

Aging News



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



National Senior Center Month



September 2021 Edition

Upcoming Aging Events

iknowexpo
September 11
10 am-3 pm
Lexington Senior Center
195 Life Lane

GAP Conference
October 21
8 am- 3:30 pm
Clarion Hotel Lexington

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Five Million Meals!

In August Kentucky senior centers served their five millionth meal since March 2020 and the beginning of the pandemic. We are so proud of the hard work our senior centers, staff, and volunteers have put in to make this milestone possible. This National Senior Center Month- show appreciation to your senior centers!

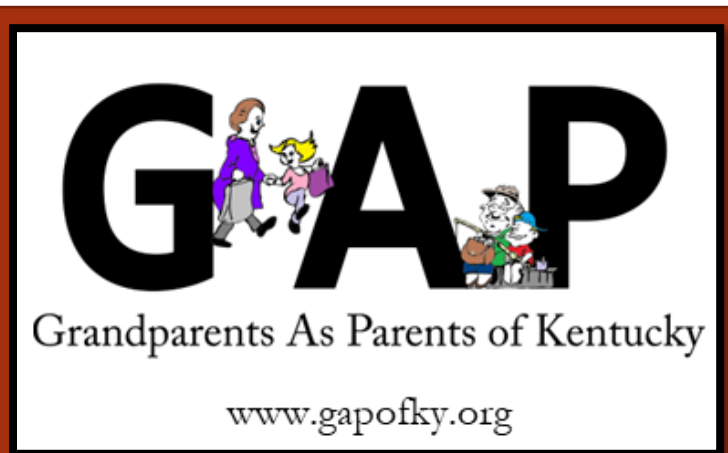
Most of our regional senior centers have had to close as the counties have gone back to red. Senior centers quickly pivoted back to serving all meals through home delivery or drive through to keep our seniors healthy at home. If you or someone you know is needing meals during this time, please call our Aging and Disability Resource Center or your local senior center.



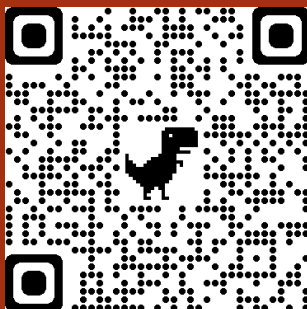
Lincoln county senior received meal delivery

GAP Conference

This year's Grandparents As Parents Conference is going to be in-person on October 21 at the Clarion Hotel in Lexington. This conference is geared towards grandparents and other relative caregivers raising children. Workshops will include topics like guardianship, substance use, e-cigarettes, and youth suicide prevention. The conference features two keynote sessions from Dr. Malcolm Smith from Courage to Care Project. Dr. Smith will speak on bullying and caring for an angry child. Volunteer attorneys will also be available during the conference to provide free 30-minute consultations on guardianship and related issues. Attendance will be limited so please register early to ensure a spot is available. Registration for grandparents and other relative caregivers is \$10 and \$50 for professionals with CEUs available.



NEW! Online registration available:
<https://bit.ly/gapky21> or scan the
QR code



National Suicide Prevention Month

Suicide rates among men ages 85 and older are the highest of any group in the US. Suicide attempts by older adults are also more likely to result in death. This pandemic has shone a light on the increasing needs for mental healthcare and this includes for older adults. Older adults are more isolated than ever, introducing new mental health issues or compounding already existing ones.

Recent changes to Medicare have made seeking mental healthcare easier to access. Medicare recipients can access mental healthcare in their own home and other locations through virtual options. Virtual care can now be covered with video or voice telephonic options. If you or someone you know is in crisis, contact the Suicide Prevention Line at 1-800-273-TALK (8255).



National Preparedness Month

Though we are currently living through a worldwide pandemic, older adults should also be prepared for other kinds of emergencies. With the changing seasons now is the perfect time to prepare for weather-related emergencies. Consider signing up for SMART911 if available in your area.

1. Make sure you have supply of medications
2. Inform your utility companies if you are dependent on oxygen or other special needs
3. Have your glasses, hearing aids, and extra batteries together
4. Make copies of your ID, insurance cards, and other important documents
5. Have an evacuation plan- who will help you if needed?

Participants Needed for a Research Study

“Life Experiences of Female Rural Caregivers of Family Members with Dementia During COVID-19”

This study is open to family members caring for a dependent older adult who live with Alzheimer’s disease or other dementia in a home environment

The purpose of this study is to understand how COVID-19 affects rural female caregivers of family members with dementia.

Time commitment: Participation in a one-time telephone interview and one person interview that will last approximately one hour

All CDC precautions will be strictly followed. COVID-19 screening and no touch temperature checks before participation.

Place: A meeting place and time that is most convenient for the participant, virtual meeting, or by telephone.

Time Compensation: \$50 gift card upon completion of the interviews.

[click here to complete a short eligibility survey](#)

Or contact Principal Investigator: Dr. Candace Harrington at 502-654-8031 candace.harrington@louisville.edu

Co-Investigator: [Dr. Cheryl Witt at 859-612-9469 cheryl.witt@louisville.edu](mailto:cheryl.witt@louisville.edu)

University of Louisville School of Nursing 555 S. Floyd Street K wing
Louisville, KY 40202

This study is funded by the Midwest Nurses Research Society and Sigma Theta Tau International.

FROM THE DIRECTOR...

Hello Everyone,

As we are closing out the summer and moving into fall, I hope everyone is continuing to stay safe during this crazy time we are experiencing with the pandemic. September is National Senior Center Month. We could not have gotten through the past year without the hard work and dedication from the staff at each of our County Senior Centers. Please don't forget to let them know how appreciated they truly are!

I hope everyone is enjoying this milder weather.

As always, stay safe and call on us anytime.

Sincerely,

Celeste



Celeste Robinson, BSW
BGAAAIL Director