

# Aging News



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



March 2021 Edition

## Upcoming Aging Events

Grandparents As Parents Webinar

March 25 1PM ET

<https://uky.zoom.us/j/91234567890>

Lincoln County Senior Center Easter Flower Fundraiser

Order by March 19 (606)365-9016

Fayette County Extension Office- Estate Planning Series

March 18, 23 and 25

<http://ukfcs.net/EstatePlanningRegistration>

Cover Photos- Lincoln County Seniors with Valentine's Day Treats

## Inside This Issue

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## March for Meals

March is National Nutrition Month and traditionally it is a time when we celebrate and share all the hard work of our senior centers serving meals to older adults in the community. Often, we celebrate by inviting local officials to help serve meals. Though this year looks a little different, we want to celebrate the incredible accomplishment of the senior centers serving over 435,000 meals since the closure of the senior centers in March 2020. The Senior Nutrition Program that provides congregate and home delivered meals at no cost to individuals over 60 has been a lifesaver to many older adults who are isolated at home during this pandemic. We encourage everyone to thank our senior centers and their volunteers for keeping our seniors healthy at home!



Left- Lincoln County volunteers delivering meals

Right- Jessamine County Senior Center hosts Commodity Day



Above- flooding in Estill County

Bottom Right- view from Garrard County Senior Center

Bottom Left- photo from Franklin County Sheriff's Office



## Creativity Blooms

We have many wonderfully talented older adults in our state. We want to share a poem that was written by one of our Anderson County seniors, Carol Whitthaus. Extra time at home is not slowing our seniors down from getting creative.

### *Winter in Kentucky*

It's so beautiful today at my sweet Kentucky home,  
Though the winter wind blows strong  
It is warm beneath the sun.  
For Kentucky weather can be cold or warm  
It blusters or bursts with luster on the slightest whim.  
For Crocus can bloom in February,  
And never mind the SNOW.  
The next day they may be buried  
Their whereabouts we don't know.  
Our weather is a puzzle to ever figure out,  
For Kentucky winter is nothing to shout about.  
- Carol Whitthaus

## Transportation for Vaccines

As of March 1, Kentucky opened vaccine eligibility to phase 1C. This includes all individuals over 60, all essential workers, and anyone over 16 with CDC highest risk COVID 19 conditions. Many older adults need assistance with transportation for vaccine appointments. Bluegrass Community Action Partnership is providing free transportation to regional vaccine sites at the Horse Park and Ephraim McDowell for their eleven-county service area. Toyota Motor Manufacturing, Kentucky is also assisting individuals with transportation in partnership with ITN Bluegrass.



## Resources for Transportation and COVID-19 Vaccine

Locate transportation near you:

<https://govstatus.egov.com/ky-covid-vaccine>

ITN Bluegrass 859-252-8665

Bluegrass Community Action Partnership  
1-800-456-6588

Anderson, Boyle, Franklin, Garrard,  
Jessamine, Lincoln, Mercer, Scott, and  
Woodford counties

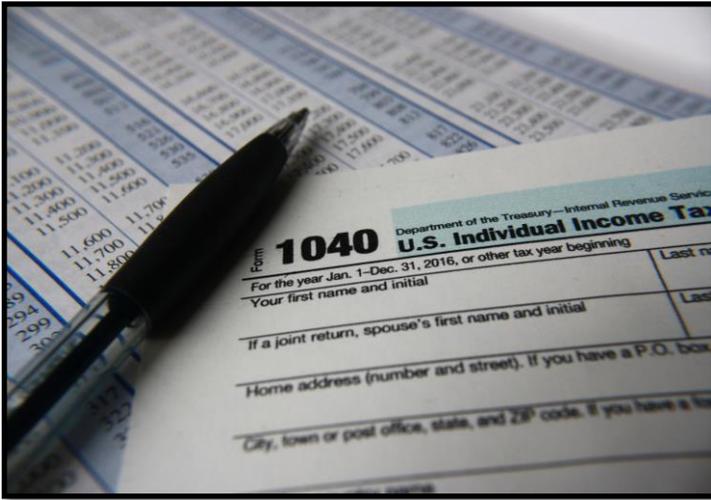
Want to know when you're eligible for the vaccine? Call 1-855-598-2246 or visit [kycovid19.ky.gov](https://www.kycovid19.ky.gov) - [Kentucky Vaccine Survey \(egov.com\)](https://www.kentuckyvaccine.gov)

## Unexpectedly Retired?

Some older adults may have decided to retire early due to job loss or changing health conditions during this pandemic. The Consumer Financial Protection Bureau has some considerations to help deal with an unexpected retirement.

Social security benefits may be reduced permanently if you start collecting social security before your full retirement date. If you find a new job or income source, you can withdraw your social security application within 12 months of applying. You can check your social security benefits through your My Social Security account at [www.SSA.gov](https://www.SSA.gov)

If you are suddenly on a fixed income, additional benefits may be able to help save money. Check eligibility at [www.benefitscheckup.org](https://www.benefitscheckup.org)



## Tax Help

AARP helps with taxes every year- unfortunately many of the in-person events are limited. There are still ways to get help.

Find in-person help near you:

<https://irs.treasury.gov/freetaxprep/>

If you can prepare your own taxes with assistance visit [AARP Foundation Tax-Aide Service](#) select “prepare my own taxes” and then “Request Help.”

## FROM THE DIRECTOR...

Hello,

Thankfully March has arrived, and spring is hopefully around the corner. This winter has really hit us with some terrible weather conditions: snow, ice, rain, flooding. A couple of our counties were hit very hard with flooding, but thankfully the Senior Centers in those counties escaped with no damage.

We always celebrate our meal service during the month of March. I can't praise our meal program enough. Our caterer and Senior Centers have charged through the COVID pandemic like champions and made sure any Senior who needs a meal gets one. All of our nutrition program staff has weathered this storm like heroes!

Please take note within this edition, the links to assistance with tax preparation and COVID-19 vaccinations & transportation. There is help if you need it, just reach out.

Enjoy the sunshine and hopefully warmer weather to come.

Sincerely,

*Celeste*



Celeste Collins, BSW  
BGAAAIL Director

# Happenings Around The Region



Franklin County Seniors received Valentine's from Ellie Roberts



Jessamine County Senior Center hosts commodity day



Assistant Director, Mary Crowley-Schmidt participated in Alzheimer's Association Advocacy Day



Lincoln County Senior picks up Valentine's Day Treats

699 PERIMETER DR  
LEXINGTON, KY 40517  
859-269-8021  
[ADRC@BGADD.ORG](mailto:ADRC@BGADD.ORG)

