



FOCUS on Aging

News & Updates

Funding Increased for Senior Services

The \$1.3 trillion FY2018 Omnibus Appropriations Bill approved by the House and Senate and signed by the president in March included increases for the Older Americans Act (OAA), the most significant steps toward restoring funding lost to budget cuts since 2010. The bipartisan bill funds the government for the remaining six months of the fiscal year through September 30, 2018, and includes long-overdue and much needed funding increases for vital community programs. The federal funding is divided among the states, and specific increases for Ohio and the PSA 2 region are expected late spring.

[Read more...](#)

Older Americans Month Activities

Every May for 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, OAM offers opportunity to hear from, support, and celebrate our nation's elders. This year's theme of *Engage at Every Age* emphasizes the importance of being active and involved. You are never too old (or too young) to participate in activities that can enrich physical, mental, and emotional well-being.



Each Council/Coalition on Aging in our nine-county region selects and celebrates one Outstanding Senior Citizen to honor during OAM events held throughout May. [Click here](#) to see the list of OAM activities and contacts in our nine counties. Many events require tickets or advance registration.

Dementia-Friendly Movement Is Growing

Dementia Friendly America (DFA) is a nationwide initiative to coordinate and train all sectors of a community to ensure that residents living with dementia can continue to access community services and support.



Sandy Markwood, Chief Executive Officer of the National Association for Area Agencies on Aging and DFA Co-Chair, said there are currently 5 million people living with dementia in the U.S., and that figure is expected to increase to 7 million by 2025, and 16 million by 2050.

[Read more....](#)

World Elder Abuse Day is June 15

The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations sponsors World Elder Abuse Awareness Day (WEAAD) on June 15. WEAAD began in 2006 to promote a better understanding of abuse and neglect of older persons, and raise awareness of cultural, social, economic and demographic processes affecting elder abuse and neglect.

[Read more...](#)

Advisory Council News

The Council advises the Board of Trustees regarding administration of federal and state funds for services to people age 60 and older, and other issues impacting older adults and their caregivers. Planning and Service Area 2 (PSA 2) includes Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby counties with three representatives from each who either live or work in their represented county. Terms are three years and members may serve for three consecutive terms.

The Council recognized four outgoing members in March who served three full terms. Pictured are (from left):

- **Sharon Fulcher** representing Greene County
- **Dianne Nelson** representing Logan County
- **David Higgins** representing Champaign County



Not pictured is **Tamara Baynard-Ganger** representing Miami County.

Officers re-elected for 2018-2019 were:

- **Molly Helmlinger**, Chairperson
- **Charles Morris**, Vice-Chairperson

The Council welcomed six new members in April:

- **Amber Spence** representing Champaign County
- **Lauren Henry** and **Mindy Jo Stebbins** representing Darke County
- **Dr. Eric Winston** representing Greene County
- **Beth Bell** and **Randy Earl** representing Miami County

Members renewing terms for 2018-2021 were:

- **Charles Morris** representing Clark County
- **Charles Holderman** representing Montgomery County
- **Paul Lindquist** representing Preble County
- **Molly Helmlinger** representing Shelby County

Openings

Help local seniors by representing the county where you live or work on the Area Agency on Aging Advisory Council. **Openings are available for Logan and Montgomery counties.** Applications are available on our website's [News](#) section.

Education & Events

Spring 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 of any age, and for caregivers. Workshops specialize in three areas:

- Living with Chronic Conditions



Sensitivity to Aging Workshop

The Area Agency on Aging presents this workshop to address myths, stereotypes, and attitudes about aging. The Miami Valley Chapter of the Alzheimer's Association joins us to discuss misconceptions specific to dementia.

- Wednesday, May 16, 9am-12:15pm
- Aullwood Farm, 9101 Frederick Pike, Dayton
- 3.0 CEUs
- \$40.00

- Living with Chronic Pain
- Living with Diabetes

Advance registration is required by May 9. [Click here](#) for the registration form.

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

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

Additional Resources



Are You Medicare-Ready?

Medicare can be complex, but the National Council on Aging's (NCOA) handy [checklist](#) lists everything you need to get ready to enroll. Check "Your Guide on the Road to Medicare" by visiting MyMedicareMatters.org from the NCOA.

Seniors & SNAP

The Supplemental Nutrition Assistance Program (SNAP) helps more than 4 million seniors age 60 and older to buy healthy food every day. Get the facts-then see how to apply [here](#).



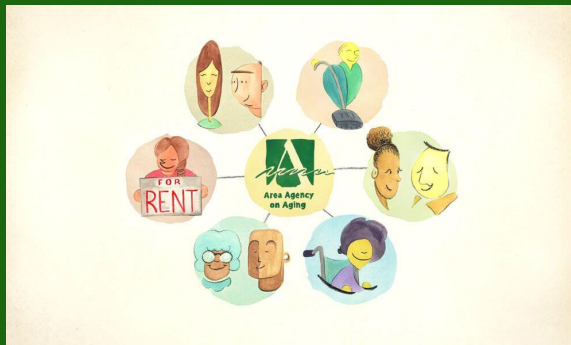
Caregiving Communication: Helping Others to be Heard

Caregivers can help to improve communication with loved ones and friends whose speech has been impaired due to stroke, brain damage, or throat surgery. Some tips from the [National Caregivers Library](#) provide guidance on effectively using non-verbal communication.

[Read more...](#)

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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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Like our Healthy U Facebook page.