

Caregiver Connection

HOLIDAY NEWSLETTER

2022

Area Agency on Aging Region 9, would like to extend our warmest holiday wishes to you and your family! The holidays are a time to reconnect with friends and family by sharing cards, letters and emails. This year Area Agency is sharing our newsletter to spread some holiday cheer to each of you.

We would like to introduce two new members to our team. Caregiver Education Coordinator's-

Leisha Hickenbottom and Lori Porter.

Lori has 20 years experience in long term care working in Occupational Therapy, both in facility and home health. Leisha has also worked in Long Term Care for 2 years as a Social Worker and Activities Director. Both Lori and Leisha are looking forward to helping serve unpaid family caregivers in our nine county region.

We hope you join us in welcoming our new additions.



What a way to slide into the new year!

Our Mission

"We work with people, communities and organizations to help older adults and people with disabilities live independently and enjoy the highest quality of life possible."

Plans for the New Year

Increase our community outreach by expanding programs we offer. Programs like Powerful Tools for Caregivers, Peer Support Groups and the REACH Program. Please call our caregiver staff for more information.



PROGRAMS



Heating Assistance Available

Application Deadline: May 31, 2022

The Ohio Department of Development and Area Agency on Aging Region 9 want to remind Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

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 documents:

- 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)

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 Area Agency on Aging Region 9 at 1-844-932-7277. 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.

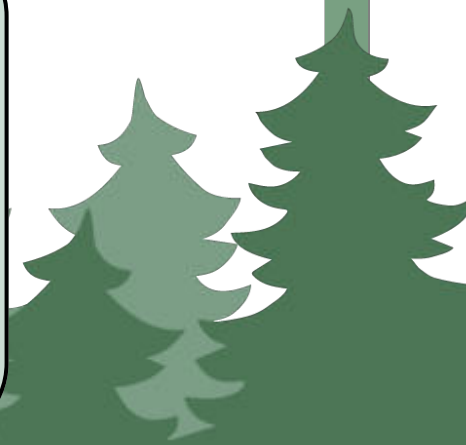
Need EXTRA HELP with Your Prescription Drug Costs?

Well, you're in luck!

Area Agency on Aging, Region 9 is available to assist with applications for Medicare Part D Extra Help!

Medicare beneficiaries that qualify may save up to \$4000 a year with:

- Little or No Premium
- Very Low Copays
- "Donut Hole" Coverage



PROGRAMS

CARE COORDINATION PROGRAM



The Care Coordination program is designed to link home care services to vulnerable older adults. That may be who at risk of losing their independence due to barriers with completing daily living tasks and skills. Care Coordination consumers cannot be PASSPORT eligible. Each Care Coordination consumer is assigned a Coordinator.

The Coordinator will monitor the delivery of all services, periodically reevaluate the consumer's needs and

assist the consumer in accessing other medical and social services. Care Coordination is provided at no charge. A "sliding fee scale", based on income, gives the consumer an opportunity to make a voluntary contribution towards the cost of their services. Care Coordination services are available on a first come, first serve basis; contingent upon program funding availability.

POWERFUL TOOLS FOR CAREGIVERS

This is a free course provided to caregivers. In just six weekly sessions, you'll learn to use tools that can help you:

- Reduce personal stress
- Communicate your feelings and needs to others, including other family members and your doctor
- Reduce guilt, anger, and depression
- Relax your mind and body
- Make difficult decisions
- Set goals and solve problems
- Get rid of self-negative talk.

These tools can help you maintain a positive attitude. As a caregiver, it is important to have a positive outlook. When you join the program, you will receive 'The Caregiver Help Book'. This help book has important information on:

- Hiring in-home help
- Making legal and financial decisions
- Deciding if someone should continue to drive.

Please contact the Caregiver Support Program at AAA9 at (800) 945-4250 option 8 to register



CARING FOR CAREGIVERS

Offers free support for unpaid individuals that provide care to an older loved one, friend or neighbor. Individual consultations, in-home one-on-one skills training, speakers for groups, educational courses, lending library and literature help increase knowledge and ability to provide better care for a longer time. Care planning and subsidized case-management assistance with professional in-home services are available to provide relief and safety for caregivers.

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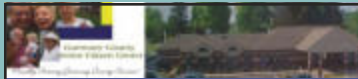
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10 WAYS TO BEAT THE WINTER BLUES

Exercise

Studies show a boost of mood, decrease in depression symptoms and reduces stress.

Plan something to look forward to

It has been found that people who travel get a boost of happiness from the anticipation of a trip rather than the trip itself.

Incorporate fish oil and Vitamin D Supplements

If needed, talk to your doctor about supplementing your diet especially in the winter months.

Soak up the sun

Being in sunlight helps balance serotonin activity, increases melatonin, and increases vitamins D levels. Aim to sit in the sun for one to two hours a day.

Take a break from the news

Limit your time in front of a screen by breaking it up into chunks or set an hour a day and then walk away.

Eat Nutritious food

Having a balanced diet has proven to boost energy and mood. Avoid sugar and carb overloading.

Keep up your sleep routine

Set a schedule and stick to it. Regular sleep is vital to overall health and wellbeing.

Call on your support system

Isolation tends to make symptoms worse. Find ways to reach out by phone, mail, or coffee dates.

Check something off your bucket list

Find time to accomplish a long awaited bucket list item. If you've always wanted to try a particular hobby, now is an excellent time to get stated.

Meditate

Consider meditating, find time to reflect and reframe perspectives.

Sara Lindberg. (2021, January 4th) How to Beat the Winter Blues. Retrieved October 15, 2021 from <https://www.verwellmond.com/how-to-beat-the-winter-blues>

Winter Word Search

- COAT
- COLD
- FROST
- ICE
- IGLOO
- SCARF
- SNOW
- WINTER

C	S	M	F	S	N	O	W
O	C	B	R	C	S	M	H
A	A	Q	O	O	B	V	K
T	R	E	S	L	F	E	I
W	F	O	T	D	Q	S	Z
L	W	K	Y	Q	I	C	E
V	Q	W	I	G	L	O	O
H	W	I	N	T	E	R	N

SUPPORT GROUPS

Dear Caregivers,

Caregiver Peer Support Groups are a great place to share with others and feel supported. Here at AAAg, we will continue to host these virtually. Be on the look out for a schedule change soon to better serve you. To join our virtual support groups, please call

(800) 945-4250, Option 8, to register.

For a list of in-person support groups in your area, please give us a call.

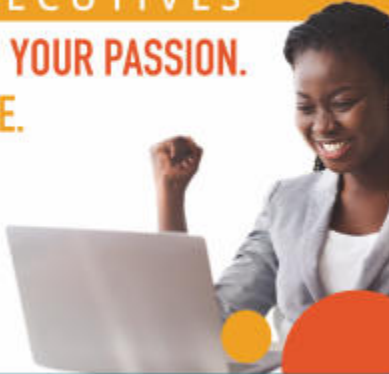
County	Day	Time
Guernsey	1 st Monday	10:30am – 12:30pm
Harrison	1 st Thursday	11:00am – 1:00pm
Tuscarawas	2 nd Monday	12:30pm – 2:30pm
Belmont	2 nd Tuesday	2:00pm – 4:00pm
Carroll	3 rd Monday	2:00pm – 4:00pm
Coshocton	3 rd Thursday	10:30am – 12:30pm

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Thrive Locally

FALL PREVENTION

The CDC offers information on fall statistics and prevention information. For more information visit www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html

- More than 1 out of 4 older people fall each year
- 1 out of 5 falls result in serious injury
- Greater than 95% of hip fractures
- Falls are the greatest cause of traumatic brain injury

One of the best ways to stay safe is to prevent falls. See below for some tips and tricks to avoid having a fall this winter.

- Remove clutter and cords away from living area
- Move furniture from high-traffic areas
- Remove throw rugs or add slip resistant material to the back or under rugs
- Store frequently used items within reach.
- Use nonslip mats in your bathtub or shower
- Using a bath seat and flexible shower head will allow you to sit during showers
- Hand rails for both sides of stairways
- Grab bars for the shower or tub.



Some of the services *PASSPORT* can provide to older adults include:

- Household Chore Services
- Home Delivered Meals
- Personal Care Services
- Transportation
- Adult Day Care
- Emergency Response System
- Medical Supplies

BECOME A VOLUNTEER

Some Evidenced Based Programs can use volunteer instructors or “lay Leaders”. Volunteers may also benefit from the program and from interaction with workshop participants. If you are successfully managing your chronic condition, consider becoming a lay leader to help others live happier, healthier lives.

To find out more about any of these workshops or how to become a volunteer leader, call 1-800- 945-4250 today.



“The simple act of caring is heroic.”
-Edward Albert