



# Focus on Aging

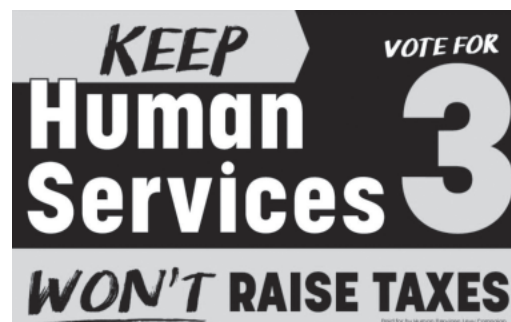
A Quarterly Publication

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## Issue 3 Will Renew Funding for Critical Montgomery County Services

While the Montgomery County economy is improving, many people still need help, and human services are a critical part of the community's safety net. The levy that provides a significant portion of the annual funding for human services is set to expire the end of this year unless Montgomery County voters **vote YES on Issue 3** to renew their support for these critical, life-changing services.

The Montgomery County Human Services Levy provides effective, accountable services for more than 50,000 people in real need across Montgomery County. Services include protection of vulnerable children from abuse and neglect, help with diagnosis and treatment of developmental disabilities, and fighting drug and alcohol abuse and infectious diseases.



The levy also funds the Area Agency on Aging's **ComCare** program which provides in-home support to approximately 1,200 Montgomery County seniors daily. ComCare provides a variety of services to help seniors remain in their homes, including personal care assistance, adult day care services, home-delivered meals, and transportation. ComCare serves those not eligible for PASSPORT or MyCare Ohio.

This is a renewal levy which means **NO tax increase**. Owners of property valued at \$100,000 will pay the same \$15/month to support levy-funded services.

Passage of the renewal levy is also critical because it brings back millions of dollars in state and federal funding to Montgomery County. Without this renewal levy more than \$50 million in needed, local, annual funding for human services will be lost. Services will be drastically reduced, and cuts will be felt by citizens in every community of Montgomery County.

The Area Agency on Aging Board of Trustees endorses the Human Services Levy and encourages Montgomery County voters to **vote YES on Issue 3**.

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**Reminder:**  
**Election Day**  
**is Tuesday,**  
**November 7.**





## Time to Review Your Medicare Coverage

Open enrollment for Medicare began on October 15 and **ends on December 7**. During this period, enrollees can:

- determine if their existing coverage will meet their health insurance needs for the upcoming year.
- switch from original Medicare to Medicare Advantage, or vice versa;
- switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another; and
- enroll in a Medicare Part D plan if not done when first eligible, although a late enrollment penalty may apply.

Ohioans seeking help understanding Medicare and determining coverage options may contact the Ohio Senior Health Insurance Information Program (OSHIIP) at 1-800-686-1578 or visit [www.insurance.ohio.gov](http://www.insurance.ohio.gov) and click on "Medicare Services." You may also attend one of OSHIIP's Medicare Check-Up Days (see right column).

The Medicare Plan Finder provides details on prescription plans and can be accessed by visiting [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan). You may also call Medicare directly at 1-800-MEDICARE (1-800-633-4227), 24 hours a day, seven days a week.

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## Logan Co. Advisory Council Representative Appointed

**Laura Haverkos** of West Liberty was appointed in August as a Logan County Representative to the Area Agency on Aging, PSA 2 Advisory Council. Ms. Haverkos is Director of Campus Marketing at Logan Acres Senior Community.

## Medicare Check-Up Days

*be informed - stay healthy - save money*

Do you need accurate, unbiased information about Medicare and the Medicare Part D prescription drug benefit? Each fall the Ohio Senior Health Insurance Information Program (OSHIIP) hosts large public events across the state to assist you in making educated choices for your health and prescription benefits. OSHIIP will also help in finding lower cost alternatives and assistance. The remaining 2017 OSHIIP Medicare Check-Up events in our region are listed below. Event information and dates are subject to change.

### Champaign County

Urbana Champaign County Senior Citizens Center  
701 S. Walnut St., Urbana  
Counseling by appointment only. Schedule by calling 937-653-5352.  
11/6/2017 9:00 AM

### Clark County

United Senior Services  
125 W. Main St., Springfield  
Call 937-323-4948 to schedule an appointment.  
11/30/2017 9:00 AM

### Montgomery County

Huber Heights Senior Center  
6428 Chambersburg Rd., Huber Heights  
10/30/2017 9:30 AM

Vandalia Senior Center  
21 Tionda Dr., Vandalia  
Counseling by appointment only. Schedule by calling 937-898-1232.  
10/31/2017 9:00 AM

Earl Heck Community Center  
201 N. Main St., Englewood  
Counseling by appointment only. Schedule by calling 937-836-5929.  
11/3/2017 9:00 AM

Boonshoft Center for Jewish Culture and Education  
525 Versailles Dr., Centerville  
To schedule an appointment, contact Karen Steiger at 937-610-1555.  
12/4/2017 9:00 AM

## Ohio's "No Wrong Door System" Begins Statewide

Ohio is making it easier for individuals to get the help they need at home and have the choice to stay in their communities, regardless of age or disability.

In 2011, the Centers for Medicare and Medicaid Services provided an opportunity for states to improve how individuals access home and community-based services, focusing the state's "front door" to long-term services and supports. Ohio calls its "no wrong door system," **Ohio Benefits Long-Term Services and Supports (OBLTSS)**, and in October the system was implemented statewide.

The OBLTSS system includes a:

- network of designated Single Entry Point (SEP) agencies
- long-term services and supports website: [www.benefits.ohio.gov/ltss](http://www.benefits.ohio.gov/ltss), and
- statewide toll-free number connecting individuals to the SEPs: 844-644-6582.

The Area Agency on Aging, PSA 2 (AAA) is the designated Aging and Disability Resource Network agency in our nine-county region, and is responsible for the coordination of OBLTSS related activities in this region. To continue to support a collaborative and coordinated network for individuals of any age to be linked to long-term services and supports, AAA contracts with three SEP agencies in our nine-county area: Catholic Social Services of the Miami Valley, Goodwill Easter Seals Miami Valley, and Access Center for Independent Living. This network of agencies will connect individuals to information, resources, and community-based long-term services and supports. A support navigator will answer your questions about OBLTSS, connect you to community resources, and may recommend that you complete a Medicaid application.

For more information and to complete a questionnaire that will help determine your needs, call 1-844-644-6582 or visit the OBLTSS website. AAA continues to be available for assistance at 937-223-HELP (4357) or 1-800-258-7277.

## Get Your Voting Information Here



### When is the election?

Election Day is Tuesday, November 7. All voters must bring identification to the polls in order to cast a regular ballot on Election Day.

### Am I registered to vote?

Visit the Ohio Secretary of State website to confirm your voter registration status online.

<http://voterlookup.sos.state.oh.us/voterlookup.aspx>

### Can I vote early by mail?

All Ohio voters are eligible to vote early by mail by requesting an absentee ballot. Visit your county Board of Elections in person or online to request an application for absentee voting.

<https://www.sos.state.oh.us/elections/elections-officials/county-boards-of-elections-directory/>

### What's the deadline to return my completed absentee ballot?

You should return your completed ballot as soon as possible. If you return your ballot by mail, it must be postmarked no later than November 6, the day before Election Day, and received by the Board of Elections no later than 10 days after the election.

If you return your ballot in person to the Board of Elections, or if a near relative delivers it for you, it must be received no later than the close of polls (7:30 pm) on Election Day. Absentee ballots cannot be returned to your regular polling location on Election Day.

### Can I vote early in person?

Yes. You can walk in, request your absentee ballot, and vote in person – all in the same visit. Contact your county Board of Elections for more information.

<https://www.sos.state.oh.us/elections/elections-officials/county-boards-of-elections-directory/>

### Where do I vote on Election Day?

Visit the Ohio Secretary of State website to find your voting precinct and polling location.

<https://www.sos.state.oh.us/elections/voters/toolkit/polling-location/>

## Still Time to Advocate for Federal Funding of Supportive Senior Services

Both the U.S. House and Senate have considered their FY 2018 funding proposals for the Older Americans Act (OAA) and other aging programs. While federal funding is currently supporting programs through a continuing resolution, **lawmakers have until December 8** to either reach a long-term funding agreement or pass another short-term funding bill.

That means aging network advocates still have time to ensure that the highest possible funding levels prevail for OAA and other critical aging programs.

### At Issue

- While the House passed a \$14.2 million increase for Older Americans Act Title III B Supportive Services, continued advocacy is needed to ensure that the increase is reflected in a final bill.
- The House eliminated the State Health Insurance Assistance Program (SHIP), and cut the Senior Community Services Employment Program (SCSEP) and Elder Justice programs. At a minimum, the final bill should fund SHIP, SCSEP and Elder Justice programs at the Senate proposed levels, which would spare these programs from any cuts over FY 2017.

Effective grassroots advocacy is essential to ensure that lawmakers preserve increases and reject cuts to critical OAA and other aging programs in a final FY 2018 funding bill.

Contact your Representatives and Senators NOW to advocate for wise federal investments in programs that keep older adults in their homes and communities and that support caregivers.

*advocacy*  
to change “what is”  
into “what should be”



## Caregiver Corner

### National Family Caregivers Month

November is National Family Caregivers Month, a time to acknowledge, recognize, and thank those who provide essential care to their loved one. This month we are highlighting caregiving around the clock for the working family caregiver.

**Morning for the working caregiver.** The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, and making sure your loved one has what they need for the day before getting yourself out the door for work.

**During the workday - juggling caregiving and work.** Six out of 10 family caregivers work full- or part-time in addition to juggling their caregiving responsibilities at home. Most say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

**Evening - family time and meal time.** Ensuring that you get proper nutrition and quality time with your family will help you maintain strength, energy, stamina, and a positive attitude. Nutrition is as important for you as the caregiver as it is for your loved one. Caregiving affects the whole family.

**Late at night - taking time for yourself.** Late at night might be the only time you get a few minutes for yourself. Make sure you take time to rest and recharge. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.

**Middle of the night - emergency room visits.** Be prepared ahead of time with what you need to know and what you need to have with you.

To help you better balance your caregiver and other responsibilities, consider attending **Powerful Tools for Caregivers** (PTC), a course that emphasizes self-care. It is offered regionally through Kettering Health Network with funding from the Area Agency on Aging. For dates and locations for PTC near you, and to register to attend, please call (937) 558-3988. Visit [www.powerfultoolsforcaregivers.org](http://www.powerfultoolsforcaregivers.org) to learn more.

## Annual o4a Conference Explores Policy, Research, and Clinical Practice

Ohio's changing demographics require new ways of addressing long-term services and supports for today and the future, and Ohio's aging and disability networks are part of the solution. The Ohio Association of Area Agencies on Aging (o4a) Annual Conference for Aging and Disability Resource Networks (ADRN) provides an opportunity for professionals to learn cutting edge information on policy, research, and clinical practice.

### 2017 Annual Conference for Aging and Disability Resource Networks

November 15 and 16, 2017  
Hilton Columbus at Easton

This year the conference focuses on key challenges for professionals in services for the elderly and people with disabilities, including: how to address the needs of caregivers, the latest in dementia care, malnutrition, and challenges of the Ohio opioid crisis and new medical interventions such as medical marijuana. These and other topics addressed by regional, state, and national experts and practitioners will engage and inform you.

**Visit the o4a website to register.**

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

### Registration deadline is November 6, 2017.

For additional information or questions, visit the o4a website or email [rose@ohioaging.org](mailto:rose@ohioaging.org).



## PSA 2 Training

**No CEU trainings are planned for the remainder of 2017.**

**Trainings will resume in March 2018.**

Registration brochures are posted on the website training calendar and the agency Facebook page six weeks prior to the training date. Future topics are posted on the website training calendar as scheduled. To receive continuing education brochures by mail or email, contact Ann Finnicum at 937-341-3020, 800-258-7277, or [afinnicum@info4seniors.org](mailto:afinnicum@info4seniors.org).



## 2018 Calendars Available

The Area Agency on Aging produces a calendar each year that is free to seniors and their caregivers in our nine-county region. The calendar provides contact information for many valuable resources. If you would like to pick up a supply of calendars for your group, please call Lisa at 937-341-3028 or 800-258-7277. Single copies are available at many senior centers and at the agency office in Dayton.

**It is not agency practice to mail calendars.**

***Quantities are limited.***

### Ohio Home Energy Assistance Programs

The Ohio Development Services Agency offers several programs to income eligible Ohioans to assist in paying their utility bills and to improve energy efficiency of their homes. Household eligibility is based on income, and eligibility is explained in the application.

**Home Energy Assistance Program (HEAP):** one-time payment credited to the current winter heating season account.

**HEAP Emergency Winter Crisis Program:** one-time assistance to eligible households that are disconnected, threatened with disconnection, or have less than a one-day supply of bulk fuel.

**Percentage of Income Payment Plan:** Utility service maintained by paying portion of household income each month.

**Home Weatherization Assistance Program:** Residential energy efficiency program.

**For more information or to obtain an application, call:**

**937-223-HELP (4357) or 800-258-7277**



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*Advocacy. Action. Answers on Aging.*

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

## Don't be out of **F O C U S**

This is the last printed edition of our quarterly newsletter, ***Focus on Aging***. The email version will not only save money but eliminate space constraints for topics that might make you want to dig a little deeper than a printed version allows.

If you want to continue to receive our newsletter, please enter your name and email address on our website.

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

**Click on "Newsletter Sign Up" under "Contact"**

If you have any problems entering your address, or you do not receive the 2018 winter edition via Constant Contact by the end of January, please email Ann Finnicum at [afinnicum@info4seniors.org](mailto:afinnicum@info4seniors.org).

We appreciate your continued interest in issues impacting seniors, disabled adults, and their caregivers.

*You will always have the option to unsubscribe from our list and we will never share your email address with anyone.*

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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