

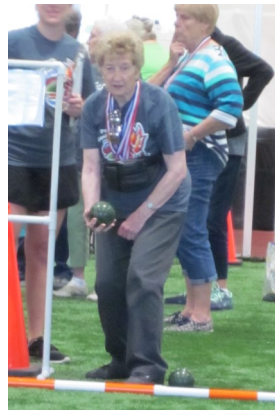
# Pennyrile AAAIL News

September 2023

Volume 69

## Pennyrile Senior Games 2023

Each year, the Hopkinsville Parks and Recreation along with several other agencies come together to hold the annual Pennyrile Senior Games. This event is two days which provides competitive, athletic, recreational and creative experiences for participants ages 50 and up. Participants will be grouped together with individuals of their same age and compete against one another in various games. Games include but not limited to: shuffle board, cornhole, softball throw as well as other games, and awarded medals if they win. Pennyrile Senior Games is available to individuals in the Pennyrile region, and will be held on September 26 through September 27, 2023 at the Planters Bank-Jennie Stuart Health Sportsplex located in Hopkinsville, KY. If you are interested or know someone who may be, please contact Hopkinsville Parks and Recreation at 270-887-4290 and ask about registering for the event.



**Pennyrile Senior Games  
September 26 -27**

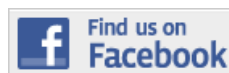
## September—National Senior Center Month



September is National Senior Center Month and the theme for 2023 is *Discover Yours*. Across the country, there are over 10,000+ senior centers that provide access to information, opportunities and

programs/services for senior citizens. In the Pennyrile Region, we have nine senior centers that provide an extensive variety of services. Special events planned for September to celebrate National Senior Center Month include crafts, cake walks, cornhole, lawn bowling, bring a friend events, ice cream socials, live music and so much more. We encourage you to visit your local senior center to *Discover Yours* and join us in celebrating how senior centers are a place for creativity and discovery

that empower older adults to grow, explore and be part of the community. For more information, please contact the Pennyrile ADRC at 1-866-844-4396.



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

## Family Caregiver Program



Pennyrile Area Development District staff are excited to partner again with the Alzheimer's Association for their annual Walk to End Alzheimer's event. The event will be held on Saturday, September 23, 2023 in downtown Hopkinsville. The Walk to End Alzheimer's is the biggest fundraiser for the Alzheimer's Association.

A majority of the funds raised will support research into Alzheimer's disease. The Alzheimer's Association also provides support to Alzheimer patients and their families through training, support groups, adult day care services, information, and public advocacy. Locally, they have provided numerous training events for families and direct care staff.

PeADD staff have several fundraisers planned for this year to help raise funds for their Walk to End Alzheimer's team. The Walk event is back to in-person this year and we would love to have your support. If you are interested in attending or supporting the annual Walk to End Alzheimer's, please contact Miranda White at 270-886-9484 or by email at [Miranda.white@ky.gov](mailto:Miranda.white@ky.gov).

## Ombudsman Corner—Residents' Rights Month

October is **Residents' Rights Month**, an annual event designated by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term services and supports.

This year's Residents' Rights Month theme - **Amplify Our Voices** - emphasizes a community of long-term care residents coming together to make their voices heard. Amplifying your voice means being outspoken about your preferences and choices, and sharing who you are and your experiences. Residents' voices are the most important at the decision-making table - your story deserves to be told!

For more information and to learn more about the Residents Voice Challenge contact **The National Consumer Voice**, or Cindy Tabor at [cindy.tabor@ky.gov](mailto:cindy.tabor@ky.gov) or 270-886-9484.



National Consumer Voice for Quality Long-Term Care

<https://theconsumervoice.org/events/2023-residents-rights-month>

### September Calendar of Events

- 6 - Hopkins/Muhlenberg Elder Abuse Council Meeting - 9 am - The Paragon, Madisonville, KY
- 6 - Tri-Co. EAC Meeting - 12 noon - PADD Office
- 6 - Pennyrile Elder Abuse Board of Director's Meeting - 1 pm—PADD Office
- 13 - AAAIL Advisory Council Meeting - 10 am - PADD Office
- 13 - LTC Ombudsman Advisory Council Meeting - 11:30 am - PADD Office
- 19 - Alzheimer's Support Group - 10:00 am - PADD Office & via Zoom
- 21 - Grandparent Support Group - 10:00 am - PADD Office & via Zoom
- 26-27 - Pennyrile Senior Games - Hopkinsville Sportsplex, Hopkinsville, KY

## 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, and hire the employee they wish to hire to provide the 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. Pennyriple AAAIL serves as the HUB and manages two spokes (AAAIL's) within the state of Kentucky, and four within the state of Tennessee. The KY VDC Program is a valuable resource to qualifying veterans, and Pennyriple is actively looking to expand the program to other areas. For more information, please contact our ADRC intake line 1-866-844-4396.

## Participant Directed Services

Pennyriple 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. Through these programs, it helps prolong individuals from being institutionalized due to their disability, and in some cases even prevents individuals from being institutionalized in a nursing facility. Pennyriple 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.

## AAAIL Welcomes New Staff



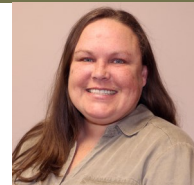
Sylvia Chase is from Earlington, Ky. She graduated Magna Cum Laude from

Murray State University with a Bachelor of Science in Social Work. She is a current member of the Board of Adjustments and the Code Enforcement Board for the city of Earlington. Sylvia is currently a graduate student at Campbellsville University, where she is pursuing a Master of Social Work degree. Sylvia enjoys spending quality time with her 12-year-old son, Dash and her Yorkipoo, Teddy. She is looking forward to her new case management position as it will allow her to continue to provide much needed services throughout her community.



Leeanna Gilkey received a BS in Public Health from East Carolina

University and will finish her Master of Public Health in Epidemiology at the Brody School of Medicine within East Carolina University in the Fall 2023. Having worked within the social work field for the past 3½ years, Leeanna's interests include improving the health and wellbeing of the population by community involvement and engagement, as well as disease prevention and intervention. She comes from a military family and has a background in working with military populations, at risk populations, and children and adults with mental health/substance abuse.



Christi Combs joined our agency on August 21, 2023 as the new Kentucky Caregiver Program Assistant Coordinator. Christi holds

a Bachelor of Social Work degree from the University of Louisville and is currently enrolled in the Advanced Standing MSW program. She lives in Christian County with her husband and two children. In her spare time she enjoys gardening and spending time with their animals.

**Welcome Sylvia, Leeanna & Christi**



## News in Health - Wise Choices

### Get Better Nutrition

- ◆ Stay within your recommended daily calorie limit. How many calories you need depends on many factors, including your sex, height, age and activity level.
- ◆ Choose a healthy mix of foods: vegetables, fruits, whole grains, proteins, low-fat or fat-free dairy and oils.
- ◆ Limit saturated fat to less than 10% of daily calories.
- ◆ Limit salt at no more than 2,300 mg. per day.
- ◆ Limit added sugars to less than 10% of daily calories.
- ◆ Vary your protein sources. Include lean meats, poultry, eggs, seafood, beans, peas, lentils and nuts.
- ◆ Replace highly processed or high-fat meats (e.g., hot dogs, sausages, bacon) with healthier protein sources.
- ◆ Eat plant-based foods. Plants often contain healthy fats and important vitamins and minerals.



For more about nutrition, see "Links" in the online article:  
[Newsinahealth.nih.gov/2023/08/breaking-down-food](https://www.newsinahealth.nih.gov/2023/08/breaking-down-food)

## 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 from 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 Pennyriple Area Development District at 1-866-844-4396.

### AREA AGENCY ON AGING STAFF

<i>Jill Collins</i>	<i>Director, Pennyriple 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>Christi Combs</i>	<i>Kentucky Caregiver Assistant Coordinator</i>
<i>Aleasha Fowler</i>	<i>Social Services Case Manager</i>
<i>Leeanna Gilkey</i>	<i>Social Services Case Manager</i>
<i>Rylee Lallo</i>	<i>Social Services Case Manager</i>
<i>Harley McCarty</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>Amanda Monroe</i>	<i>Social Services Case Manager</i>
<i>Lorin Washington</i>	<i>Social Services Case Manager</i>
<i>Michele Braun</i>	<i>Program Support Specialist</i>
<i>Bruce Carver</i>	<i>Program Support Specialist</i>
<i>Ali Jones</i>	<i>Aging &amp; Disability Resource Center Coordinator</i>
<i>Angela Gore</i>	<i>Administrative Assistant</i>
<i>Destiny Ash</i>	<i>Case Manager</i>
<i>Sylvia Chase</i>	<i>Case Manager</i>
<i>Lydia Edwards</i>	<i>Case Manager</i>
<i>Paula Jones</i>	<i>Case Manager</i>
<i>Heather Meeks</i>	<i>Case Manager</i>
<i>Megan Moenig-Young</i>	<i>Case Manager</i>

**Pennyriple 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,

## FROM THE AAAIL DIRECTOR...

**Welcome to September!** We have a lot of special events planned this month including Senior Games, The Walk to End Alzheimer's and National Senior Center Month. There will be special activities throughout the month to recognize our senior centers and to do our part to raise awareness with The Walk To End Alzheimer's. The Pennyriple Area Agency on Aging and Independent Living is a wonderful agency that has a very broad reach in our community. We work hard every day to serve our clients and to help them remain at home and in their communities. We have been fortunate to hire a few new staff members and are excited to watch them serve their clients.

I have also recently assisted with long distance care for my father-in-law. I have connected with the local Area Agency on Aging and Independent Living in his area for services to meet his needs. I understand the complexities of caring for older adults, not only as a professional, but also personally. I am very thankful for the help we have found through the programs in his area. I appreciate the staff and their expertise in guiding us through this time.

If you have family, friends, neighbors who could use assistance or may not know who to call for help, tell them about us! 1-866-844-4396!

Jill