



FOCUS on Aging

News & Updates

Agency Celebrates Accomplishments and Looks to the Future

Director Douglas McGarry reviewed the past year's accomplishments and presented the [2017 Annual Report](#) at the Agency's annual meeting held June 7 at Aullwood Audubon Farm. The meeting attended by Agency staff, and present and former members of the Board of Trustees and Advisory Council, included the following business:



Re-elected to serve a one-year term as officers on the Board of Trustees:

- **Doug Lineberger**, Chairperson
- **Judy LaMusga**, Esq., Vice Chairperson
- **Vickie Carraher**, RN, BC, Treasurer

Re-elected to serve a three-year term:

- **Vickie Carraher**, RN, BC, At Large
- **Deb Sanders**, Shelby County
- **Roland Winburn**, At Large

Newly elected as Trustees to serve a three-year term:

- **Steven Swedlund**, MD, Greene County
- **Cheryl Wheeler**, At Large

The meeting concluded with a presentation titled, "Ohio's Age Wave: Demographics & Implications," by guest speaker **Emily Campbell**, Associate Director & Senior Fellow/Williamson Family Fellow for Applied Research at The Center for Community Solutions. She is pictured above with Board Chairperson Doug Lineberger (left) and Agency Director Doug McGarry.

Outstanding Senior Citizens

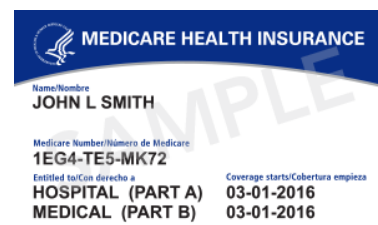
Since 1975, each Council/Coalition on Aging in our nine-county region has selected and celebrated an Outstanding Senior Citizen to honor during Older Americans Month (OAM) events held throughout May recognizing older Americans and their contributions to our communities. OAM offers opportunities to hear from, support, and celebrate our nation's elders.



[Read more](#) about our 2018 Outstanding Seniors.

New Medicare Cards Mail July through October

Social Security Numbers have been removed from the new Medicare card to help prevent fraud and fight identity theft. The newly-designed cards replace the current Social Security-based number with a Medicare Beneficiary Identifier (MBI), a unique, randomly-assigned number for



each individual.
[Read more...](#)

New Director of Ohio Department of Aging: Beverly Laubert

Beverly Laubert was sworn in as Director of the Ohio Department of Aging by Governor John R. Kasich on June 25 after serving as the department's Interim Director since December 22, 2017.



Ms. Laubert has served in the Ohio Department of Aging for more than 20 years and was previously Long-Term Care Ombudsman. She is known for working tirelessly as an advocate of Ohio's long-term care consumers and served as president of the National Association of State Long-Term Care Ombudsman Programs for four years.

Education & Events

Upcoming Training Workshop:

The Area Agency on Aging presents the following workshop for CEUs:

Ins and Outs of Medicaid/Medicare:

- Medicaid and Medicare Dual Waiver (MyCare)
- Medicare Overview, Eligibility, and Changes

Thursday, September 27, 9:30am-4:00pm

Speakers Allison Bielek, MS/AJS; Chelsea Herdman, LSW; Paula Taliafero, MGS, LSW.
Aullwood Farm, 9101 Frederick Pike, Dayton

5.0 CEUs

\$65.00 (includes box lunch)

Check our Agency [website calendar](#) regularly for updates on upcoming training opportunities.

Summer Healthy U Workshops

Healthy U workshops are offered throughout our nine counties to help people learn strategies to manage their chronic conditions and feel healthier. These six-week, interactive workshops are for adults with ongoing medical conditions and caregivers. Workshops specialize in living with:



- Chronic Conditions
- Chronic Pain
- Diabetes

[Learn more](#) about these evidence-based programs and see when upcoming workshops are scheduled near you.

July 31 is Senior Day at the Ohio State Fair

The Ohio Department of Aging is offering free health screenings and educational displays at its **Well Beyond 60! EXPO** 10am-4pm on Tuesday, July 31, as part of National Church Residences' Senior Day at the Ohio State Fair. Admission for people age 60 and older is \$4 all day. Screenings include blood pressure readings, falls risk assessment, balance testing, vision screening, nutrition, medication safety, home adaptations and more in a fun and interactive environment in the heart of the fairgrounds. Other EXPO events include an "A Matter of Balance" falls prevention mini-workshop prior to a free mid-day concert ("The Rat Pack Is Back"), and two free "Walk With A Doc" sessions to tour the fairgrounds and learn about important health topics from a physician.



Additional Resources

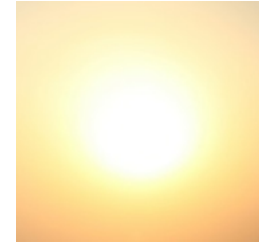
Community Needs and Services Survey Results Now Available

The Area Agency on Aging collected responses to a community survey this spring seeking information and opinions to assist in planning for the future needs of the aging population throughout the nine counties served. Reports generated from the survey are now available. [Read more...](#)

Summer Electrical Assistance Available for Low-Income Households

Help is available for eligible Ohioans trying to cope with the summer heat. Under the [Summer Crisis Program](#), consumers of regulated utilities may qualify to receive a benefit amount up to \$300 while customers of unregulated utilities can receive a benefit not to exceed \$500. These benefits can be used to help pay an electric bill or central air conditioning repair.

[Read more...](#)



Patient Navigation for Traditional Medicare Beneficiaries

Medicare recipients have rights to free services such as requesting immediate advocacy, filing a discharge appeal, and filing a complaint about quality of care. People with traditional Medicare (the red, white, and blue patient card) may also request Patient Navigation, a short-term program to meet transitional needs for up to 60 days to help with care coordination.

[Read more...](#)

Caregivers Corner: Reframing Our Perceptions

Caregivers can encounter daily stress and the results are wear and tear on their physical and emotional health. According to The Caregiver Helpbook (Powerful Tools for Caregivers, 3rd ed., 2013), finding ways to manage stress is imperative toward keeping oneself healthy and strong for those they care for and their own benefit.

[Read more...](#)

From the Ohio Department of Aging

Older Adults at Increased Risk for Complications from Extreme Heat

Stay cool this summer and watch for the following symptoms: weakness, lightheadedness, nausea, rapid heartbeat, headache, unusual skin temperature or color, and disorientation. [Read more](#) about risks and prevention.

Plan Ahead to Help Prevent Falls at Fairs, Festivals, and Parks

Ohio's amusement parks, local fairs and festivals are not only fun but also great places to get some exercise, which is important to help prevent falls in day-to-day life. Find tips for safely navigating outdoor events and attractions [here](#).

(937) 223-HELP

1-800-528-7277



You have questions.

We have answers.

Contact us to arrange a free visit and see how we can help you.

Helping adults remain in their homes with independence and dignity.

[WEBSITE](#) [ABOUT](#) [PROGRAMS](#) [EDUCATION](#) [CONTACT](#)

**Serving seniors and caregivers in Champaign, Clark, Darke,
Greene, Logan, Miami, Montgomery, Preble and Shelby counties.**

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Facebook page.



Like our Healthy U
Facebook page.