

Aging News



A Monthly Publication of the Bluegrass Area Agency on Aging & Independent Living



September 2019 Edition

Upcoming Aging Events

24th Annual Next Best Years Conference
September 20, 2019
8 am to 3 pm
Fayette County Extension Office

Inside This Issue

Lexington Senior Center hosts annual Health Fair

HomeMeds Proving Beneficial to Bluegrass Region Seniors

Bourbon & Harrison Counties Team Up for Fundraiser

Capital City Activity Center Hosts an Evening with Elvis

Accessory Dwelling Units One Step Closer to Reality in Fayette County

Happenings Around the Region

Lexington Senior Center hosts Annual Health Fair

Hundreds of seniors gathered at the Lexington Senior Center on August 16th for the second annual Health Fair. This year's event featured dozens of exhibitors, medical professionals, health care organizations, and senior services agencies that provided information and resources on a variety of topics related to senior health.

“The Senior Center Participants Council devised and orchestrated this event with more than 63 vendors and hundreds of seniors in attendance. They did a great job”, Lexington Senior Center Director Sean Wright said. The Participants Council is already looking to build on this year's success at the 2020 event.

BGAAAIL staff were on hand to provide information on the numerous senior health initiatives funded through Title IIID of the Older Americans Act as well as answer questions about services provided by the agency.



HomeMeds Proving Beneficial for Bluegrass Region Seniors

BGAAAIL recently began offering the evidence-based medication review program HomeMeds at Bluegrass region senior centers. The program uses software to screen prescription and over-the-counter medications for potential negative interactions and flags possible side effects including falls, memory loss, and weakness. A report is generated on site and given to participants that includes recommendations for review by a doctor or pharmacist. The report also includes a detailed listing of medications that could prove useful if needed quickly, such as in an emergency visit to a hospital. The program is particularly helpful to seniors who may be getting treatment from multiple physicians and/or receiving their medications from multiple pharmacies.

For information on a HomeMeds medication review event near you, please call BGAAAIL at 859-269-8021 ext. 232.



Bourbon, Harrison Counties Team Up for Fundraiser

Several dozen seniors from Bourbon and Harrison Counties gathered on August 14th for a fundraising event benefitting transportation services for seniors in both communities.

Seniors and community members in attendance enjoyed salad, spaghetti, and desserts along with live music entertainment by Perri Wilson and several rounds of the always-popular BINGO. “This event is always fun for our seniors and raises funds for a much-needed service. We are grateful for the support of our communities and volunteers who make it possible”, Bourbon County Senior Center Director Laurel Gambill said.



Capital City Activity Center Hosts an Evening with Elvis

The Capital City Activity Center in Frankfort hosted an Elvis themed Party Night on August 15. The sold-out crowd of 120 included members of the center, the local community, as well as special guests from neighboring senior centers. Guests enjoyed many of Elvis’ favorite foods including fried peanut butter and banana sandwiches, bacon covered meatloaf, fried dill pickle chips, fried chicken, mashed potatoes, BBQ baked beans, lemon meringue pie, and bread pudding.

“He was terrific! The food was excellent. The performance was lots of fun and everything was just perfect. Lots of people are asking when he’ll back”, guest Teresa Harris proclaimed. The Capital City Activity Center looks forward to hosting Elvis again next August. Stay up to date with their events on www.frankfortkyseniors.org or follow them on Facebook@[frankfortsac](https://www.facebook.com/frankfortsac).

Accessory Dwelling Units One Step Closer to Reality in Fayette County

It was a packed house of citizens and stakeholders at the Lexington Senior Center on August 20 as the proposed rules for Accessory Dwelling Units, or ADU's, were unveiled to the public.

The concept of ADU's, sometimes called "granny flats" or "in-laws quarters", has been an integral part of the discussion on affordable housing solutions in Fayette County, especially for seniors. Proposed rules discussed at the August 20 meeting will include:

- Requirement that ADU's be located behind a primary residence
- No owner-occupancy requirement
- No requirement for additional on-street parking
- No requirements for design or architectural style
- Stairs must be located on the side or rear of the ADU
- ADU's must be at least 3 feet away from the adjoining property line

The effort to allow ADU's has been an ongoing project involving many community stakeholders including AARP and the Lexington Senior Services Commission.

Those interested in learning about ADU's in Fayette County including a free downloadable copy of the ADU manual can visit <https://states.aarp.org/kentucky/adu>.

The next steps in the process will be a formal presentation of the proposed ADU rules to the Planning Commission on September 5 followed by a Planning Commission public hearing on September 26. The Planning Commission will then make a formal recommendation to the LFUCG Council for final approval.



FROM THE DIRECTOR....

Hello Everyone,

Summer is quickly coming to an end and fall, with all its beautiful colors is approaching. I want to bring to your attention that September 23rd is National Falls Prevention Awareness Day. If you or a loved one is having difficulties physically getting around, it might be a good time to do a home safety check. We have a checklist in our Pathways Resource guide which can be picked up at any county Senior Center, our office in Lexington, or on our website at www.bgaail.org.

Be safe and enjoy the beginning of some comfortable fall weather.

Celeste Collins



Celeste Collins, BSW
BGAAAIL Director

Happenings Around The Region



Seniors enjoying Carnival Day at the Anderson County Senior Center.



Students from UMC spending time with seniors at the Jessamine County Senior Center.



Seniors from the Scott County Senior Center enjoying a bowling outing.



Students volunteering and serving seniors at the Bourbon County Senior Center.



Seniors at the Lincoln County Senior Center taking painting lessons.

699 PERIMETER DR
LEXINGTON, KY 40517
859-269-8021
ADRC@BGADD.ORG

