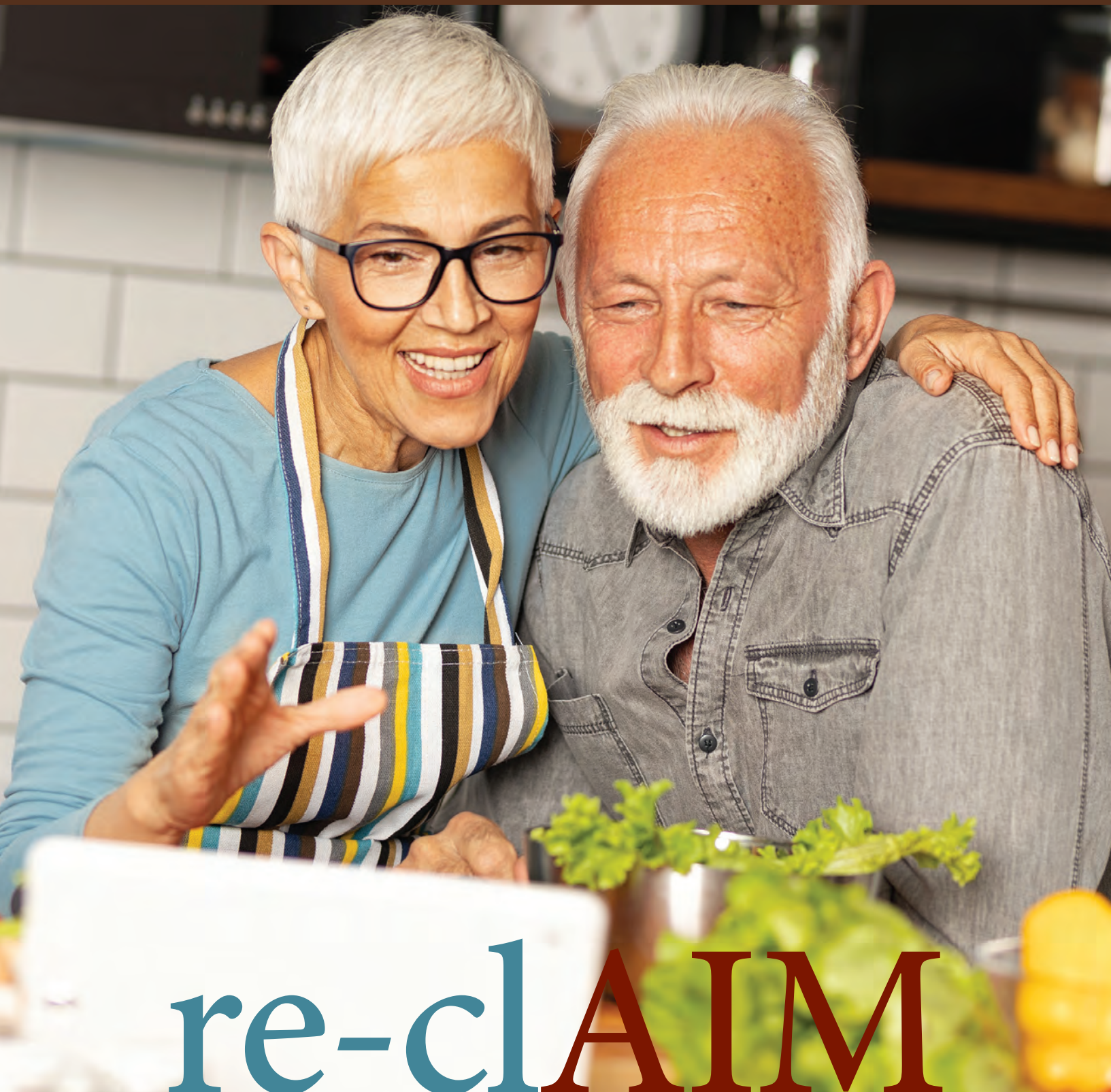


AREA OFFICE ON AGING OF NORTHWESTERN OHIO

2021

Fall & Winter NEWS!

New Virtual Guide Connects Those Age 60+ and Caregivers with Community Resources



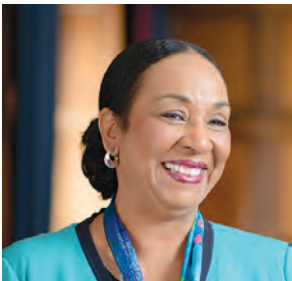
re-claim

Healthy Independence!



re-CLAIM

Healthy Independence!



While the world that we live in has changed dramatically during the pandemic, in order to age well what we need remains the same: socialization, good food, and a helping hand every now and again. Our Agency, partners, volunteers, and friends are emerging from the challenges we have collectively faced more committed than ever. We are more committed than ever to helping northwest Ohioans age 60 and better, their family caregivers, and younger persons with disabilities to live long, quality lives that are as independent and healthy as possible. These pages provide you with a taste of the opportunities to join your friends at the Area Office on Aging in achieving this goal together. This information is just the start of what we hope will be a continued conversation with you. To continue the conversation, call us at 419-382-0624 or visit us on-line at AreaOfficeOnAging.com.

Billie Johnson
President/CEO



Facebook.com/ToledoAging | Twitter.com/ToledoAging | LinkedIn.com/ToledoAging





Who You Gonna Call?

We all know that our physical fitness can impact our well-being, health, and longevity. So does our social fitness. We are social beings and our well-being, health, and longevity are tied to our social fitness.

Whether you are interested in volunteering or participating in a program, the Area Office on Aging has many opportunities to take your social fitness to the next level.

5 Ways to Remain Socially Fit

Friendly Visiting Call Volunteer – If you sign-up to participate in this program, the next time your phone rings, it could be a friendly new voice on the other end to talk with you for 10-15 minutes a week.

Retired Senior Volunteer Patrol Program – If you prefer safe in-person visits, then this program is for you. The City of Toledo Police Department trains Area Office on Aging volunteers age 55+ to come to your home to visit for 10-15 minutes.

TeleCare – If you prefer to keep your contacts short and sweet and you would appreciate receiving a daily check-in call just to make sure you are doing okay, then this program is program may be a good fit for you.

This opportunity for you to call individuals age 60 and better who are interested in receiving a friendly call once a week to have a friendly discussion for 10-15 minutes.

This is your opportunity to get some great training from the Toledo Police Department, ride around in a retired patrol car with a partner to visit those age 60 and better in their home for 10-15 minutes a week.

This is an opportunity allows you to call those age 60 and better daily to check-in on them to briefly make sure they are safe and doing okay.



Made to MOVE

Making Finding a Ride or a New Place to Live Easier

Transportation & Housing (just got a whole lot easier!)

We're moving to a new way of helping those age 60 and better as well as younger persons with disabilities get where they want to go. Whether it's getting from one end of town to the another for a doctor's appointment or if it's time to move onto a new place, the AOoA has partnered with the Ability Center of Greater Toledo to create a first of its kind One Call, One-Click Transportation System and a Housing Navigation Station. We believe getting to where you want to go should be easy and we are here to help make that goal a reality.

You can call 419-382-0624 to tell us where you want to go and we will provide you with your customized transportation/housing best bet resources. You can also go on-line to www.AreaOfficeOnAging.com to find transportation and/or housing best bets quickly and easily on your own.

Moving made easier: When it comes to finding a new place to live, moving can seem like a big ordeal. While moving boxes can be a heavy lift, finding the new place that is the right fit for you doesn't have to be.

The AOoA Supplemental Nutrition Assistance Program — it's a

SNAP!

(Formerly known as the Food Stamp Program)

\$157
average monthly
SNAP benefits
per older adult

Older
adults with
access to nutritious
food are less likely
to have chronic
illness and
hospitalization

5.1
million
older adults (60+)
use SNAP
monthly



We can assist with online applications and recertifications — it's a SNAP!

SNAP, a federal program that helps millions of low-income Americans put food on the table and is the largest program working to fight hunger in America. The AOoA is now accepting enrollment in SNAP to assist with access to nutritious food. If you are an Older Adult, age 60+, or disabled, you may qualify for SNAP benefits. Call the AOoA's Office of Nutrition, Wellness Education and Outreach at 419-382-0624 ext. 1137 for more information.

Helping you and your aging loved ones live long, quality, independent lives.

☎ 419-382-0624 ext. 1137 or 📍 AreaOfficeOnAging.com



Brain Health



Everybody's Talking with MemoryLane Care Services

December 08, 2021 • 6:00 - 8:00 PM

What do we know about how to keep a healthy brain? What are common brain changes in mid-life and later? When should we be concerned? This program will provide an overview of the latest research on what works and what does not in areas such as food, exercise, sleep, and supplements.

Call MemoryLane Care Services 419-720-4940 or visit <http://www.memorylanecareservices.org/events> for registration and access details.

In The News

Newest Senior Center in Northwest Ohio Opens in Wood County

The new 38,000 square foot Wood County Senior Center had its ribbon-cutting ceremony in June 2021. The new building at 140 S. Grove Street in Bowling Green is more than twice the size of the previous senior center, giving the older adults who participate in programming there plenty of space to spread out and socialize. The spacious dining room can seat over 200 people. The senior center also has five activity rooms, a fitness room, and a billiards room. There are also plans for MemoryLane Care Services to open an adult day center in the building in 2022.



AOOA President/CEO Mrs. Billie Johnson, MemoryLane Care Services Executive Director Salli Bollin, AOOA Immediate Past Board Chairman Phil Walton, and Ohio State Senator Theresa Gavarone.

As it gets colder, are you concerned about your Utility Bill?

AREA OFFICE ON AGING 2021 FALL/WINTER NEWSLETTER 7



The Home Energy Assistance Program (HEAP) helps Ohioans with a gross annual income of \$22,540 for a single-person household and \$30,485 for a two-person household to pay their heating bills.

HEAP benefits are applied to an individual's energy bill after January 1st. Applications for the HEAP program must be received by May 31, 2022.

For more information about HEAP, contact the Area Office on Aging at (419) 382-0624. To be connected to your local Energy Assistance provider, call **(800) 282-0880** (hearing impaired clients may dial 711 for assistance) or visit **www.energyhelp.ohio.gov**.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Ohioans can visit www.energyhelp.ohio.gov to apply online, download a copy of the application or find contact information for a local Energy Assistance Provider (EAP). When applying, individuals need to have copies of the following:

- Most recent **utility bills**
- A **list of all household members** (including birth dates and Social Security numbers)
- **Proof of income** for the past 30 days for all household members (12 months for certain income types)
- **Proof of U.S. citizenship** or legal residency for all household members
- **Proof of disability** (if applicable)



Operation Vaccine Push & A Health & Wellness Event

91 People Vaccinated at AOOA on September 9th

On September 9th at the Area Office on Aging's event 91 people were vaccinated and received a \$100 grocery gift card per household.

Those who were Aetna or Buckeye Community Health Plan members and were vaccinated at the event received an additional \$100 gift card. All those who were in attendance at the event received free food from food trucks. Many also received prizes such as a 50" TV, chromebook, and more as well as valuable information provided by local physicians.

This event was provided with generous support from Aetna, Buckeye, Lucas County Children Services, YWCA, NHA, United Way of Greater Toledo, and the Sight Center.



Dr. Anita Lewis-Sewell
A Renewed Mind



I WANT YOU TO GET VACCINATED

The AOoA is assisting the TLC Health Department with helping those age 60+ get vaccinated.

☎ 419-382-0624 or 📧 AreaOfficeOnAging.com

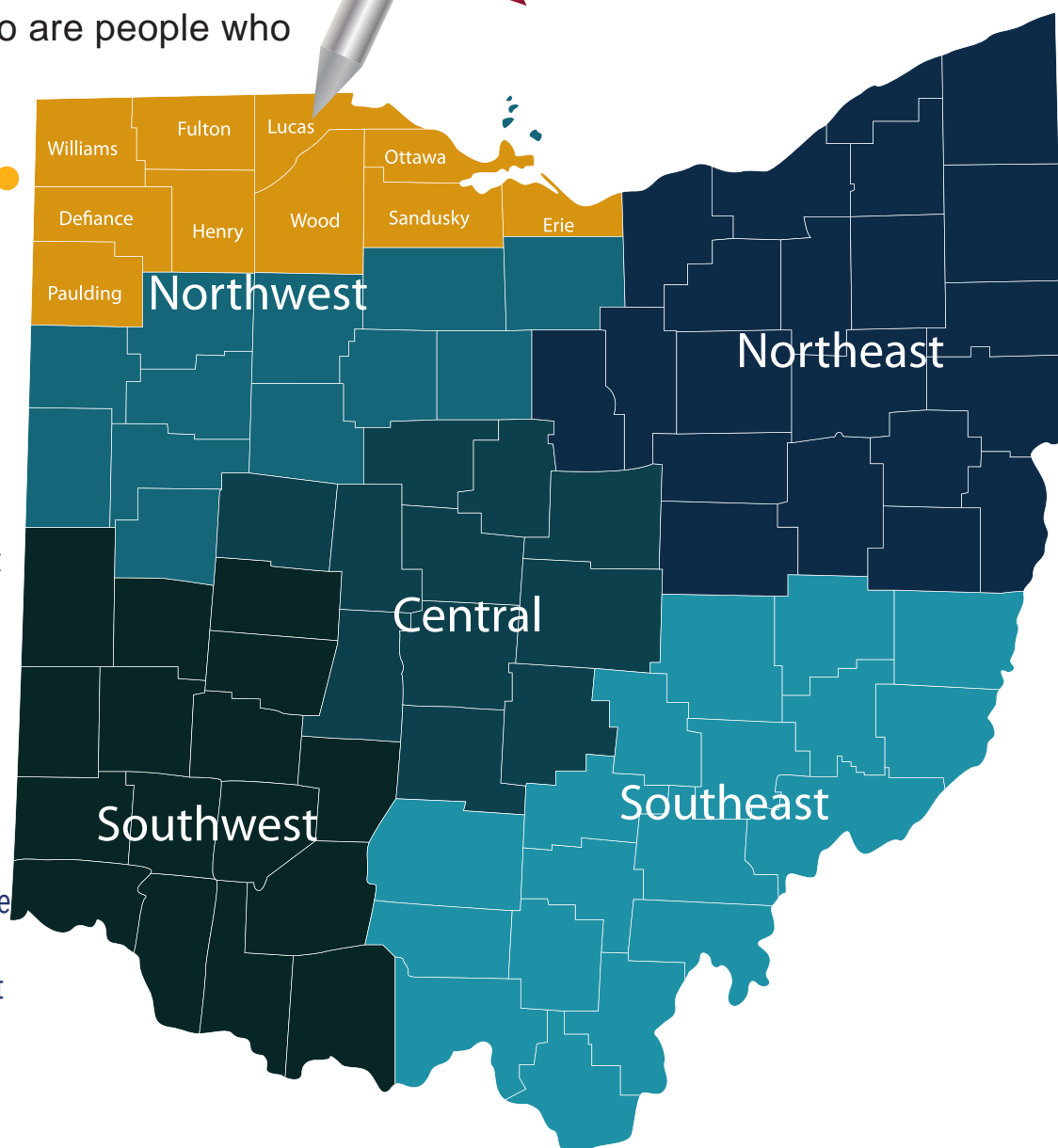


How NW Ohio Recovers — Help.

We believe those age 60 and better are not just people who sometimes need help, but also are people who can help.



All too often, those age 60 and better are often portrayed as just people who need help instead of also portraying older adults as those who can help. We reject the ageist portrayal that exists all too often in the media. We believe those age 60 and better are our community's greatest and most undervalued asset. Those age 60 and better are a big part of the solution to addressing our community's greatest needs.



The contributions

of older adults have been overlooked for way too long, so today we are looking directly at you and asking for your help. Whether it be as a volunteer or a paid position, the Area Office on Aging wants to engage those age 60 and better. We rely on their experience, skills, wisdom, dependability, and strong work ethic in the important work that needs to be done in our community. While there are many opportunities to be of help, we will highlight a sampling of some of the opportunities below:

VOLUNTEER JOBS



Meal Delivery Volunteer

– Food is one of the most essential needs we have. Many homebound older adults depend on someone like you to step up to volunteer to bring them the food they need.



Health and Wellness Workshop Facilitator Volunteer

– Did you know you can help reduce hospitalizations and falls as well as increase someone's self-reported health status? It's true, and you can get trained to utilize curriculum that has already been developed to facilitate workshops to do just that.



Child Literacy Volunteer

– Volunteers have the power to help an elementary school child who is not reading at grade level at the beginning of the year and have that same child reading at grade level by the end of the year. All it takes is the ability to read and a willingness to commit a little bit of time during the week.



Medicare Expert Volunteer

– Many older adults find it challenging to find the Medicare plan that will save them the most money on their health insurance and prescription drug costs. We will train you to be able to provide one-on-one assistance to individuals to help determine how they can save on their health insurance, prescriptions, food, and/or utility costs.

PAID JOBS



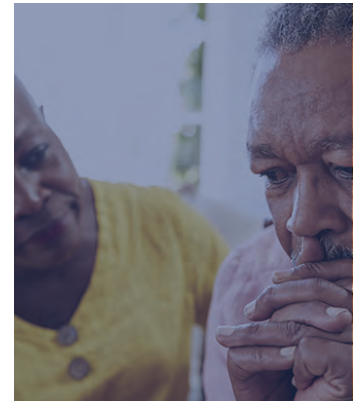
Switchboard Operator – Who is the most personable person you know? If you know someone who is an expert in providing remarkable customer service, we would love to have them join the Area Office on Aging team.



Home Health Aide – Did you know that it may be possible for you to get paid to help provide home care to an aging family member or friend who needs help at home? Training can be provided, and we can walk you through the process of exploring this possible opportunity.



Housing Director – We want to help increase the amount of safe, affordable, and accessible housing for older adults. We are looking for someone with experience in housing to help lead our efforts in the area of housing.



Care Manager – Many older adults who need home care depend on a social worker or nurse to help make sure their care needs are being met. You can help older adults and younger persons with disabilities live long, lives that are as healthy and independent as possible by arranging to have their home care, medical transportation, meal, and other needs met.



2021 V I R T U A L Caregiver Expo

JOIN US ON ZOOM:

WEDNESDAY, NOVEMBER 10TH • 4:00 - 6:00 P.M.



You are invited to the AOoA Virtual 2021 Caregiver Expo, featuring keynote speaker, **Dr. Jeremy Holloway**, Founder of Tellegacy: University Students Serving Isolated Older Adults. Please join us on Wednesday, November 10th at 4:00 p.m., as he presents: **"Social Isolation and Loneliness & The Power of Resiliency"**.

To register, go to <https://areaofficeonaging.com/event/6612> or call Jessica Drouillard at 419-725-7037. Zoom login for attendees: 3:30 – 4 p.m.

Open the camera on your phone and point at the QR code below to register



In The News

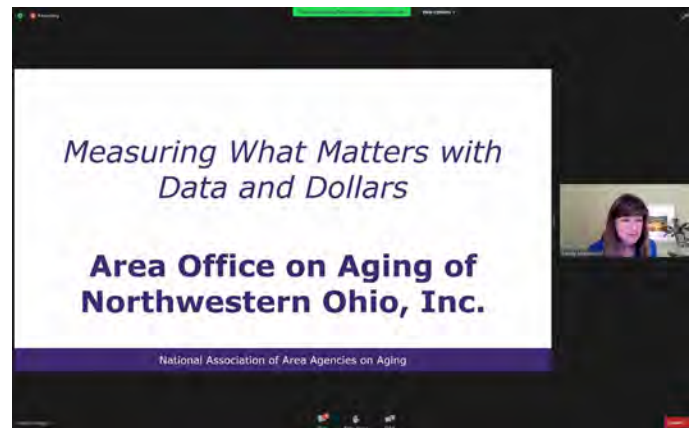
Area Office on Aging Wins National Award for the Excellence of its Data-Driven Operations



The Area Office on Aging of Northwestern Ohio, Inc. (AOoA) once again is in the national spotlight as it received its 14th National Aging Innovations & Achievement Award today. The National Association of Area Agencies on Aging (n4a) presented this award to the Area Office on Aging for the excellence of its data-driven operations. The award presentation took place at n4a's national conference. The Area Office on Aging is one of 622 area agencies on aging nationally striving for excellence in serving older adults.

The Aging Achievement Award highlights the Area Office on Aging's successful program in the field of aging.

In partnership with Miami University's Scripps Gerontology Center and the Center for Community Solutions, the Area Office on Aging of Northwestern Ohio, Inc. developed a model for gathering quality data on consumer satisfaction and impact. Data from telephone and mailed consumer satisfaction surveys drives decisions regarding service providers, delivery, and costs. "We are pleased to receive this national recognition for our work



The Aging Achievement Award highlights the Area Office on Aging's successful program in the field of aging.

measuring what matters for older northwest Ohioans and having that data drive the decisions we make with the dollars we invest in services for older northwest Ohioans," said Area Office on Aging President/CEO Mrs. Billie Johnson.

During the pandemic, the Agency used data gathered from older adults it uses to reflect changing needs. Given the increased social isolation and caregiver stress during the pandemic, future surveying will focus on how the AAA's programs and services can help improve social isolation scores and reduce caregiver stress levels.

The Area Office on Aging of Northwestern Ohio is nationally known and locally recognized as being a leader in helping older adults, their family caregivers, and younger persons with disabilities live long, quality, independent lives. Through providing both direct services as well as contracting with over 180 provider organizations, the Agency serves thousands of northwest Ohioans a year with home care, nutrition, support of family caregivers, and senior services.



The flu season is upon us and some experts fear the United States may experience a "twindemic" with both Covid and Flu present at the same time.

Influenza (commonly referred to as "flu") is a viral infection which can be deadly, especially in high-risk groups such as those persons over 65 years old and those with chronic medical problems or with weakened immune systems.

It is estimated that 70-85% of seasonal flu-related deaths were in people 65 and older. 50-70% of seasonal flu-related hospitalizations were also in this age group.

The flu virus attacks the lungs, nose and throat. Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches and fatigue.

The flu cases begin to increase in October and usually peak between December and February.

Last year in Ohio and across the U.S., the cases of flu were lower than in previous years. This was due to many people were wearing masks, social distancing and washing their hands more frequently than usual because of COVID-19.

Some estimate the number of flu cases might rise this year because the guidance surrounding COVID-19 is more relaxed with many which allows for easier transmission of the flu virus.

Here's what YOU need to know to better protect yourself:

- Get the flu shot-CDC recommends it for everyone 6 months and older
- The shot is readily available from Physician's offices, Pharmacies and the Health Department
- The flu shot will NOT give you the flu (it is a "dead" virus). It can however cause side effects like those listed above
- The flu shot can be given with the COVID-19 vaccine (different arms are suggested)

The Flu Shot Offers The Best Protection Against The Flu And Its Serious Complications Like Hospitalization

GET YOUR **FREE** OLDER ADULTS RESOURCE GUIDE!

Fill out the following information, clip this coupon and mail it to the following address to receive your **FREE** Older Adult Resource Guide.

AOoA - Older Adults Resource Guide
2155 Arlington Avenue
Toledo, Ohio 43609



Full Name: _____

Home Address: _____ Email: _____

City: _____ State: _____ Zip: _____



Don't
forget!!

OCTOBER 15 - DECEMBER 7



OPEN ENROLLMENT

You May Qualify for Assistance with your Medicare expenses!

Our Ohio Department of Insurance certified counselors (OSHIIP) provide free, objective information and can also sign you up for various plans and assistance programs to help reduce your medical expenses.

Medicare Assistance Terms:

Extra Help: A Medicare program that helps people with limited income and resources pay Medicare prescription drug costs - including all or most of the Part D monthly premium, all or most of the annual deductible, most of the copayments/co-insurance and provides full coverage during the donut hole

Medicare Savings Programs (MSP): Medicare clients with limited finances that are above Medicaid income requirements, may still qualify for various Medicare Savings Programs that pay the Medicare Part B premium, deductibles and coinsurance that are not covered under straight Medicare.

HEAP: Home Energy Assistance Program that can help you pay your heating bills during the winter months.

SNAP: The food assistance program helps people buy the food needed for good health. The amount of assistance varies with the size of the family and other factors.

Call today to schedule your Medicare counseling appointment!

419-382-0624





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**THE ONLY COMPREHENSIVE RESOURCE
FOR OLDER OHIOANS AND PEOPLE
WITH DISABILITIES IN OUR AREA**



helping you and
your aging **loved ones**
live long, quality, independent **lives.**

Helping you and your aging loved ones live long, quality, independent lives.

 419-382-0624 ext. 1137 or  AreaOfficeOnAging.com