief. They can be acts of nature, human error or deliberate effort to cause harm. No matter the cause, planning ahead can lessen the impact, making recovery possible and conditions more livable until circumstances return to normal. *Ready Set Safe* is a new recurring column that will include articles about disaster readiness and how to prepare for emergencies, starting with making and communicating a plan.

**Making a Plan**--First evaluate what is essential in daily living, and make an alternate plan if an emergency causes ordinary means to no longer be available. Humans share common needs for water, food and shelter, but there may be other needs that are specific to the individual. For instance, do you rely on another for care? How will you contact them in event of an emergency? Do you rely on medical equipment or have need for handicap accessible transportation? Write down an alternate plan to meet daily needs and keep it with your emergency supply kit (more on emergency kits in future editions).

**Communicating the Plan**--Have a list of names, numbers and addresses of people who are important, especially those who provide assistance to you. Make a copy of this list—one for the emergency kit and one for your purse or wallet. Discuss your plan in advance with a personal support network of family, friends and care providers. Ideally, one person in your support network would live in another geographical area and therefore may not be affected by the emergency.

If phones are down locally, it might be possible to call long distance and reach an out-of-town contact. An individual who is not in the impacted area may be able to communicate with others in your support network when you are not able to do so. In this way, family members and significant others can stay connected through the communication of the person who is outside the impacted area.

## Older Americans Act ...

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Funding for OAA comprises approximately one-half percent of the federal expenditures on Medicare and Medicaid. As a result of limited resources, OAA funds are used primarily to provide in-home and community services and caregiver support for those most in need.

Title III is a portion of OAA that structures grant monies for funding the long-term care ombudsman; legal assistance; nutritional services, including congregate meal settings; caregiver support, including respite care services; and evidence-based programs for preventative health services. In our region these evidence-based programs include **Healthy U** and **A Matter of Balance** – workshops offered at a variety of sites throughout our nine-county region. **Powerful Tools for Caregivers** is a third evidence-based program that will soon begin in our region with support from OAA funding.

## Low Cost Internet Now Available



A new program began in April offering low-cost wireline home internet services to qualifying households in our region. The program includes a free installed Wi-Fi modem with no credit deposit or commitment. The monthly charge of \$10.00 plus tax provides access to internet speeds of 5 or 10 megabits per second.

In order to qualify, at least one household member must participate in the Supplemental Nutrition Assistance Program (SNAP), formerly referred to as food stamps. The program is scheduled to last at least 4 years.

The application is available at [www.att.com/access](http://www.att.com/access). You may submit the form online, via email, or print the form and send via fax or mail.

## Make a Difference in Your Community - Train to be a Healthy U Leader!

An opportunity is available to make a difference in your community by helping others discover the importance of disease self-management. Please review the enclosed flyer, and if you have the qualities listed there, consider training this June to be a Healthy U leader.

We offer workshops throughout our region and leaders are needed in all nine counties.



There are three types of Healthy U workshops offered -- chronic disease, diabetes, and chronic pain. The four-day June training prepares leaders to present Healthy U/Chronic Disease, and two-day cross-training in the diabetes and chronic pain programs will be offered to interested active leaders at a later date.

Leader training equips you to lead others in this proven method of improving management of their chronic disease symptoms. Co-leaders guide the participation of others by using clearly prepared presentation materials—all of which are provided.

In this supportive, small group environment, individuals who attend Healthy U are empowered to view how their own decisions can have a positive impact on their health. With the guidance of leaders, participants are given the tools to problem solve and make decisions that will enhance health and well-being.

**"I was letting the pain ruin my life. This class taught me a new way to live."**

Healthy U was developed at Stanford University and is brought to you in Ohio by the Ohio Department of Aging and the Area Agencies on Aging.



## Celebrate Seniors in May

Each May we celebrate Older Americans Month by recognizing contributions of older adults who make a difference in our communities. A senior day event is scheduled in each of the nine counties of our region, and the Area Agency on Aging is proud to honor an Outstanding Senior in each county. Find your county's Senior Day event listed below and plan to join the celebration of Ohio seniors.

### **Champaign County: May 10**

Champaign County Fairgrounds, Urbana  
Contact: Stacy Barnhardt (937) 653-6088

### **Clark County: May 10**

Clark State Hollenbeck Bayley Conference Center, Springfield  
Contact: Maureen Fagans (937) 323-4948

### **Darke County: May 18**

Romer's Catering, Greenville  
Contact: Lindsey Gehret (937) 548-1138

### **Greene County: May 17**

Greene County Fairgrounds, Xenia  
Contact: Pam Dorsten (937) 376-5486

### **Logan County: May 17**

First Church of God, Bellefontaine  
Contact: Zach Liggett (937) 593-6089

### **Miami County: May 13**

A Learning Center, Piqua  
Contact: Evelyn Axt (937) 341-3018

### **Montgomery County: May 27**

Hara Arena, Dayton  
Contact: Chuck Sousa (937) 829-0979

### **Preble County: May 10**

Preble County Council on Aging, Eaton  
Contact: Stacy Copes (937) 456-4947

### **Shelby County: May 17**

Senior Center of Sidney-Shelby County, Sidney  
Contact: Darla Wilges (937) 492-5266



Viewing aging as a source of pride and accomplishment, rather than attributing negative connotations, was the inspiration for the Ohio Department of Aging's 2016 Older Americans Month theme.

Inanimate objects are often valued precisely because of their age--think antiques and historic buildings. Why don't we value our own aging in the same way? Despite the challenges aging might bring, it also brings a depth of wisdom and richness of experience.

Consider taking the following pledge to challenge your negative views of aging.

**I pledge** to challenge ageist views and negative stereotypes about aging wherever I see them;

**I pledge** to make lifestyle changes that will decrease the likelihood of chronic disease and injury as I age;

**I pledge** to help others understand that aging has both challenges and benefits at every stage of life;

**I pledge** to remember that all Ohioans deserve opportunities to grow, thrive and contribute throughout their lifespans; and

**I pledge** to make aging my business and challenge my community leaders, business owners, co-workers, family and friends to make aging their business too!

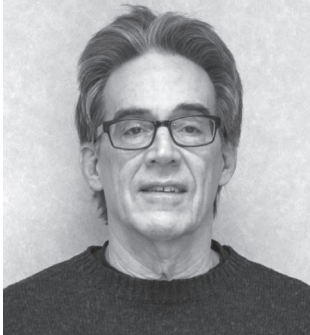
## Disability Determinations - A New Way

The State of Ohio is planning to streamline disability determinations beginning July 1, 2016. Presently individuals eligible for Supplemental Security Income (SSI) must have their disability determined by Social Security to receive income, and then by Job and Family Services (JFS) for Medicaid eligibility. Part of the new plan is for JFS to accept the determination made by Social Security. As a result of being eligible for SSI, a disabled individual will automatically be considered eligible for Medicaid. It is projected that nearly two-thirds of Ohioans with a disability who qualify for Medicaid will come onto the program through the new, single disability determination process. Visit <http://medicaid.ohio.gov/INITIATIVES> for additional information.

## Advisory Council News

### Officers Elected

In March, the Area Agency on Aging Advisory Council re-elected officers to a one-year term beginning April 2016.



**David Higgins** of Champaign County serves as Chairperson.



**Molly Helmlinger** of Shelby County serves as Vice Chairperson.

### Term Renewals

The Agency appreciates the continued service of nine members who renewed their Advisory Council terms, serving April 2016 through March 2019.

Champaign	<b>Warren Stevens</b>
Clark	<b>Donna Parks</b>
Darke	<b>Dennis Wein</b>
Greene	<b>Suzanne Patterson</b>
Logan	<b>Beverly Mellum</b>
Miami	<b>Lisa Beanblossom</b>
Montgomery	<b>Valerie Parker-Haley</b>
Preble	<b>Teresa Freeman</b>
Shelby	<b>Shelia Nuss</b>

The Area Agency on Aging Advisory Council advises the Board of Trustees regarding the administration of federal and state funds for services for those over 60 years of age, as well as other issues affecting older adults and their caregivers. The Advisory Council is composed of three representatives from each of the nine counties in our service area.



### PSA 2 Training

#### **May 23, 2016:** *Sensitivity to Aging*

Presented by Chuck Sousa, Senior Resource Connection (retired); Jane Eckels, LISW-S, Alzheimer's Association Miami Valley Chapter; and Margaret Burns, LSW, Area Agency on Aging

#### **June 13, 2016** - AM and PM Topics

**AM:** *Chronic Pain and Addiction*

**PM:** *Utilizing Motivational Interviewing as an Evidenced Based Treatment Technique*

Presented by: Jennifer Haywood, LISW, LICDC

#### **July 11, 2016:** *Working with Individuals with Disabilities*

Presenter: Brian L. Bethel, PhD

The Agency is a Social Worker CEU provider and offers training opportunities monthly, January through November.

You may print training brochures from our website, [www.info4seniors.org](http://www.info4seniors.org). Brochures are posted on the training calendar six weeks prior to the training date. Future topics are posted as confirmed.

### Get Connected!

**Receive AAA CEU brochures by email.**



If you wish to receive registration brochures for Area Agency on Aging CEU trainings by email, please contact Margaret Burns at [mburns@info4seniors.org](mailto:mburns@info4seniors.org). The current training brochure will be sent by return email as confirmation.

Have you been missing the Agency's CEU brochures that you used to receive by email? If you have not received a brochure in 2016, contact Margaret Burns to be sure you are on our new distribution list.



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*Advocacy. Action. Answers on Aging.*

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



## Apply for programs that may save you money on prescription medicine and Medicare expenses.

Are you on Medicare with a monthly income under \$1,505 (\$2,023 for a couple)? If so, you may qualify for programs that can save money on medical expenses.

Call for information and help to apply for these programs. Enrollment does not change your coverage.

### Area Agency on Aging

937-223-HELP or 800-258-7277

### Ohio Senior Health Insurance Information Program (OSHIIP)

800-686-1578

*Note: If you have both Medicare and Medicaid, you automatically receive these savings.*

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)**

*Funded in part by a Title III grant from the Ohio Department of Aging. The Area Agency on Aging is non-discriminatory in services and employment.*

# HEALTHY U NEEDS LEADERS

## Help your community thrive! Train to be a Healthy U Leader.

Healthy U is an evidence-based program that empowers participants to make decisions and set individual goals that enhance their well-being and improve their health. Join our team of committed, caring leaders and make a difference in your community.



### Next Leader Training

June 16, 17, 23, and 24—9 am to 4 pm

Round-trip mileage to the Dayton training site is reimbursed after training. Lunch is provided.

*We offer workshops in Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby Counties.*



Sponsored by the Area Agency on Aging

See reverse side for leader requirements. For questions or to apply for training, contact Ann Finnicum.

937-341-3020 or 800-258-7277  
afinnicum@info4seniors.org

# Healthy U Lay Leader Area Agency on Aging, PSA 2

Two trained lay leaders facilitate Healthy U workshops, modeling skills and activities in strict adherence to the training manuals provided. Leaders focus on *process* – helping create a sense of connection between group members and leaders to create a safe and optimum environment of mutual learning and support.

## MINIMUM REQUIREMENTS

- Successfully complete the required leader training – required 4-day core training in the chronic disease self-management program, and optional 2-day cross training in the diabetes and/or chronic pain self-management programs.
- Accept a minimum of two workshop assignments per calendar year. Each workshop includes six weekly sessions that last 2 to 2.5 hours. Leaders are paid a stipend of \$25/session (maximum \$150 total) upon submission of workshop paperwork, subject to continued funding from the Ohio Department of Aging.
- Strictly adhere to content and timeframes outlined in the training manual. Leaders are not permitted to introduce additional content or materials that are not part of the program. Leaders are not permitted to sell any product before, during, or after the workshop.
- Physically able to manage distribution/set-up of workshop materials and classroom set-up as needed.

## IDEAL ABILITIES/VALUES OF A LEADER

- Believes in the Healthy U program and its benefits.
- Demonstrates a caring, respectful, and compassionate attitude toward all people.
- Able to communicate successfully with a variety of individuals in different environments.
- Respects participant confidentiality.
- Able to work comfortably with groups, to read aloud and follow a script, and to write clearly on charts.
- Possesses good listening skills and is respectful of differing opinions.
- Able to guide discussions non-judgmentally.
- Able to encourage others and be optimistic about a person's ability to make step-by-step changes.
- Willing to share some personal information and experience with the group.
- Dependable and on time.