

# Pennyrile AAAIL News

June 2023

Volume 68

## Older Americans Month Activities

In May 2023, we recognized Older Americans Month with “Aging Unbound”, which focused on older adults remaining engaged, independent & included. Throughout the Pennyrile Region we celebrated with many exciting activities including bingo, ice cream socials, cookie parties, health fairs, special games and so much more. On May 16<sup>th</sup>, the Lyon County Senior Citizens Center hosted the Lyon County High School Class of 2023 Seniors for Bingo and a BBQ. It was a great intergenerational event in which all of the seniors (young & older) had a great time.



## Happy Father's Day - June 18, 2023

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972,

58 years after President Woodrow Wilson made Father's Day official, that the day honoring fathers became a nationwide holiday in the United States.

Pennyrile Area Agency on Aging and Independent Living would like to say “Happy Father's Day” to all the great fathers and father figures out there!

Here are a few facts about Father's Day:

- The first Father's Day was celebrated in 1910.
- America was the first country to celebrate it.
- Washington was the first state to celebrate it.
- Father's Day falls on the third Sunday in June each year.



Inside this issue:	
National Family Caregiver/Ombudsman	2
Veterans Directed Care Program/PDS	3
MIPPA	3
News in Health	4

## Family Caregiver Program



Are you caring for an individual with dementia? Over 11 million Americans are currently providing unpaid care for people with Alzheimer's or another related dementia.

The National Family Caregiver Support Program exists to provide support to caregivers and to help alleviate caregiver stress. NFCSP offers a monthly Alzheimer's Caregiver Support Group the second Tuesday of each month at 10am. The support group is offered in person at the PeADD office or virtually through Zoom. These sessions provide valuable information, community resources, and an opportunity to share and be heard. Caregivers are less likely to feel overburdened and therefore will be able to care for their loved one for a longer period of time if they believe they have information and support services to help them.

If you are interested in any services through the National Family Caregiver Program, please contact Miranda White, Family Caregiver Coordinator at the Pennyriple Area Development District at 270-886-9484 or by email at [Miranda.white@ky.gov](mailto:Miranda.white@ky.gov).

## Ombudsman Corner

The purpose of World Elder Abuse Awareness Day, WEAAD, is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

We need everyone to educate each other about the impact of elder abuse and the pervasiveness of ageism (biases against older people) in our culture. We all deserve to lead happy lives, free from abuse as we age. Through outreach and statewide engagement, we can raise this social issue to a worldwide priority that must be addressed and prevented. Take action today! Wear purple on June 15<sup>th</sup> and reach out to an elder. For more information visit the National Center on Elder Abuse website at [ncea.acl.gov](http://ncea.acl.gov)



## WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15<sup>TH</sup>

### Calendar of Events

#### **June**

- 7 - Hopkins/Muhlenberg Elder Abuse Council Meeting - 9 am - The Paragon, Madisonville, KY
- 13 - Alzheimer's Support Group - 10:00 am - PADD Office & via Zoom
- 21 - Grandparent Support Group - 10:00 am - PADD Office & via Zoom

#### **July**

- 4 - Fourth of July - PADD Closed
- 11- Alzheimer's Support Group - 10:00 am - PADD Office & via Zoom

## Kentucky Veterans Directed Care

The Veterans Directed Care Program (VDC) is a program that provides veterans with opportunities to self-direct their long-term services and supports (LTSS) and continue living independently at home. Individuals enrolled in the KY VDC Program can select the services they need to maintain or increase independence, hire the employee they wish to hire to provide the care, and are actively involved in the entire process of developing their individualized plan of care. The KY VDC Program can aid with such tasks but not limited to, bathing, grooming, meal preparation, transportation to medical appointments, among other daily activities. The ultimate goal is to provide the care the veteran needs in his/her own home, and to help prolong or prevent the veteran from being institutionalized in a nursing facility. Pennyrile AAAIL serves as the HUB and manages two Spokes (AAAIL's) within the state of Kentucky, and four within the state of Tennessee. Through Pennyrile's contracts with the two VAMCs, this is a potential resource to approved veterans in over 70 counties within Kentucky and Tennessee. For more information please contact our ADRC intake line 1-866-844-4396.

## Participant Directed Services

Pennyrile AAAIL currently offers both options of the Home and Community Based Waiver which consist of the Participant Directed Services (PDS) option as well as the Traditional option. Both programs are a potential resource for individuals with any form of disability including physical, cognitive, and developmental. Eligibility depends on several factors, but the Department of Medicaid Services (DMS) makes the final decision on approval/denial. Both programs are a great resource for individuals who require minimal assistance with daily tasks (ADL's & IADL's) to individuals that require a considerable amount of care. These programs help to prolong individuals from being institutionalized due to their disability, and in some cases even prevent individuals from being institutionalized in a nursing facility. Both waiver programs continue to grow rapidly and as it stands currently, Pennyrile AAAIL currently serves more than 300 clients within our region enrolled in the HCB Waiver Programs. For more information please contact our ADRC intake line at 1-866-844-4396.

## Flag Day



Flag Day is a celebration that occurs each year on June 14th and celebrates the history and symbolism of the American flag. On June 14, 1777, Congress made the following resolution: "The Flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field." Official announcement of the new flag was not made until September 3, 1777. In 1818, after a few design changes, the United States Congress decided to retrain the flag's original 13 stripes and add new stars to reflect each new state that entered the union. On July 4, 1960, the new 50-star flag was flown for the first time and remains the flag that still flies high today.

## MIPPA

### MEDICARE BENEFICIARIES!

If you are currently are having \$164.90 taken out of your Social Security check each month for your Part B monthly premium, and you are low income, there is a program that may be able to assist you with that premium cost! If your income is under \$1,660/single or \$2,239/married and your resources/assets are under \$9,090/single or \$13,630/married then you may qualify to receive assistance through the state through one of the Medicare Savings Programs. These programs may help pay for your Part B premiums and potentially assist in also paying for Part A premiums, deductibles, coinsurance, and copayments, depending on your income level. To see if you are eligible and apply for these programs, contact Ali Jones with the Pennyrile Area Development District at 1-866-844-4396.

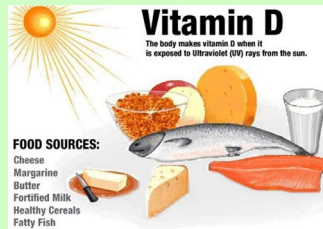


## News in Health - Wise Choices

### Get More Vitamin D

Vitamin D can be found in many foods and beverages:

- ♦ **Fatty Fish.** Trout, salmon, tuna, mackerel, sardine and fish liver oils naturally contain high amounts of Vitamin D.
- ♦ **Dairy milk.** Almost all cow's milk in the U.S. is fortified with vitamin D, but be sure to check the label.
- ♦ **Some plant-based milks.** Some brand of soy, almond, oat or other milk alternatives are fortified with vitamin D. See the labels for how much they include.
- ♦ **Many brands of breakfast cereals, orange juice, yogurt** and other foods also contain added vitamin D.
- ♦ **Egg yolks, cheese and mushrooms.** These foods naturally contain a small amount of vitamin D.



## Summer Recipe

### Old Fashioned Pink Lemonade

9 cups water  
2 cups white sugar  
2 cups fresh lemon juice  
1 cup cranberry juice, chilled  
Ice as needed

#### Directions:

Combine water, sugar, lemon juice and cranberry juice in a large pitcher; stir until sugar dissolves. Serve in tall glasses over ice.



### AREA AGENCY ON AGING STAFF

<i>Jill Collins</i>	<i>Director, Pennyrile Area Agency on Aging &amp; Independent Living</i>
<i>Amanda Stokes</i>	<i>AAAIL Assistant Director</i>
<i>Miranda White</i>	<i>Family Caregiver Coordinator</i>
<i>Cindy Tabor</i>	<i>LTC Ombudsman</i>
<i>Payton Kidd</i>	<i>Participant Directed Services Coordinator</i>
<i>Amanda Monroe</i>	<i>Social Services Case Manager</i>
<i>Harley McCarty</i>	<i>Social Services Case Manager</i>
<i>Miranda White</i>	<i>Social Services Case Manager</i>
<i>Jennifer Medeiros</i>	<i>Social Services Case Manager</i>
<i>Kayla Milauskas</i>	<i>Social Services Case Manager</i>
<i>Rylee Lallo</i>	<i>Social Services Case Manager</i>
<i>Aleasha Fowler</i>	<i>Social Services Case Manager</i>
<i>Michele Braun</i>	<i>Program Support Specialist</i>
<i>Jamie Rigney</i>	<i>Social Service Case Manager/Special Projects Assistant</i>
<i>Ali Jones</i>	<i>Aging &amp; Disability Resource Center Coordinator</i>
<i>Angela Gore</i>	<i>Administrative Assistant</i>
<i>Paula Jones</i>	<i>Case Manager</i>
<i>Heather Meeks</i>	<i>Case Manager</i>
<i>Lydia Edwards</i>	<i>Case Manager</i>
<i>Ashley McKee</i>	<i>Case Manager</i>
<i>April Bridgman</i>	<i>Case Manager</i>

### **Pennyrile Aging & Disability Resource Center**

**1-866-844-4396**

TTY #711 or 1-800-648-6056

Translation Services and/or auxiliary aids are available upon request  
Equal Employment Opportunity/Affirmative Action Employer, M/F/D

## FROM THE AAAIL DIRECTOR...



June is already here and I am so excited about summer fun, outdoor activities, warm weather and sunshine. June 18, 2023 is Father's Day. I want to wish all the fathers and father figures a Happy Father's Day. This is a time of year to celebrate the contributions that fathers make in the lives of their children. There are many attributes of a good father. A good

father is patient, loving, supportive. He sets a positive example for his children and helps them to grow into responsible and successful adults. A good father is someone who his children look up to and admire.

I like to reminisce about my father. He passed away in 2018 and I miss him everyday. My father was my friend, my protector, teacher and encourager. He loved me, challenged me to do my best, he led by example and his guidance, prayers and support molded me into who I am today. I am thankful for him.

I hope each of you have a fond memory of your father or a father figure in your life. I hope you have a wonderful summer and enjoy the sun, warm weather and beauty of the season.

Jill