

Aging News



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



October 2020 Edition

Senior Centers in the Bluegrass region served over 32,000 meals in September

Inside This Issue

Two Million Meals Served

Election Information

Senior Center Updates

Medicare Open Enrollment

Two Million Meals Served

It seems like just yesterday, but in July Kentucky marked the one million meal served since the pandemic. Less than three months later, we are celebrating the two millionth meal served to Kentucky seniors since March. Senior centers in the Bluegrass have served a total of 232,310 meals since March and an average of 9,000 meals a week. As the weather turns colder and the winter approaches, older adults will have more difficulty getting out. If you or someone you know is over 60 and needs help with meals, call our Aging and Disability Resource Center at 1-866-665-7921 or adrc@bgadd.org or call your local senior center.



Above:
Governor Andy Beshear at Capital City Activity Center in July

Below: Snacks packed for home delivered



Election Information

Election years are usually hectic, but nothing compares to this year's election with a pandemic complicating voting. Kentucky has expanded mail-in voting, with the option to request your ballot if you are concerned about coronavirus. Individuals can request their absentee ballot online at www.govoteky.com or contact their county clerk. Kentucky has also expanded early voting starting October 13- November 2. BGAAAIL wants to help you know your voting options and have put together information for each of our counties. All this information will be posted on our website and our Facebook page. If you have questions about voting, contact your local county clerk.

VOTING DEADLINES

Register to vote by Oct. 5

Request absentee by Oct. 9

Early, in-person voting begins Oct. 13

Election Day, Nov. 3

GOVOTEKY.COM

TEAM
KENTUCKY

Senior Center Updates

As mentioned above, senior centers in the bluegrass region have served over 230,000 meals in the last six months. They haven't stopped there though. Our senior centers continue to innovate and create wonderful events and activities for our seniors. Garrard County Senior Center and others have planned drive thru flu shot clinics- making sure that seniors are protected during flu season. Many other events have been adapted to drive-thru such as drive-thru food pantries, drive-thru ice cream social, and drive thru festivals.

Social isolation is a major health concern for older adults that can affect physical and mental health. Many senior centers have started hosting virtual social hours and conversation corners through zoom and other virtual platforms.

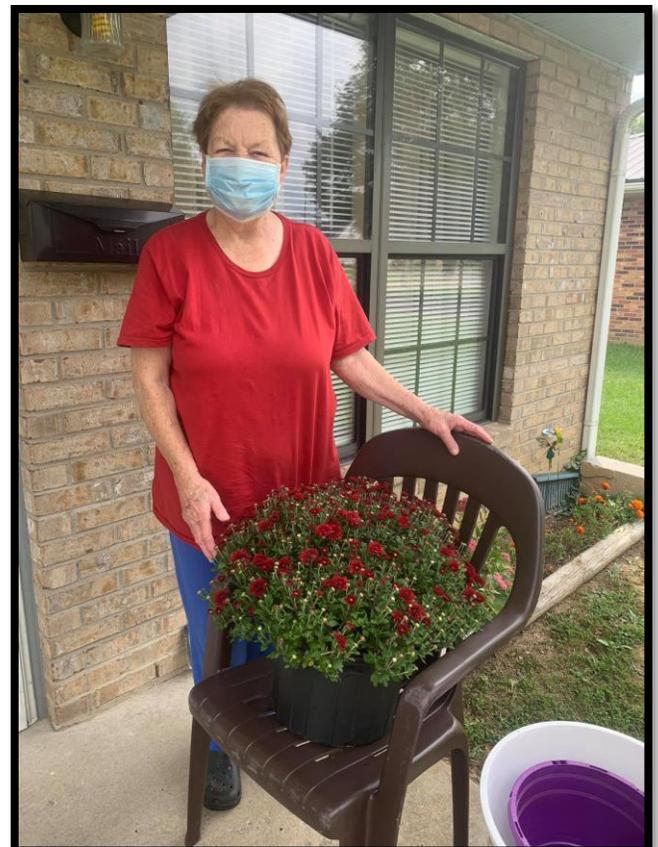
Our senior centers are keeping seniors engaged and active through many different exercise programs. Lexington Senior Center has started broadcasting its exercise classes on local television station. Many senior centers are hosting exercise classes on Facebook.

As seniors try to remain healthy at home, many are turning to grocery delivery and online ordering. Senior centers have created written instructions to assist older adults with the process. Some senior centers are even helping to place orders for older adults. Bourbon County Senior Center and other senior centers are hosting virtual cooking classes.

Are you following your local senior center on Facebook or other social media? Many of our senior centers have Facebook pages that are a great way to keep informed about what is going on in your community.



Lincoln County Senior Center delivering Mums from their Annual Mum Fundraiser





Open Enrollment

It's that time of year again- Open Enrollment for Medicare Part D starts October 15 and goes through December 7. Medicare Part D provides prescription coverage and the right plan for you can make a big difference in cost savings. The State Health Insurance Assistance Program (SHIP) can help you review your options with the Plan Finder Tool. Call them at 1-866-516-3051

FROM THE DIRECTOR...

Hello,

I hope everyone is doing well and enjoying this beautiful fall weather we are having. As you can see from the articles in this edition, there is a lot going on this month. Our Senior Centers are still closed to the public, but that doesn't stop them. They have a variety of activities going on.

We have drive-through flu clinics scheduled as well as Medicare Open Enrollment supports. Please don't hesitate to contact your county senior center for details.

It's election time, so also be sure to get your vote in. There are several options for voting this year. Our office as well as the senior center can assist you in determining the best option for you.

Take care and stay safe.

Celeste



Celeste Collins, BSW
BGAAAIL Director