

# Pennyrile AAAIL News

December 2023

Volume 70

Historically, transportation services for the elderly have been limited to remaining within an individual's county of residence, but this is challenging for senior citizens who need to access medical care outside of their county of residence. In February 2023, an Out of County Transportation Pilot was implemented, with American Rescue Plan Act funds, in Livingston County and Crittenden County. The service provides medical transportation for senior citizens to travel no more than 2 counties outside of their county of residence for medical appointments. There is a \$2.00 fee per one-way trip and the service must be scheduled at least 24 hours in advance. Since implementation, 21 senior citizens have been served with 3,180 miles of medical transportation. With the success of the service and the need in other counties within the Pennyrile Region, we're very happy to announce the expansion of Out of County Transportation Pilot to Lyon County and Todd County starting January 1, 2024. For more information about transportation services in the Pennyrile Region, please contact the Pennyrile ADRC at 1-866-844-4396.



## Leadership Institute—Amanda Monroe



Amanda Monroe, PeADD Case Manager, was accepted to and graduated from the USAging Leadership Institute in Alexandria, Virginia on October 19, 2023. This leadership development program presented opportunities for Amanda to take her leadership skills to a higher level, face challenges head-on, and collaborate with colleagues within the Aging Network which stretches coast-to-coast.

Congratulations to Amanda for this accomplishment.

#peadd #BuildingLeaders #usaging



**Merry Christmas  
From the  
Pennyrile AAAIL Staff**



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# Family Caregiver Program



1 in 4 adults in Kentucky serve as a caregiver to a friend or family member and over half of those caregivers have provided at least two years of care.

November was recognized as

National Family Caregiver Month and a time to recognize and honor caregivers across the country. I want to take a moment and say THANK YOU to all caregivers, past, present and future, across our region. Your commitment and service to care for your loved one should not go unnoticed or unappreciated! It has been said that caregivers are the bedrock of healthcare for families – so thank you for being a caregiver!

The National Family Caregiver Program offers several services to benefit caregivers who may need extra support. The respite program helps provide a break

for caregivers while assuring their loved one is still being cared for. The supplemental program helps purchase needed items, such as assistive devices or incontinence supplies, to assist the care recipient in their everyday life. There is also a program for Grandparents Raising Grandchildren to help purchase needed items for the grandchild. We recognize that caregiving is a large task, the NFCSP program offers monthly support groups for Alzheimer's Caregivers and Grandparent Caregivers to provide an opportunity for caregivers to share their experiences as a caregiver and receive training designed to help caregivers.

For more information on any programs offered under the National Family Caregiver Program, please contact Miranda White, NFCSP Coordinator at 270-886-9484 or [miranda.white@ky.gov](mailto:miranda.white@ky.gov).

## Ombudsman Corner



“Got an hour? Her family lives in a different state. She could use someone to visit with her and speak up for her needs. In just one hour you could be

her advocate. It only takes an hour to give back to seniors. 1.5 million seniors live in institutional settings such as nursing homes or assisted living facilities. In just one hour you can visit someone living in an institutional setting and listen to their story.” The Pennyrile Ombudsman program will be hosting a Friendly Visitor training set for January 9, 2024, 9:00 am – 11:00 am at the PADD office. Have questions? Contact Cindy Tabor at 270-886-9484 or via email, [cindy.tabor@ky.gov](mailto:cindy.tabor@ky.gov). Please RSVP if you plan to intend this training. We look forward to bringing in the new year serving others with your help.



### December Calendar of Events

- 6 - Hopkins/Muhlenberg Elder Abuse Council Meeting** - 9 am - The Paragon, Madisonville, KY
- 13 - AAAIL Advisory Council Meeting** - 10 am - Christian County Senior Center, Hopkinsville, KY
- 13 - LTC Ombudsman Advisory Council Meeting** - 11:30 am - Christian County Senior Center, Hopkinsville, KY
- 18 - Alzheimer's Support Group** - 11:00 am - via Zoom
- 21 - Grandparent Support Group** - 10:00 am - via Zoom
- 24 - Christmas Eve**
- 25 - Christmas Day**



**FORGOTTEN ANGELS 2023**

Guess what time it is? It's time for enjoyment, FUN and the gift giving season! The Forgotten Angel's Project is kicking off its 17th year and will provide Christmas to 400 residents that live in Personal Care Homes. If you would like to provide a touch of joy to those in need, please contact Cindy Tabor, Pennyrile LTC Ombudsman for additional information at 270-886-9484 or [cindy.tabor@ky.gov](mailto:cindy.tabor@ky.gov).

**DEADLINE: Friday, December 15th, 2023**



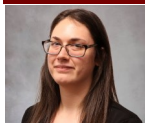
## Kentucky Veterans Directed Care

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 main 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. Pennyrile has begun working with ACL and the Lewin Group to serve as a Super Hub and expand VDC services across several states. Pennyrile AAAIL currently 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 67 counties within Kentucky and Tennessee. For more information, please contact the Pennyrile ADRC intake line at 1-866-844-4396 or contact Payton Kidd or Jill Collins at 270-886-9484.

## 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 and require considerable assistance with ADL's & IADL's daily. Both programs help the client receive the care he/she requires in their own home and help prevent or prolong a client from being institutionalized. Department for Medicaid Services (DMS) has extended Appendix K policies while the program is under redesign for policy improvements with the Center for Medicaid Services (CMS). For the first time since its implementation of the HCB Waivers (2006/2007), the state of Kentucky had to implement a waitlist due to running out of slots. Since then, additional slots have been added with the HCB Programs, but the pace of growth continues to grow rapidly. For more information, please contact the Pennyrile ADRC intake line at 1-866-844-4396.

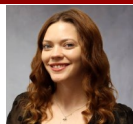
## AAAIL Welcomes New Staff



Megan Moenig-Young, a graduate of King University, holds a Master's Degree in Social

Work and is currently studying for her certification exam. Originally from New York, Megan moved to the Clarksville, Tennessee area after getting married last year. Her hobbies include learning new recipes and gardening. Megan serves as a Social Services Case Manager/ Special Projects Assistant for the Homecare/ Title 3 Programs in Christian County.

**Welcome Megan!**



Destiny Ash was born and raised in Montgomery, AL. She joined the military in

2015 and served as a Behavioral Health Specialist in Korea, Fort Polk, LA, and Fort Campbell, KY. She holds a B. S. in Psychology and will be pursuing a Master's in Healthcare Administration next fall. She has two pets, Diesel and Moose. Destiny is a co-leader of a Girl Scout Troop and volunteers at various organizations. She enjoys reading, running and playing cornhole. She currently serves as a Social Services Case Manager for the Pennyrile Homecare and Title 3 program for Todd and Muhlenberg County.

**Welcome Destiny!**



Lorrin Washington graduated from Clayton State University in Atlanta, Georgia with a

Bachelor of Science Degree in Psychology and Human Services. Upon graduation, she worked at Fayette County Council on Domestic Violence as a case manager. Following a military move and spending 4 years overseas, Lorrin and her family relocated to Fort Campbell, Kentucky where she worked as a case manager at Mountain Comprehensive Care Center. Lorrin currently serves as a Social Services Case Manager for the Home and Community Based Waiver Program at PADD.

**Welcome Lorrin!**

## News in Health - Wise Choices

### Take Care of Injured Skin

- \* **Keep open wounds clean.** Washing thoroughly with soap and clean water reduces the potential for infection.
- \* **Remove jewelry or clothing** that could further irritate the wound.
- \* **Apply a bandage.** Keeping the wound clean and protected reduces the chance of infection. Don't cover wounds that can't be cleaned, like bites or deep punctures, and see a health care provider.
- \* **Check the wound** every 24 hours for signs of infection. These include redness, swelling, or oozing. See a health care provider if your wound becomes infected.
- \* **Seek immediate medical care** if you have fever, increasing pain, shortness of breath, fast heart rate, confusion, or disorientation.



## MIPPA

### MEDICARE BENEFICIARIES!

If you are currently 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, please contact Ali Jones at 1-866-844-4396.

### 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>Christi Combs</i>	<i>Kentucky Caregiver Assistant Coordinator</i>
<i>Aleasha Fowler</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>Social Services Case Manager</i>
<i>Sylvia Chase</i>	<i>Social Services Case Manager</i>
<i>Lydia Edwards</i>	<i>Social Services Case Manager</i>
<i>Paula Jones</i>	<i>Social Services Case Manager</i>
<i>Heather Meeks</i>	<i>Social Services Case Manager</i>
<i>Megan Moenig-Young</i>	<i>Social Services Case Manager /Special Projects Assistant</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,

## FROM THE AAAIL DIRECTOR...



Merry Christmas and Happy New Year!!

I can't believe 2023 is already coming to a close. This year has been very busy for our agency with bringing on new programs, new staff members, new opportunities and new clients.

As we move into 2024, the Area Agency on Aging will celebrate our 50th year of serving our community. We plan to have several events and activities to celebrate and recognize this major milestone.

I am very proud of our team and the tremendous impact the programs have made in the community and in the lives of those we serve.

I am blessed to be a part of this amazing organization and I am honored to serve my community.

May each of you have a blessed Christmas and may we always remember why we celebrate this special day.

Jill

