

Aging News



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



December 2020 Edition

Senior Centers in the Bluegrass served over 35,000 meals to seniors in November! Thank you to all our senior centers and staff who are helping seniors stay #HealthyatHome!

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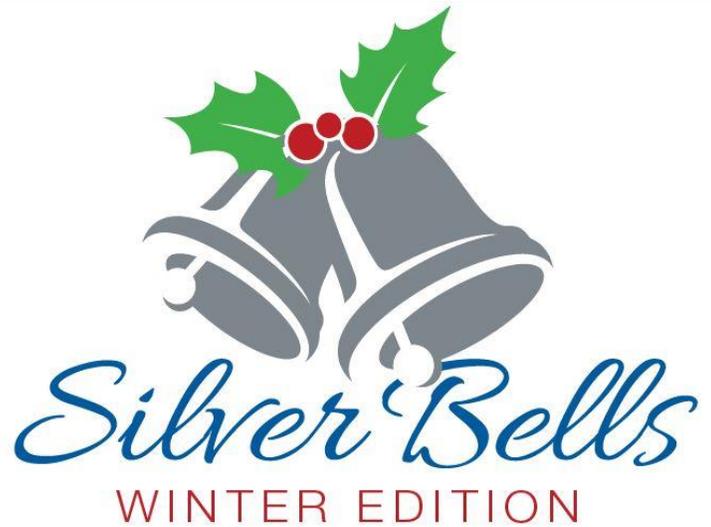
How to Stay Safe and Celebrate the Holidays

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Silver Bells

Sixty percent of long-term care residents have no visitors- which can be even more difficult during the holiday season. Every year the Nursing Home Ombudsman Agency of the Bluegrass organizes the Silver Bells program to give gifts to long term care residents in the Bluegrass area. Due to Covid-19 restrictions, many will not be able to visit with their families. But you can help to make a resident's holiday a little brighter by donating in several ways. You can donate blankets, puzzle and coloring books, colored pencils, and pencil sharpeners. Or you can donate or shop their Amazon wishlist at

www.tinyurl.com/SilverBellsWishList



Senior Centers Spread Joy

Senior Centers in Kentucky remain closed, but that doesn't mean they won't celebrate the holidays with their members in special ways. Many of our Bluegrass area senior centers are hosting Stuff a Stocking for a Senior. Lincoln, Jessamine, and Nicholas counties are accepting stuffed stockings to donate to their members. Ideas for stuffing include coloring books, puzzle books, warm socks, candy.

Capital City Activity Center is hosting an online auction on Facebook through December 9th- a great way to support the senior center and get some holiday gifts.

Most senior centers are accepting items to give away to seniors- contact your local senior center to find out how they are spreading cheer this holiday season.



Lincoln County Senior (above) receives gift of socks from Hustonville's Sadie Preston (right)

Celebrate the Holidays Safely

Many holiday traditions are too risky this year with the pandemic. We have some ideas on how to celebrate the holidays in new ways and still enjoy time with loved ones.

1. Drive around to see Christmas lights
2. Prepare traditional holiday recipes and deliver to neighbors as a surprise
3. Shop online rather than in stores
4. Plan a movie night- call friends or family to talk about your favorite part
5. Have a virtual dinner party- everyone shares their favorite holiday recipes
6. Decorate a holiday face mask

As always, stay six feet apart, wash your hands, and wear your mask.



Capital City Activity Center Director, Marchele Jenkins, delivering a meal

Shop Safely Online

Many of us will do our holiday shopping online rather than in person. Here are some tips from AARP to stay safe and avoid scams when shopping online

1. Use a secure internet connection and avoid using public wifi or hotspots for purchases. Look for SSL Secure Socket Layer  or https in website address- s stands for secure
2. Pay securely- choose secure payment options such as PayPal or look for VeriSign or BBB seal
3. Be vigilant- don't click on links in emails or texts that ask you to verify your financial info
4. Do your homework- check reviews, if it sounds too good to be true it probably is.
5. Use strong passwords- consider using a password manager, change passwords regularly, never use the same password for multiple sites. Consider using a passphrase- My daughter has 2 cats, 1 fish, 2 sons- can be Mdh2c1f2s

For more info visit [Shop Safely | CISA](#)

SCAM ALERT

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As winter arrives and COVID-19 continues to spread, older adults will often need more assistance. Be careful when hiring someone to do grocery shopping or other household chores. If they ask for the money in advance, politely decline. Consider asking a neighbor, friend, family member, local senior center, or our Aging and Disability Resource Center to find trusted resources.

FROM THE DIRECTOR...

Hello Everyone,

We've almost made to the end of 2020. What a year this has been! When the pandemic began, we were all hoping it would be over with by the end of this year. It seems to be getting worse before it gets better. There is hope with the vaccine coming soon. We are all going to have to continue to stay home and stay safe for a while longer. That's very difficult to do during the Holiday Season. Please keep others in mind this month. Reach out to those in need and be a support to those who are struggling with the current conditions we are living in. This too shall pass.

I hope everyone has a wonderful Holiday in whatever manner you choose to celebrate it.

Best wishes to you. Stay safe and have a Happy Holiday.

Sincerely,

Celeste



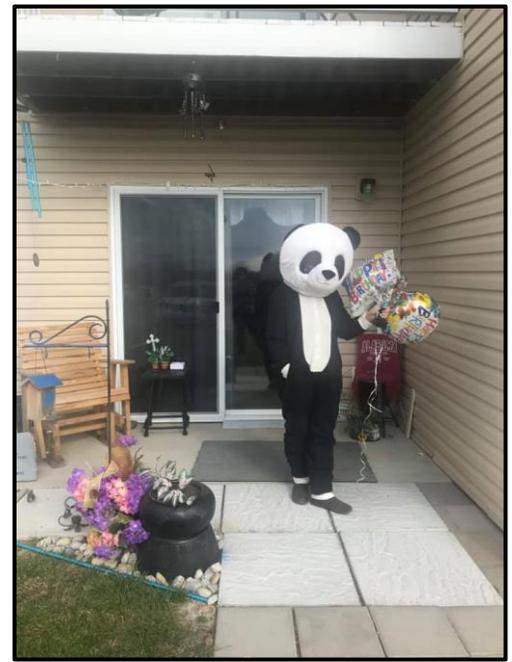
Celeste Collins, BSW
BGAAAIL Director



Lincoln County senior receiving socks from Hustonville's Sadie Preston



Scott County senior- Clue Mystery Winner



Anderson County Senior Center wishes a happy birthday to senior



Jessamine County Senior Center delivering Thanksgiving packages



Fayette County Halloween Cruise and Schmooze brought this lovely princess out



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