

Aging News



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



August 2020 Edition

Our deepest sympathy goes out to the family and friends of Mayor Ernst as well as the community of Stanford. Above is a picture of Mayor Ernst visiting the Lincoln County Senior Center shortly after being elected. The community of Stanford will greatly miss him.

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Kentucky Career Center- Bluegrass Offers Free CNA Program

As part of dislocated worker grant, Kentucky Career Center- Bluegrass will offer free Certified Nurse Aide certification. Project DEFENDER, Defeating Emergency Food-Insecurity and Elder Needs During Emergency Response, is designed to assist dislocated workers in completing certification. This program will pay for training materials- books, scrubs, testing, and provide an internship opportunity up to 1000 hours. If you have lost your job and are interested in becoming a certified nurse aide, this is a great opportunity.




For more information, contact Tiffanie Reeves at treeves@bgadd.org or 859-629-5598.

Senior Centers Keep Serving

Senior centers remain closed during the pandemic to reduce the spread of COVID-19. That doesn't mean that they have stopped serving seniors in our communities. Lexington Senior Center is going strong- providing many different services to older adults in Lexington. When the pandemic began, many older adults struggled to order groceries online. Lexington Senior Center solved this by setting up a call-in grocery assistance program.

Now that the pandemic has kept seniors at home for months, they are restarting many of their classes online. Visit the Lexington Senior Center's Facebook page to find out more about the classes they are offering or call the Lexington Senior Center at 859-278-6072 for information about registration.


 **LEXINGTON**
SENIOR CENTER

Virtual **FITNESS** classes!

Monday, Aug 10th:
9:30am Get Up & Go!

Thursday, Aug 12th:
1:30pm World of Dance!

Join via ZOOM or conference call!



Please CALL the center to receive information regarding access to these classes!

Keeping your home safe

While many people are at home more, some household items are used more than usual causing them to breakdown and need repairs. The CDC has made these recommendations for having someone come into your home for repairs and maintenance.

1. If you or someone in your household is sick or been exposed to COVID-19- delay all emergency repairs
2. Ask what kind of safety precautions the provider has put in place
3. Ask anyone entering your home to wear a mask and offer a mask if they do not have one
4. Complete as much of the consultation as possible before the visit or outside
5. After the visit, wash your hands for at least 20 seconds; clean and disinfect any surfaces touched by service provider



Mask Up Kentucky and Contact Tracing

On August 6, Governor Beshear extended the facial covering mandate for another thirty days. This mandate requires that all individuals over the age of 5 wear a facial covering when outside their home with a few exceptions. Exceptions include individuals with disabilities and those with hearing loss. Governor Beshear recommends “hands, face, and space” meaning wash your hands for at least 20 seconds, wear a facial covering, and maintain distance of at least 6 feet when possible. If you are over 60 and in need of a mask, please contact the Aging and Disability Resource Center.

Contact tracing is another tool to help fight the spread of coronavirus. To the left are some tips on questions that will and won't be asked by contact tracers.

CONTACT TRACERS WILL ASK

- Basic Contact Information
- Date of Birth
- Workplace Information
- Basic Health Information

CONTACT TRACERS WILL NOT ASK

- Social Security Number
- Passwords
- Banking Information
- Immigration Status

If asked for this information, hang up and report it to the Attorney General's Office at 1-800-804-7556.



County	Response Rate
Anderson	74.7
Bourbon	67.1
Boyle	70.1
Clark	73.2
Estill	64.2
Fayette	68.4
Franklin	70.8
Garrard	68.4
Harrison	68.8
Jessamine	73.9
Lincoln	67.7
Madison	70.1
Mercer	68.9
Nicholas	65.3
Powell	55.8
Scott	74.8
Woodford	73.0

Update: 2020 Census

The Census is still taking place with the pandemic. This count of everyone in the country takes place every 10 years and helps determine the funding for state, county, and local governments. Kentucky's overall response rate is 66% and in the Bluegrass region we are proud that almost all of our counties are above the Kentucky response rate average. If you have not completed your census, please do it today. If you need help completing it, please call the Bluegrass ADD at 859-269-8021 for help.

FROM THE DIRECTOR...

Hello,

I hope everyone is doing well as we continue to try and outsmart this COVID 19 virus. This month is a scary time for parents and grandparents as decisions must be made regarding children returning to school. My son will be entering his first year of college and even though he is not a child, it still makes mama nervous about him staying safe.

Friday, the 21st is National Senior Citizens Day. Try to make some time this month to honor the Senior Citizens in your life.

Each of our 18 Senior Centers across our region continues to provide meals while they remain closed to the public. If you need to begin receiving meals, please don't hesitate to call your county senior center or our ADRC at 866-665-7921. We would be happy to assist you in getting signed up for meals.

Stay safe and healthy.

Celeste Collins



Celeste Collins, BSW
BGAAAIL Director

Senior Centers in Bluegrass region served 40,990 meals to seniors in July- helping seniors stay #HealthyatHome



Anderson County Senior Center makes deliveries to seniors



Masks donated to Mercer County seniors



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