

# Aging News



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



December 2021 Edition

## Upcoming Aging Events

Family Caregiver Workshop- virtual  
December 17 9 am- 12 pm

[Register here](#) or call 1-(800) 272-3900

Aging Advisory Council  
January 12, 2022 10 am

## Inside This Issue

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## Help for Meals

Bluegrass region Senior Centers have been busy serving meals to older adults throughout the pandemic. Senior Center employees, directors, and volunteers have done everything they can to ensure seniors have the food they need. In November, Bluegrass Senior Centers served over 30,000 meals to older adults. Many of our local Senior Centers have lost volunteers or staff that assist with the meals and are struggling to serve and deliver the meals. If you'd like to help older adults get the nutrition they need, consider volunteering or applying for open positions at our Bluegrass Region Senior Centers. [BGAAAIL Facebook](#) page shares job openings and calls for volunteers or you can call your local Senior Center and ask how you can help.



Top- BGADD Staff help serve meals

Bottom- Frankfort Police Chief Adams helps deliver meals



Anderson County Senior Center Christmas Tree

## Senior Centers Spread Joy

Several 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 Clark counties are accepting stuffed stockings to donate to their members. Ideas for stuffing include coloring books, puzzle books, warm socks, candy.

Many 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 and how you can help.

Nursing Home Ombudsman Agency of the Bluegrass is collecting items for long term care residents through December 10 for their Silver Bells program.

## Stay Connected

As the weather gets colder and more people return to spending more time indoors and at home consider some new ways to stay engaged and connected.

- Write letters to friends or family sharing favorite stories or memories
- Check out audiobooks or e-books from your local library or the Kentucky Talking Book Library
- Take free courses online- [Senior Planet](#) has many classes including basic technology classes
- Watch a tv show or movie while on the phone or video chat with a friend



## Scam Alert

Medicare Open Enrollment ended December 7, but Medicare scams are always active. Most Medicare scams are targeting your Medicare ID number.

How it works- someone calls, emails, advertises on social media that you can get a new Medicare card. They might offer a new, more secure card with a microchip or digital card. They may simply ask you to verify your Medicare ID number- never give out this information over the phone or through email.

How to Avoid the scam- hang up, delete emails, or ignore any offers related to your Medicare card. The Center for Medicare and Medicaid Services will never contact you to sell you anything or ask you for your Medicare ID number.

**SCAM  
ALERT**

## COVID-19 Vaccine Booster Shots

The CDC has expanded the eligibility for COVID-19 booster shots with recommendations for those who have received the Pfizer, Moderna or Johnson and Johnson COVID-19 vaccines. No matter what initial vaccine you received, you may choose which vaccine to receive as a booster.

### Who should get a booster shot?

If you received a Pfizer or Moderna series:

- Age 18 +

If you received a J&J vaccine:

- Age 18 +

### When should you get a booster shot?

- At least 6 months after Pfizer or Moderna
- At least 2 months after J&J

## Covid Boosters

With the holidays coming one of the best ways to protect yourself and loved ones is to get a COVID-19 booster shot. The CDC recommends that all individuals over the age of 18 who had their COVID-19 vaccines over 6 months ago should get a COVID-19 booster shot. If you need help finding transportation or scheduling a booster shot appointment, please call our Bluegrass Aging and Disability Resources Center at 859-266-1116.

## FROM THE DIRECTOR...

Hello,

I hope everyone had a wonderful Thanksgiving last month. It's hard to believe we are in the midst of the Holiday Season. The old saying is true, the older you get the faster time flies. I feel like it should still be summer.

I want to remind everyone we will have an Advisory Council meeting on January 12<sup>th</sup> at 10:00am. This will be via ZOOM. If you would like to attend, please contact me and I will gladly send you the link to join.

Try to stay warm as the cold weather is upon us.

I wish each of you Happy Hanukkah, Merry Christmas and a very Happy New Year! May we all be blessed this Holiday Season.

*Celeste Robinson*



Celeste Robinson, BSW  
BGAAAIL Director

# Happenings Around The Region

Lincoln County Seniors received poinsettias



Jessamine County Senior enjoying time at the center



Centre College student helps decorate  
A Gathering Place- Boyle County  
Senior Center



Jessamine County Seniors enjoy a game

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