

Aging News



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



November 2021 Edition

Upcoming Aging Events

Capital City Activity Center Gingerbread House Competition
November 11-December 30.

Lincoln County Senior Center Poinsettia Fundraiser

Order online at <https://form.jotform.com/203085449490156>

Orders can also be placed by calling (606) 365-9016.

Senior Centers in the Bluegrass served 27,742
meals in October
Thanks for helping seniors stay
#HealthyAtHome!

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National Family Caregiver Month

Each November is recognized as National Family Caregiver Month. This year's theme is "Caregiver and" emphasizing that caregivers have many other roles and responsibilities. At BGAAAIL we have a caregiver support program that can assist caregivers in several ways. The program can provide respite, or a break for the primary caregiver, help with purchasing supplies, caregiver training, and more. Studies show that support services can reduce caregiver stress, anxiety, and depression enabling them to provide care longer. If you or someone you know are a caregiver and need assistance, please call our Aging and Disability Resource Center at 859-266-1116 or email adrc@bgadd.org



Holiday Celebrations

Many of our senior centers are getting prepared to celebrate the holiday seasons for their members and their community. Several senior centers are asking for community members to help their seniors celebrate. Many are hosting a Stuff a Stocking for a Senior or Adopt a Senior. Check with your local senior center to see how you can help seniors in your community celebrate. Silver Bells is a great way to help nursing home residents have a special holiday. The Nursing Home Ombudsman Agency of the Bluegrass is collecting items to distribute to long term care residents in the Bluegrass region- drop off items by December 10 at their office or shop the wish list at [Amazon Wish List](#) . Here are requested items:

- warm, fuzzy blankets
- lotion and chapstick
- word search, puzzle, and coloring books
- pens, coloring pencils, and pencil sharpeners
- individually wrapped candies and snacks

Instructors Needed

Bluegrass Area Agency on Aging and Independent Living is looking for individuals who are interested in healthy aging. We need instructors to teach our IID Evidence Based Health Promotions Classes. We offer a wide variety of classes including active exercise classes and healthy learning in small group settings. We are currently adding classes to our roster so now is a great time to learn more about healthy aging and share your knowledge with the seniors in your community. We offer compensation for your time and pay for all necessary training. If you are interested in learning more, please contact

Sarah Eldridge at seldridge@bgadd.org
859-537-8644 or fill out this online form:
<https://forms.gle/1zk2j2ArMzRq2riWA>

BGAAAIL is looking for instructors for our health promotion classes.

If you are interested in helping older adults— please contact Sarah Eldridge at seldridge@bgadd.org or 859-537-8644.



instructors needed



Department for Aging and Independent Living
2021 Kentucky Senior Hunger Summit

"Cultivating Community Collaboration and Sustainable Solutions"

Registration and Nominations are Now Open!

The Kentucky Department of Aging and Independent Living will hold its annual Senior Hunger Summit on November 17, 2021 from 9:00 am to 4:00 pm EST.

Senior Hunger Summit

On November 17, the Department for Aging and Independent Living is hosting its Second Annual Senior Hunger Summit. This event will be virtual and is free. Presenters will share ideas on how to achieve food security for older adults in Kentucky. Register today at [Webinar Registration - Zoom](#)

LIHEAP

As the weather is getting colder and we get closer to winter, many people will need assistance with increased utility bills. LIHEAP or the Low Income Heating and Energy Assistance Program helps approximately 150,000 Kentuckians pay their heating bills each winter. If you or someone you know needs assistance this winter, contact your local Community Action Agency now through December 10. Find your local Community Action Agency by visiting www.capky.org or call at 1-(800) 456-3452.



MEDICARE OPEN ENROLLMENT / Oct. 15 – Dec. 7

IT'S MEDICARE
OPEN ENROLLMENT.
COMPARE PLANS
FOR HISTORICALLY
LOW PREMIUMS.



Medicare Open Enrollment

It's that time of year again- Medicare Open Enrollment! Now through December 7th Medicare beneficiaries can choose their prescription drug plans, medigap options, and medicare advantage plans for plans beginning January 1, 2022. The State Health Insurance Assistance Program can provide help over the phone or limited in-person appointments. Contact 1-866-516-3051 for more information. Or you can compare plans online at www.medicare.gov

FROM THE DIRECTOR...

Hello everyone,

Here we are in the midst of the Holiday Season. Time is flying by remarkably fast. We are very busy working on new and old projects. We are preparing to write our 3-year Area Plan. This is a plan we submit to the Department for Aging & Independent Living showing them where the need is in our communities and how we hope to address those needs. We need your help with this. Please go to our website at www.bgaaail.org and complete our Regional Community Needs Survey. If you prefer a paper copy, feel free to call our office and ask for me. I'm happy to mail a copy to you.

Let's all remember to give thanks for the blessings we have this Holiday Season. I wish each of you a very happy Thanksgiving.



Celeste Robinson, BSW
BGAAAIL Director



Happenings Around The Region



Anderson County Seniors gather at the senior center



Scott County Seniors gather at the senior center



Capital City Activity Center Halloween
Costume Contest Winner



Lincoln County senior happy to
receive a delivery

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859-269-8021
ADRC@BGADD.ORG