

# Aging News



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



October 2023 Edition

## Upcoming Aging Events

Bluegrass Aging Consortium  
November 7, 2023 9 AM  
Bluegrass ADD Conference Room

Aging Advisory Council  
November 8, 2023 10 AM  
Bluegrass ADD Conference Room

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## Open Enrollment

It's that important time of year again- Open Enrollment for Medicare health plans and Part D drug plans. Open enrollment officially starts October 15 and runs through December 7. Every year plans can make changes on things like cost, coverage, and what providers and pharmacies are considered in-network. This is why it's important to review your plan every year and make sure that you get the best coverage for you. You can compare plans at Medicare.gov or the State Health Insurance Assistance Program- SHIP can help with this daunting task. They provide free information and counseling to help you make the best decision for you and can ensure that you receive all the benefits for which you are eligible. Contact SHIP at 1-866-516-3051 to get the process started.

MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7

**WHAT ARE YOUR BEST COVERAGE OPTIONS?**



THE OFFICIAL SOURCE FOR MEDICARE  
**Medicare**.gov

**“You’ll meet a lot of folks that become your family and friends on Uniper.”**



- Rodney  
Uniper Member since 2020



## Uniper

BGAAAIL knows that it's not easy for everyone to get out and explore life - or to make new friends. That's why we have partnered with Uniper, a global virtual community for seniors, to bring you together with a world of people, activities, and inspiring content through your TV or tablet. And the best part is that it's safe, easy, and FREE.

To be eligible for Uniper via BGAAAIL you must:

- ☐ live in any of our 17 counties
- ☐ be at least 60 years of age
- ☐ That's it!

All you have to do is **call Sarah Eldridge at 859-810-2502 to sign up.**

Need more reasons to join? Don't just take our word for it- hear what other members are saying about their personal experiences on Uniper in this [short video.](#)



## Covid- 19 Updates

Last month, the CDC and FDA approved a new Covid- 19 booster for everyone six months and older. If it has been at least two months since your last Covid-19 vaccination- either the primary series or previous booster dose, it is recommended that you get the new booster from Moderna or Pfizer. Medicare Part B covers all the Covid-19 boosters at no cost.

In addition, due to rising cases of Covid-19, the US government has relaunched its free covid-19 test kits by mail program. Each household can receive up to 4 free at-home test kits for Covid-19 by signing up here- [Free Covid-19 tests](#) or if you need help ordering by phone call 1-800-232-0233.



Visit [www.vaccines.gov](http://www.vaccines.gov) to find a Covid-19 vaccine/booster or flu shot near you.

## Vaccine Events

We are happy to announce that we are participating in the Aging and Disability Vaccine Collaborative and are recipients of grant funding to help older adults access vaccines. We are helping older adults get vaccines including the new Covid-19 booster, pneumonia, shingles, and influenza shots. We are participating in events across our region helping increase vaccine access and providing incentives to older adults to encourage vaccine uptake.

October 10<sup>th</sup>- Capital City Activity Center

November 9<sup>th</sup>- Age Well in Kentucky- a joint event of BGAAAIL and KIPDA- our sister agency in Louisville

November 3<sup>rd</sup>- Richmond Active Living Center health fair



Capital City Pharmacy and BGAAAIL Staff joined Capital City Activity Center- Meals on Wheels Greater Frankfort for their recent health fair to give vaccines

## Ageism Awareness Day

October 7 is Ageism Awareness Day. To recognize this day, we are educating people about the impact and harm of ageism. Ageism refers to how we think, feel, and act toward others or ourselves based on aging. There are many kinds of ageism including internalized, cultural, implicit, and benevolent. Ageism is commonly portrayed in media. Only 1.5% of characters on TV in the US are older adults while in reality they are approximately 17% of the population and growing quickly. AARP estimates a loss of \$850 billion in GDP due to involuntary retirement and underemployment of older adults. There's good news though- positive perceptions of aging live 7.5 years longer than individuals with negative perceptions of aging. Changing your perspectives can make a huge impact on your life!



### FROM THE DIRECTOR...

Hello,

I hope everyone is enjoying this wonderful fall weather. I'm looking forward to seeing the beautiful landscape of the leaves turning. I'm also enjoying football season...GO CATS!!!

Our staff, in partnership with the local Senior Centers are spending our time this fall providing vaccination clinics to the seniors in our region. We are working with the University of KY and some local pharmacies to provide fun events across our region while also offering several vaccinations including COVID, influenza, pneumonia, and shingles. Please keep an eye on our facebook page for upcoming events. Join us at any of these events and get yourself vaccinated and ready for the winter.



Sincerely,

*Celeste*

Celeste Robinson, BSW  
BGAAAIL Director



# Happenings Around The Region



Nicholas County seniors looking sharp for hat day



Estill County Seniors enjoyed their annual fish fry along with karaoke and line dancing



Woodford and Jessamine county enjoyed karaoke and tacos



Anderson County seniors enjoyed live music

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