



Ohio District 5 Area Agency on Aging, Inc. Hosts Positive Aging Expo

For the 5th year in a row, the Area Agency on Aging held the "Positive Aging Expo" at the Richland County Fairgrounds, drawing nearly 1,000 attendees from numerous counties on Tuesday, September 25, 2012.

Celebrating a theme of "Under the Big Top," guests enjoyed entertainment which included a juggling stilt walker, balloon animal maker and musical entertainment by the local singing group, The Moonlighters. Guests were also able to pick their own prop and join their friends in a photo booth for some fun pictures! Hand and arm massages were offered free of charge as well.

While enjoying the entertainment and snacks consisting of popcorn, peanuts, animal crackers and Cracker Jacks, attendees were able to visit more than 80 different exhibitors which included service providers, financial institutions, travel and tourism, Genealogical Society, Gorman Nature Center and many others.

Although the event is free, guests were asked to provide a non-perishable food item (if they were able) to assist local food pantries – an additional outcome of this event.

Throughout the event, there were demonstrations such as a healthy chef preparing recipes to eat a healthier



Above: Free hand massage participant.

Below: Simple EZ Meals providing attendees healthy snacks.



Ohio District 5 Area Agency on Aging, Inc.

Sponsored by a Title III Grant under the Older Americans Act, a grant from the Corporation for National and Community Service, a State Services Block Grant, and other funds administered through the Ohio Department of Aging.



Duana Patton
Chief Executive Officer
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2012 Event Schedule

For your convenience, training and event information is located on the AAA website www.aaa5ohio.org (Unless otherwise indicated, training/Events are held at the Area Agency on Aging Annex 800 Park Ave. West, Mansfield)

Thursday, November 8
Caregiver Conference

Thursday, December 6
AAA Annual Meeting

2013 Events Coming Soon!

Check the AAA website for updates www.aaa5ohio.org



Ohio District 5 Area Agency on Aging, Inc. has a Facebook page - like us today!

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diet and a local member of the Garden Club demonstrated how to construct a raised flower or vegetable bed.

Due to the support and sponsorships of partner agencies, 600 lunches were provided to guests free of charge. A big thank you to Sponsors for making this event possible each year: Brethren Care Village, Simply EZ Home Delivered Meals, Bucyrus Community Hospital Wound Healing Center, Humana MarketPOINT, Mid-Ohio Health, Northeast Professional Home, Inc., Richland Bank, Shaw & Ott Medical.



From top right: Attendees entering Positive Aging Expo; Clowning Around with the Good Life Mechanics Bank; Signature staff get into theme; entertainment on stilts; and Richland Bank ringmaster and clowns.



September 11th National Day of Service & Remembrance

The September 11th National Day of Service and Remembrance is the culmination of an effort originally launched in 2002 by 9/11 family members and support groups who wanted to provide a productive and respectful way to honor the memory of those who were lost while also rekindling the spirit of unity and compassion that swept our nation after 9/11. The Edward M. Kennedy Serve America Act in 2009 established, into law, September 11th as the National Day of Service and Remembrance.

RSVP of Mid Ohio, sponsored locally by Ohio District 5 Area Agency on Aging, in collaboration with Mifflin Care Center, Mansfield, held a shoe and sock drive in Ashland and Richland counties to commemorate the National Day of Service and Remembrance. Government offices, businesses and agencies served as collection sites, collecting over 400 pair of shoes and 325 pair of socks. The donations were divided between Associated Charities



in Ashland and the Salvation Army in Richland Counties.

This project was highlighted at a special reception on September 11, 2012 where Safety Forces, Emergency Management, Military and Government officials from both Ashland and Richland Counties were recognized.

Let us not forget our feelings of pride for our country and those who serve.

Caregiver Conference Offered for Informal and Volunteer Caregivers



The Ohio District 5 Area Agency on Aging, Inc. is holding their annual Caregiver Conference on Thursday, November 8, 2012 at Mid Ohio Conference Center in Mansfield. This conference is designed to give informal and volunteer caregivers a beneficial learning experience by having the opportunity to attend two mini workshop sessions, hear an uplifting guest speaker and join other caregivers for lunch, all at no cost to them.

Pre-registration is required. For additional information or to sign up, contact Bev at brosich@aaa5ohio.org, 419-522-5612 or 800-522-5680 – Extension 1157 by November 1st.

Looking For a Few Good People

Advisory Council Representatives

The Area Agency on Aging (AAA) is looking for a few good men or women to serve on the advisory council. There are currently openings in Ashland, Huron, Knox, Morrow and Seneca Counties for a three year term beginning January 1, 2013.

Advisory Council members represent the nine county area in District 5 by advising the AAA regarding service needs for individuals over age 60, as well as other issues affecting older adults and their caregivers.

Meetings are held in February, April, June, August, October and November in Mansfield.

Seneca County Board Representative

The AAA is also looking for a Seneca County Board Representative for a three year term beginning January 1, 2013.

Meetings are held in January, March, May, July, September, November and December in Mansfield.

If you are interested in becoming an advisory council member or the Seneca County Board Representative, please contact Krystal at 419-522-5612 or 800-522-5680, ext. 1131.

Do You Want the Latest AAA News the Most Efficient Way?

If you would like to be added to our e-mail list to receive the latest news and announcements in the most timely manner, please email brosich@aaa5ohio.org to be added to our list.

Are You a Caregiver?

You do not need to live with or be a full-time caregiver, but you are still a caregiver.

You do not need to be 60+ - caregivers can be any age to receive information from the AAA.

Do you know someone who is a caregiver?

If so, we can provide FREE information to you to help you in your caregiving role.

Email jkoschnick@aaa5ohio.org to be added to the caregiver newsletter mailing list.

Ohio District 5 Area Agency on Aging Honors Local Outstanding Seniors



Since 1976, the Ohio District 5 Area Agency on Aging, Inc. has honored outstanding senior citizens from each county of Planning and Service Area 5 and has presented a Community Service Award to one organization providing continuing service to Ohio's senior citizens. Since 1976, 339 Outstanding Senior Citizens Awards and 37 Community Service Awards have been presented. These annual awards were presented at the Area Agency on Aging Annex in Mansfield, Ohio on Tuesday, August 20, 2012.

Duana Patton, CEO of the Area Agency on Aging, welcomed the attendees and guests, local elected officials from Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca and Wyandot Counties. Kathy A. Daniels, AAA Board President, assisted with the award presentations.



Outstanding Senior Citizens for 2012 were:

- Donna Landis, Ashland County
- Helen Noblit, Crawford County
- Ralph Fegley, Huron County
- Jerry Mann, Knox County
- Bob Riley, Marion County
- William Hershner, Morrow County
- Magdalena "Maggie" Varga, Richland County
- Nancy Owen (*posthumous*), Seneca County
- Jack & Judy Mumma, Wyandot County



In addition to the Outstanding Senior Citizen Awards, the Community Service Award was presented to Hospice of North Central Ohio's "What Goes Round" Thrift Shoppe.

Ms. Patton states, "By recognizing these award recipients today, I hope the contributions made by the individuals in their communities are an inspiration to all, regardless of age. Community service can begin at any age and is something you can do for a lifetime."

Congratulations to all award recipients!



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Safe Driver Awards were presented to drivers having at least one year of safe driving. Those recognized included: (Ashland County) Cindy Baughman, Roy Bowman, John Chorpening, Tassie Cole, Ralph Daniels, David Kreis, Charles Mills, Wendy Mumaw, Jim Norris, Al Schonauer, Vic Staley, Paul Uebel, Bob Wahl; (Crawford County) Kay Barber, Mike Browning, Richard Gearhart, Dave Hamlin, Don Heydinger, Ron Higbie, Roy Mollenkopf, Don Neumann, Chuck Siefert,

Dale Jack Starcher; (Huron County) Shirley Burton, Nancy Doerner, Gary Eastman, Marilyn Friend, Charlie Jors, Tracy Quillen, Deb Risner, Dave Singer, Mike Tyler; (Knox County) John Dunham, Bobby Folden, Meredith Lowther, Mary Marti, Bob McIlvain, Ron Melick, Dianne Nelson; (Marion County) Derry Bayles, Wallace Beckel, Steve Honaker, Gary Van Buskirk, Steve Ward and Bill White; (Morrow County) Kathy Baughman, Roger Counts, Sam Gantz, Earl Gattshall, Joe Pukansky, Kat Taylor; (Seneca County) Deb Johnston, Mary Peck; (Wyandot County) John Booth, Jeff Cavanaugh, David Fadley, James Gilliland, Bill Lambrite, John Parsell, Charles Schuler, Charles Stiger. Great job, everyone!

Call for Nominations - Ohio Senior Citizens Hall of Fame

Ohio's Senior Citizens Hall of Fame honors and recognizes the vital role older adults play in their communities, state and nation while it promotes the benefits of active, productive and purposeful living at all points in our lives. Since 1978, more than 350 individuals age 60 or older have been inducted into the Hall of Fame.

Individuals selected for the Hall of Fame set an example for all Ohioans by leading lives not defined by age or barriers. They can be recognized for contributions and accomplishments after age 60 or for a continuation of effort and achievement begun before that age. Nominees must be outstanding in service to mankind through leadership, innovation, motivation and contribution.

For more information and criteria, visit the Ohio Department of Aging website at <http://www.aging.ohio.gov/news/nominations/hofnominateform.aspx>

Deadline is November 30, 2012.

AAA Seeking Nominations for Youth Award of Excellence

The AAA is seeking nominations for the Youth Award of Excellence. One award will be presented for the nine county district consisting of Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca and Wyandot Counties. This award is presented to a **youth group or individual** who has demonstrated outstanding leadership, community service or volunteerism and have touched older individuals in some way. Nominees will be considered for achievement in **one or more** of the following: a. Outstanding community service; b. Solution to a difficult problem; c. Outstanding one-time achievements.



Nomination forms are due by 5:00 p.m. on October 29, 2012. For additional information, contact Bev Rosich, Communications Manager, at (800) 522-5680 or (419) 522-5612, ext. 1157 or visit the Area Agency on Aging website at www.aaa5ohio.org.

Thank a Caregiver during National Caregiver Month (November)

A recent study by the National Alliance for Caregiving and AARP found that 44.4 million Americans age 18 or older are providing unpaid care to an adult. If we had to pay for this care, it would cost approximately \$257 billion per year.

About the typical caregiver:

- a 46-year-old Baby Boomer woman with some college education who works and spends more than 20 hours per week caring for her mother who lives nearby.
- Female caregivers provide more hours of care and provide a higher level of care than male caregivers.
- Almost seven in ten (69%) caregivers say they help one person.
- The average length of caregiving is 4.3 years.
- Many caregivers fulfill multiple roles. Most caregivers are married or living with a partner (62%), and most have worked and managed caregiving responsibilities at the same time (74%).
- Almost 60% of all caregivers either work or have worked while providing care.

Who Do Caregivers Care For?

- Most caregivers (89%) are helping relatives.
- Nearly 80% of care recipients are over fifty with the other 20% 18-49.
- Caregivers who help someone age 50 or older say the most common health problems the person they care for has are diabetes, cancer, and heart disease.
- One quarter of caregivers helping someone age 50 or older reports the person they care for is suffering from Alzheimer's, dementia, or other mental confusion.

Care Transitions

Nationally, 1 in 5 Medicare patients discharged from a hospital readmits within 30 days and $\frac{3}{4}$ are considered to be preventable. This costs Medicare 12 billion dollars in annual spending. The Centers for Medicare and Medicaid have developed a hospital readmission reduction program to be enacted starting in October of 2012. Why are these avoidable readmissions happening? There is a lack of standards and known processes such as: poor provider-to-patient interface, at risk patients are not properly identified, lack of awareness about community services, medication management, lack of post discharge follow up and lack of knowledge about the specific disease processes. So what can we do about this?

Ohio District 5 Area Agency on Aging, Inc. (AAA) is working with community partners to address the noted barriers to 30 day hospital readmissions. Local hospitals, home health agencies, nursing homes, mental health agencies, health departments and health clinics are seeking ways to minimize these 30 day hospital readmissions. There is a collaborative effort now working on ways to standardize transition processes for senders and receivers, standardize education cross settings, post-discharge care coordination and chronic care protocols across setting. It has been proven that with community involvement and utilizing transition tools, there is a significant reduction in hospital readmission which reduces overall health care cost.

There are different types of interventions which have proven to



be successful with minimizing the 30 days hospital readmissions. The AAA has been training staff following the Dr. Eric Coleman Model, Care Transitions Intervention (CTI). There are four primary areas the CTI program focuses on when working with identified individuals at risk of readmitting to the hospital within 30 days. Those areas are:

- medication self-management
- having a personal health record to maintain all key medical information
- make sure all medical appointments are completed and address any barriers keeping those appointments.
- Red flags-having knowledge about medical conditions, signs it may be worsening and the patient has the knowledge to manage those worsening symptoms.

A Coach from the AAA will then work with identified patients to teach the skills, knowledge and attitude necessary to empower patients to manage their own health care across the health care continuum.



OMBUDSMAN CORNER

Person Centered Nursing Home Care – Do You Know What to Look For?

Person Centered Care is an approach to providing care to residents of nursing homes that focuses on respecting the choices and preferences of residents. It involves a continuing process of listening to the individual resident, trying new things, and implementing changes in how care is provided based on resident choices. It is an effort to de-institutionalize nursing homes and provide more resident-directed, individualized care. Core Person Centered values are choice, dignity, respect, self-determination, and purposeful living.

This “culture change” in nursing homes may require changes in care practices, workplace practices, and physical environments. It is a common-sense approach to putting care into caregiving and enriching the lives of those who live and work in nursing homes.

If you or a loved one would need nursing home care, what should you look for in a nursing home that would indicate that it embraces the Person Centered Care approach to caregiving?

Here are some things you can ask about and look for when you visit a nursing home:

- Does the nursing home have a flexible dining schedule as well as flexible waking and bedtimes chosen by the residents? Or does the facility adhere to programmed timetables that are more focused on staff convenience rather than resident choice?

- Does the nursing home give residents some choice in what they eat at mealtimes – either choosing from a menu or buffet style dining?
- Does the resident have a choice in when, how often, and how they bathe – or is there a “one size fits” all bathing schedule?
- Does the nursing home use an over-head paging system that goes off frequently or do they have an alternate and less disruptive system to contact staff members as needed?
- Are residents encouraged to bring personal belongings into their room to make them more individualized and home-like?
- Are nursing assistants assigned consistently to the same residents (same unit, hall, etc.) or are they rotated throughout the facility?
- Are nursing assistants who are familiar with the resident and their care likes and dislikes participants in Resident Care Conferences?

For more information about Person Centered Care we suggest the following resources:

Ohio Person Centered Care Coalition
www.centeredcare.org

Pioneer Network
www.pioneernetwork.net

The Region 5 Long Term Care Ombudsman Program at the Ohio District 5 Area Agency on Aging is also available to assist with information on Person Centered Care and nursing home selection assistance. Contact the Area Agency on Aging at 800-860-5799 and ask for the Ombudsman Program.

SAVE THE DATE

2012 Annual Meeting

The Ohio District 5 Area Agency on Aging, Inc. Annual Meeting will be held on Thursday, December 6, 2012 at Mid Ohio Conference Center in Mansfield, Ohio.

Sponsorship opportunities are now available! A portion of the dollars raised is used for the AAA Grant/Scholarship Program.

For additional information, please contact Bev Rosich, Communications Manager, at brosich@aaa5ohio.org 419-522-5612 or 800-522-5680, extension 1157 or visit the AAA website at www.aaa5ohio.org.

Deadline for artwork to be included in the program book: October 26, 2012.



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*The Area Agency on Aging is an
equal opportunity employer*



Information and Referral Offices

Information, referrals, and caregiver assistance!

Where the elderly can turn for help in finding services they need.

Where agencies can turn to find out about additional services available to their clients.

Ashland County Council on Aging	419-281-1477
Crawford County Council on Aging	419-562-3050
Senior Enrichment Services	419-668-6245
The Station Break	740-397-3841
Marion Multi-Purpose Senior Center	740-387-6100
Morrow County Services for Older Citizens, Inc.	419-946-6702
Lexington Senior/Civic Center	419-884-1676
Seneca County Commission on Aging	419-447-5792
Wyandot County Council on Aging, Inc.....	419-294-5733

