

Aging News



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



Senior Centers in the Bluegrass Region served **35,911** meals in May!

Thank you to all our Bluegrass senior centers for helping seniors to stay healthy at home during this time!

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World Elder Abuse Awareness Day- Lifting Up Voices

June 15 every year is World Elder Abuse Awareness Day. This day is designed to spotlight elder abuse in its many forms and the need for awareness. Elder abuse is vastly underreported and can be physical, sexual, neglect or isolation, financial abuse or exploitation, emotional, or psychological abuse. This year the theme is “Lifting Up Voices” to highlight the link between violence against women and elder justice. Kentucky is a mandatory reporting state- if you suspect elder abuse you are required to report it. Report suspected abuse to Adult Protective Services at 1-800-752-6100 or for emergencies contact local police or sheriff’s office.



Helping Out



Bluegrass ADD staff member, Oonhi Dunn, is a service advisor for the Medicaid Home and Community Based Waiver program. When the coronavirus pandemic began, she wanted to help out. She soon found the RVs for MDs Facebook page and decided she could help by donating her RV to a healthcare worker in need. She was matched to an ICU healthcare worker with 4 kids that needed a place to stay so that she wouldn’t put her family at risk. Oonhi and family have decided to rename the RV the Corona Crusader in honor of its time providing shelter to healthcare workers. We are proud our staff is finding ways to support our community during this time.

Telemedicine

Telehealth and telemedicine are quickly becoming the norm for regular doctor visits. Here are some tips from the National Council on Aging on how to make the most of your virtual visit.

1. Prepare for the visit- update your list of medications, write down all your symptoms or concerns, and practice what you want to say
2. Find a quiet space- turn off background noise like TVs or radios, consider headphones for privacy
3. Tell your doctor everything- list all of your symptoms and concerns, share any changes in medical or personal history
4. Make a treatment plan- take notes on what the doctor says, ask about follow-up and next steps



Senior Center Shenanigans

The closure of senior centers in mid-March means that many older adults are at home more than usual. Senior center directors and staff are finding new ways to support their members while they are apart.

Berea and Richmond Senior Centers surprised their seniors by playing “Ding Dong Ditch.” Senior center directors showed up for an unexpected visit and a CoVid- 19 Survival Kit including bleach, hand sanitizer, and snacks.

Powell county senior center director delivered homegrown vegetables from her garden to her members.

Stanford Christian Church donated bags to the senior center members in Lincoln county. We want to thank everyone who is helping seniors to stay healthy at home!



Absentee Ballots

When the pandemic began, Kentucky's primary election was scheduled in May. Kentucky's Secretary of State Michael Adams and Governor Beshear rescheduled the primary election for June 23 and have expanded absentee voting. To request your absentee ballot go to www.govoteky.com before June 15.

FROM THE DIRECTOR...

Hello,

I hope everyone is staying safe at home. We sure are missing everyone! Our Senior Centers are continuing to provide meals in massive quantities across our Region. At this time, there is no official date for Senior Centers to re-open with full programming. We are anxious to get everyone back into our Centers, but also want to ensure we can do that as safely as possible. We will keep you posted on this!

June 15th is World Elder Abuse Awareness Day. Typically, we try to do something in honor of this day. Try to wear something purple on the 15th to honor the awareness of Elder Abuse prevention.

This year has been wrought with incredible circumstances for all people to deal with, from the Coronavirus Pandemic to the Black Lives Matter movement. This is a very difficult time in our lives. I want you to know there is support out there for you. If you feel overwhelmed by these events, please do not hesitate to reach out for help. Your mental health is just as important to us as your physical health.

Stay Healthy/Stay Strong

Celeste



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Older Americans Month May 2020



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