

Pennyrile AAAIL News

March 2024

Volume 71

AAAIL Staff Attend ASIST Training



Congratulations to our AAAIL Staff, Ali Jones, Amanda Monroe and Megan Moenig-Young who attended a two day Applied Suicide Intervention Skills Training (ASIST). ASIST provides emphasis and skills on suicide first-aid to help a person at risk stay safe for now until they can seek further help from a professional.

If you or someone you know are having thoughts of suicide, please call or text 988 or call Pennyroyal Respond at 1-877-473-7766.

Bridging the Gap Pilot

The Pennyrile Area Development District was selected to participate in a pilot program called Bridging the Gap. The pilot program is a collaboration among the Office of Dementia Services and three Area Development Districts across the state. The goal of the pilot is to empower lives with Dementia Care Specialists who will assist the person living with dementia and their caregiver. The Dementia Care Specialists will provide dementia education and training opportunities in our region while additionally serving the program participants with respite care and assistive devices to help maintain in their own home. For further information on dementia services or respite care, please contact the Pennyrile ADRC at 1-866-844-4396.

Out of County Transportation Pilot

An Out of County Transportation Pilot is available in Livingston County, Crittenden County, Lyon County & Todd 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, over 4,900 miles of medical transportation has been provided. If you live in Livingston County, Crittenden County, Lyon County or Todd County and need medical transportation, we encourage you to access it through this Out of County Transportation Pilot. For more information about transportation services in the Pennyrile Region, please contact the Pennyrile ADRC at 1-866-844-4396 or your local senior center.



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Family Caregiver Program



The National Family Caregiver Program has purchased a lifetime Honor My Decisions advanced care plan account for caregivers and their loved ones! This service is available to anyone interested in the program.

Honor My Decisions is a secure online software that makes it easy for you to create and share a comprehensive digital advanced care plan. It helps you securely record and share your end of life decisions. Enhancing

your quality of life is important to us! Creating a comprehensive advance care plan that can be found when needed can take some worries away and provide you additional peace of mind. Call Miranda White, Family Caregiver Coordinator, at 270-886-9484 if you are interested in starting a digital advanced care plan or for more information.

Ombudsman Corner—Discharge to a Homeless Shelter

One of the important things Long Term Care Ombudsman assist with, is our fight to keep residents in their home. Every resident in long term care has the right to appeal any notice of discharge from their home. Nursing Facilities sometimes struggle to provide care for residents with dementia or other complex care issues, especially behaviors. Some facilities try to discharge residents by violating that right.

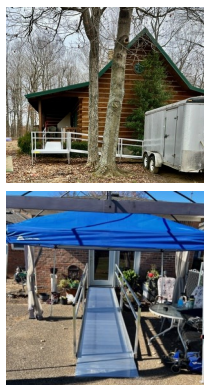
Our program received a call that the family was being told they had to come get the resident by the end of the day or they were discharging to a homeless shelter. This is a complete violation of resident's rights and is an inappropriate discharge. We called and spoke with the administrator discussing the rights of the resident to a 30-day written notice of discharge. The facility agreed not to discharge and gave the resident a 30-day written notice of discharge. We assisted the resident, at their request, and wrote and submitted the appeal. A few days later we were granted a final order instructing the facility not to discharge because the notice was deficient and violated the resident's rights.



Sadly, our program commonly addresses complaints about improper discharges. If you or your loved one have been issued a discharge notice from a nursing facility, please call us at 270-886-9484 to learn how to appeal. Don't give up your rights to stay in your home!

ARPA Funds Purchase Ramps

The National Family Caregiver Program was recently able to utilize ARPA funding to purchase metal ramps for clients in our region. These ramps replaced previous wooden ramps with holes in them or added ramps to homes that did not previously have one. These have been a great benefit to the caregiver when getting their loved one out of the home for medical appointments and provides peace of mind in the event of an emergency situation. If you are interested in Caregiver Services, please call Miranda White, Family Caregiver Coordinator, at 270-886-9484.



March Calendar of Events

6 - Hopkins/Muhlenberg Elder Abuse Council Meeting - 9 am - The Paragon, Madisonville, KY

6 - Tri Co. EAC Meeting -12 noon - PADD, Hopkinsville, KY

6 - PEAC Board of Director's Meeting - 1 pm, PADD, Hopkinsville, KY

13 - AAAIL Advisory Council Meeting - 10 am PADD Office, Hopkinsville, KY

13 - LTC Ombudsman Advisory Council Meeting - 11:30 am - PADD Office, Hopkinsville, KY

19- Alzheimer's Support Group - 11:00 am - PADD, in-person & via Zoom

21 - Grandparent Support Group - 10:00 am PADD, in-person & via Zoom

Kentucky Veterans Directed Care Program



The Veterans Directed Care Program (VDC) is a program that provides veterans with opportunities to self-direct their long-term services and supports 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. 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 daily 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, 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.

Kentucky Family Caregiver Program

The Kentucky Family Caregiver Program (KFCP) provides resources and support to grandparents raising grandchildren in the Pennyrile region. The Kentucky Caregiver program does have a low-income requirement and an age maximum of 18 for the grandchildren served. There are over 51,000 grandparents raising grandchildren in the state of Kentucky. The KFCP can provide assistance up to \$500 per grandchild per fiscal year to assist with items such as clothing, personal care items, school supplies, and furniture for the grandchild. This program also assists grandparents that are looking for help with educational needs, legal services, medical/dental services, and/or respite for the grandchild. If you or someone you know may be interested in learning more about the Kentucky Family Caregiver Program or would like to apply, please contact our office at (866) 844-4396, or reach out to our KFCP coordinators: Christi Combs Christi.Combs@ky.gov and Miranda White Miranda.White@ky.gov.

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with LOVE

News in Health - Wise Choices

Reduce the Spread of Airborne Viruses

- * Maintain a healthy lifestyle to help your body fight germs.
- * Stay up to date with all CDC recommended vaccines. Learn more at www.cdc.gov/vaccines.
- * Stay home when you're sick so you won't spread viruses. Reduce close contact with people who are sick to avoid getting and spreading illnesses.
- * Improve indoor ventilation and air filtration. Open windows, use portable air purifiers with a HEPA filter, and turn on fans. Change your HVAC system filters frequently.
- * Wear mask or respirators when in high-risk settings, such as in health care facilities, or if you are at high risk of getting very sick.



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 & 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>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 & 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,
M/F/D

FROM THE AAAIL DIRECTOR...



On February 16, 2024, I celebrated 20 years with Pennyrile Area Development District! My time with this agency has been remarkable. This milestone is not just a personal achievement but a testament to the dedication and commitment of everyone involved in the agency's mission. I am proud of what we have accomplished together. The dedication, vision and hard work of our staff, council members, volunteers and board of directors have undoubtedly been instrumental in the shaping the agency's success story.

2024 will also mark the 50th anniversary of the Pennyrile Area Agency on Aging! Here's to celebrating not just the milestone, but also to look forward with optimism and excitement for the journey ahead. I extend my heartfelt thanks to each and every individual who has been part of this journey, and I look forward to the next chapter of our shared success.

I wish you all a happy spring and look forward to the coming months!

Jill

