



Focus on Aging

A Quarterly Publication

Executive Director: Doug McGarry
Editor: Margaret Burns

About Ohio's Biennial Budget ...

Stay Tuned

Although the Ohio Legislature passed a budget for the state fiscal year 2018-2019 in June, some details are not yet final.

Governor Kasich exercised his line item veto 47 times before signing the budget bill, and the House voted to override 11 veto items. Veto overrides need the approval of three-fifths of each chamber, and the Senate will take up the process when they return in September. The Legislature has until the end of 2018 to override any vetoes made by the governor. Those items not vetoed are now law.

Some unresolved issues relate to proposed changes to Ohio's Medicaid program, including the move to Managed Long Term Services and Supports (MLTSS) and the role of Area Agencies on Aging (AAAs). Recognizing the long history of AAAs managing in-home services and supports for Ohio seniors and caregivers, the Legislature required managed care companies to contract with AAAs as coordinators of home and community based services if the state moves to MLTSS.

Other positive changes strengthen Adult Protective Services, including a small funding increase, language changes in the statute, and expansion of the list of mandated reporters.

Unfortunately, the budget also includes funding cuts that will impact services to seniors living in the community. State Senior Community Services funding was cut by 3%, which will result in reduced funding for home delivered meals, transportation, and other services that help seniors to live independently.



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Thank you!

We want to thank Ohio Legislators for including the Area Agencies on Aging in the MLTSS model, recognizing the importance of our role in care coordination, and that our community presence offers a constant for consumers and providers as Ohio moves toward managed care of long term services and supports.



Since 2014, the Red Cross, in partnership with fire departments and other local groups, has visited homes installing free smoke alarms, replacing batteries in existing alarms and providing fire prevention and safety education to prevent needless tragedies. This fall, they are launching **Sound the Alarm**, a series of home fire safety and smoke alarm installation events nationwide.

Volunteers will install 100,000 free smoke alarms in high risk neighborhoods, culminating in the installation of the one millionth smoke alarm. The goal is to reduce fire-related deaths and injuries in the United States by 25 percent by 2020.

For more information, or to volunteer in this effort, visit www.redcross.org.

Did you know ...

- Older adults and young children are at a higher risk to die in residential fires.
- It is proven that smoke alarms increase your chance of surviving a home fire by 50 percent.
- 83 percent of all fire deaths occur in residential settings and most begin in the kitchen.
- In gauging the severity of a fire, the Federal Emergency Management Agency (FEMA) has designated two classes of severity: confined or nonconfined.
 - Confined fires are small fire incidents that are limited in extent, staying within pots, fireplaces or certain other noncombustible containers. Confined fires rarely result in serious injury or significant property loss due to flame damage.
 - Nonconfined fires are fires that are not confined to certain types of equipment or objects.
- Smoke alarms provide a chance to react to a fire and prevent its spread--making it more likely to remain a confined fire.



Caregiver Corner

What You Said vs. What I Heard

My friend said, "I have issues." I looked down and said, "I like your new shoes."

Miscommunications can be minor and humorous, but hearing loss can lead to larger, more important misunderstandings, medical miscommunication, increased isolation and a decrease in the quality of life.

According to the National Institutes of Health, hearing loss is estimated to occur in about one-third of the population 65 to 74 years of age. Caregivers are frequently the first to notice when someone is showing signs of hearing loss -- when the TV is blaring and communication requires extra volume and repetition. Of course caregivers are not immune to hearing loss either, and resulting communication problems can heighten levels of stress for both caregiver and receiver.

Even when hearing loss is affecting communications, most choose to not address the problem. Maybe it is too expensive or uncomfortable, or like other assistive devices, there can be resistance to admit the need for it.

In an effort to remove one of the barriers to accessing hearing aids, the Food and Drug Administration (FDA) has lifted the requirement of a medical evaluation for adults. While not available presently, this may lead the FDA to consider a category of over-the-counter hearing aids, and may encourage scientific progress and technological advancements in design and function of these devices.

For now, consulting a hearing professional is the best way to know which device is right for you or your loved one to resolve miscommunications caused by hearing loss.

For more information, visit the National Institutes of Health at www.nidcd.nih.gov/health/hearing-loss-older-adults.

Area Agency on Aging Annual Meeting News

The Area Agency on Aging, PSA 2 held its annual meeting on June 15, 2017. Executive Director Doug McGarry spoke to present and former Trustees and Advisory Council members, staff and guests about the accomplishments of 2016.

Officer Elections

The following Board of Trustees officers were elected for a one-year term.

Doug Lineberger	Chairperson
Judy LaMusga	Vice Chairperson
Vickie Carraher	Treasurer

Trustee Term Renewal

The agency appreciates the continued commitment of Trustee **Doug Lineberger** of Clark County who agreed to renew his 3-year term.

The meeting concluded with remarks by **Stephanie Loucka**, Director of the Ohio Department of Aging. She spoke about the "driving demographic" of Ohio's aging population, gave an informative overview of ODA's work, and highlighted the agency's accomplishments.



2016 Annual Report Available On-Line

Visit www.info4seniors.org to read the Area Agency on Aging, PSA 2 2016 annual report. The report can be found under the *About* tab.

Xenia Couple Inducted into Ohio Senior Hall of Fame



Paul and Vera Allen at Shawnee Park in Xenia

Paul and Vera Allen of Xenia were recognized for outstanding contributions to their community on May 18, 2017 at the Ohio Statehouse, where they were inducted into the Ohio Senior Citizens Hall of Fame.

Over a span of 30 years, the Allens fostered more than 100 children coming from Greene, Clark and Montgomery Counties. They opened their home and their hearts to children who were in need of a loving home environment. Many times the children were in need of comfort after experiencing distressing events. Some of the children were newborns who were born drug addicted, some were displaced due to poverty and social problems, some were teenage mothers, but all received the welcome and reassurance that this couple offered, that they would be cared for and looked upon as a blessing. They fed them, clothed them, took them to church and gave them a sense of stability. At one time their home included a total of 14 children. Over the years the Allens adopted seven children, and also have one biological daughter.

Married for 60 years, their wedding anniversary was declared "Paul and Vera Allen Day" by the Mayor of Xenia. The Allens have received other recognitions including Ohio Foster Parents of the Year in 1990. In 1994 and 1995 Mrs. Allen was named Mother of the Year.

The Allens continue to hear from their foster children who are now all grown and live across the country. Mrs. Allen said, "They call and write us, and they are the joy in our hearts. They help us as much by being who they are."

Agency Honors Outstanding Senior Citizens in Nine Counties

Every May, the Area Agency on Aging, PSA 2 honors an Outstanding Senior Citizen in each of our nine counties in celebration of Older Americans Month. Recipients were recognized at their respective county's Senior Citizens Day event. *We appreciate the contributions of all seniors who give of their time and talent to make their community a better place for all.* (Comments below are from nomination forms.)

Champaign County



Fonda Lou Eaton, a life long resident of Champaign County, generously serves her community with an "indomitable spirit." She is retired after 42 years of teaching and was recognized as Educator of the Year by the Troy Chamber of Commerce.

She inspires others and is determined to find solutions to needs and problems. Fonda serves as a board member of the Champaign County Memorial Foundation, Champaign County Arts Council and the Antique Study Club -- just a few of the organizations enjoying her support and tireless contributions.

Clark County



Dewey Brosey of New Carlisle is above all a kind, dependable and excellent volunteer. His motto is: "Keep on, keeping on." At 96, Dewey is retired from both Wright Patterson Air Force Base and

Wittenberg University. He now assists with the Prevention Program at United Senior Services, and also sets up tables and chairs for the pot luck dinners. When there is an outing, Dewey greets clients at the door and assists them back to the van, carrying packages and assisting with seat belts. While serving in the military, his commanding officer was actor Jimmy Stewart.

Darke County



Bruce Miller was a professional football player for the Baltimore Colts for 3 years, before he applied that "heart and sole" to serving others. He and his wife fostered 128 children and also opened their home to exchange students.

Bruce now volunteers at State of the Heart Care in Greenville and is always willing to go above and beyond what is asked. He takes supplies to families, does medication runs at anytime day or night, and even takes pets to veterinary appointments for patients who are unable to do so. Always smiling and always willing to help--that's Bruce.

Greene County



Most comfortable working behind the scenes, **Phil Houston** is known throughout Greene County as having a sincere and powerful passion for the betterment of the services provided there. Promoting health care, senior centers and community resources, Phil has a spirit of charity

towards young and old. Employed by Greene County for 32 years, Phil is now a non-family caregiver to many Greene County seniors.

Logan County



Bruce and Louise Norris volunteer many hours each week. Bruce offers hope and support to heart patients as the President of

the local chapter of Mended Hearts. Louise works at United Way and on her day off volunteers at Mary Rutan hospital. Both are active with Kiwanis, and she serves as the Lion's Zone Chair. Together they also volunteer at the local transportation and history museum. Their love for one another overflows into love for their neighbor and service to their community.

Miami County



Volunteerism and fundraising are two things that keep **Edna Stiefel** going like the "energizer bunny." In Piqua she helped create the North Parks Neighborhood Association, and through her efforts

funds were raised to replace playground equipment. Edna has volunteered for 25 years at the YWCA, serves on its Board of Directors, and created a collaboration with the local Dairy Queen to raise thousands of dollars for the YWCA. The Piqua Chamber of Commerce also benefits from her volunteer hours. Edna makes Piqua a better place to live.

Montgomery County



Judy Cole performs many duties as a volunteer for Hospice of Dayton, and in some weeks gives as many as 30 hours of her time. Her dedication to give support to patients and families was not deterred even after she broke her foot. Judy's

many tasks have included workroom supervisor, supply order coordinator, display coordinator and receptionist and memory bear creator to name just a few. She is a "standout" volunteer, touching lives of patients and families in their journey.

Preble County



Thelma Swihart is retired from a 30-year teaching career, and she is a life long learner with an "intrepid spirit." She continues to teach adult Sunday school at her church, and recently started an outdoor prayer service to lift up the needs of those addicted to heroin. Many kind acts

are attributed to Thelma, including teaching English as a Second Language to Japanese immigrants and assisting them with integration into their new culture. She has also opened her home to exchange students. Thelma is known for expressing gratitude for all those in her life. Her leadership, talent and drive is put into action to better her community.

Shelby County



A veteran of the Korean War, **John Laws** is active in several groups that serve veterans, including the American Legion where he is an honor guard, the Veterans of Foreign Wars, AMVETS and Disabled American Veterans. He was proud

to be a member of the Sidney American Legion Singing Soldiers, which was the last singing soldier group in the United States. John also serves on the Salvation Army Advisory Board and the Board for the Sidney/Shelby County Senior Center.

The best way to *find* yourself
is to *lose* yourself
in the *service* of others.

Gandhi

Mark Your Calendars!

August 1, 2017

Senior Day at the Ohio State Fair

Ohio State Fair admission is only \$4 all day on August 1 for visitors age 60 and older. In addition, the **"Well Beyond 60!" EXPO** will be open from 10:00 a.m. to 5:00 p.m. Now in its third year, the free EXPO will feature health screenings that will help visitors of all ages identify healthy choices they can make throughout their lifespans to ensure they live a healthier, more active life at age 60 and beyond.

EXPO visitors will have access to free health screenings and educational displays including: blood pressure screening, falls risk assessment, balance testing, vision screening, nutrition education, physical activity and more. New this year: Fairgoers can meet at the EXPO tent for a free "Walk With A Doc," where visitors can get valuable advice and the opportunity to ask questions of a physician.



For ticket information, directions and a full schedule for the Ohio State Fair, visit www.ohiostatefair.com/.

**September/October 2017
Walk to End Alzheimer's**

Our Agency is a proud sponsor of the *Walk to End Alzheimer's*. Held annually in more than 600 communities nationwide and five locations in our region, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions.

- September 9—Wittenberg University, Springfield
- September 16—Troy Courthouse Square
- September 23—Sidney Courthouse Square
- September 30—Greenville City Park
- October 7—Fifth Third Field, Dayton



Register at www.alz.org/dayton or call 1-800-272-3900.

September 22, 2017 National Falls Prevention Awareness Day

Take 10 Million Steps to Prevent Falls
Friday, September 22, 2017



www.steady.ohio.gov

The Ohio Department of Aging fall prevention initiative, **Steady U Ohio**, encourages individuals and organizations across the state to organize walks in promotion of fall prevention awareness. If 4,000 individuals walk one mile each, approximately 10 million steps will have been taken.

October 12, 2017

Protecting Seniors - Anti-Fraud and Exploitation Information

A.M. Professional CEU / P.M. Forum of Experts

Sponsored by the Ohio Attorney General's Elder Abuse Commission, Ohio Association of Senior Centers, and Ohio Association of Area Agencies on Aging, these regional events will be hosted by United Senior Services in Springfield. Visit our website for more information closer to the date: www.info4seniors.org.



November Leader Training

An opportunity is available to make a difference in your community by training

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

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

The 4-day Healthy U leader training will be offered in the Dayton area on **November 6, 7, 13 and 14, 2017**. Roundtrip mileage to the training site will be reimbursed upon completion of training.

Successful leader candidates will have:

- Experience managing their own long-term health problem or caring for someone with a chronic condition.
- The availability to attend all four training days and present this series of six weekly workshops at least once 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.
- Physical capability to manage workshop supplies and room set-up as needed.

Interested leader candidates should contact Ann Finnicum at 937-341-3020, 800-258-7277 or afinnicum@info4seniors.org for additional information and to obtain a leader application.

Space is Limited – Apply Early
Applications Accepted Through
September 25, 2017

Advisory Council Opening

The Area Agency on Aging, PSA 2 is now accepting applications for one position of **Logan County** representative to the Advisory Council. This is a replacement term that ends March 31, 2020. The representative can then be appointed to their first full term (3 years), and is eligible for two renewal terms after that.

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. Currently the Advisory Council meets seven to eight times a year on the fourth Wednesday of the month at 10:00 am in Tipp City.

To obtain a position description and application, contact Margaret Burns (937-341-3099, 800-258-7277, mburns@info4seniors.org). Information and the application are also available on our website under *News*. **Application deadline is 8/9/17.**

PSA 2 Training

The Area Agency on Aging, PSA 2 is an approved provider of social work continuing education units (CEUs). On Thursday, **September 7, 2017**, a 6-hour CEU entitled "**What Ruffles Your Feathers**" will be presented by Marcella Balin, RN, BSN at Aullwood Farm, 9101 Frederick Pike in Dayton. Registration will begin at 8:30 a.m. The course begins at 9:00 a.m. and ends at 4:15 p.m. Lunch will be provided. Come enjoy learning with others in this beautiful setting.



Registration brochures were sent via email late July. If you wish to be added to the training distribution list, contact Margaret Burns (937-341-3099, 800-258-7277, mburns@info4seniors.org). You may also visit the calendar page of our website (**www.info4seniors.org**) to obtain training information.



Area Agency on Aging, PSA 2
40 W. Second Street, Suite 400
Dayton, Ohio 45402

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Advocacy. Action. Answers on Aging.

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



Focus is Going Paperless January 2018

Beginning with the winter issue, January 2018, the Focus on Aging newsletter will be sent electronically. The Fall 2017 edition - mailed late October - will be the last newsletter printed on paper and sent via U.S. Postal Service.

Look for information about how to add your email address to the electronic distribution list in the next edition.

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

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.