

Aging News



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



September 2022 Edition

Upcoming Aging Events

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

GAP Conference
September 22
8 am- 3:30 pm
Clarion Hotel Lexington

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Seniors Helping Seniors

After the historic flooding in Eastern Kentucky this summer, many seniors wanted to help people like them affected by the flooding. Realizing that some needs for older adults are different and weren't included on donation lists, the Friends of the Lexington Senior Center started gathering items specifically for older adults. They collected donations including incontinence supplies, rubber shoes, reading glasses, denture cleaning supplies, and many other items. In just under a week, this group of seniors helping seniors filled six and a half pallets of items along with durable medical equipment and delivered it to Kentucky River Area Agency on Aging. Special thanks to Highbridge Water, Akers Packaging, American Gas and Welding, and Trust Co Bank of New York.

Volunteers and staff loaded pallets at Lexington Senior Center



Gale Reece of Friends of the Lexington Senior Center collecting donations

National Suicide Prevention Month

According to the Centers for Disease Control suicide rates are highest among adults 75 and older than any other age group. Overall males have a higher suicide rate than females and males 75 and older have the highest suicide rate.

Risk factors for suicide in older adults include social isolation and loneliness, physical or mental health problems, chronic pain, stressful life events, and loss of functioning with activities of daily living.

If you are concerned that someone you know is showing signs of suicide, the best action is to ask. Discussing suicide does not create or worsen suicidal thoughts. If you need help, the new national suicide crisis line is 988- you can call or text for help. Don't hesitate to ask for help and share this new resource.



There is hope.



988 SUICIDE & CRISIS
LIFELINE

Telehealth Program

BGAAAAIL is excited to join Sanders Brown Center on Aging for a new pilot project to increase the availability of telehealth services to older adults. Through this project, UK Sanders Brown will install telehealth units and headsets in three of our local senior centers. This will allow seniors to get access to specialists and other health professionals where they are comfortable with the assistance of staff to ensure they are able to overcome any technical issues. Telehealth units will be installed at the Capital City Activity Center- Meals on Wheels Greater Frankfort, Richmond Active Living Center, and the Mercer County Senior Center. Currently we are looking for individuals that can assist during these telehealth sessions as a part time position- approximately six hours per week. If you are interested, please contact Celeste Robinson at crobinson@bgadd.org



Anderson county seniors enjoyed a luau

FROM THE DIRECTOR...

Hello,

As we journey into the fall season, I want to remind everyone this is Suicide Prevention Month. If you know anyone who is having mental health issues that you think may lead to suicidal thoughts, please make a call to the new hotline number 988. Professionals are ready to help.

We encourage you to keep our family/friends of Eastern KY in your hearts and prayers as they continue to rebuild after the flooding they recently endured.

Enjoy the cooler weather and Go Cats this football season!

Celeste



Celeste Robinson, BSW
BGAAAAIL Director

We want to celebrate our 18 wonderful senior centers for National Senior Center Month!



Above- Frankfort seniors enjoyed a presentation from Kentucky Chautauqua
Below- Estill county seniors enjoyed a trip to Natural Bridge



Above- Anderson county luau
Center Left- Jessamine county seniors enjoyed lunch out
Below- Lincoln county celebrated National Eat Outside Day
Bottom Center- Mercer county seniors enjoyed treats at The Local

