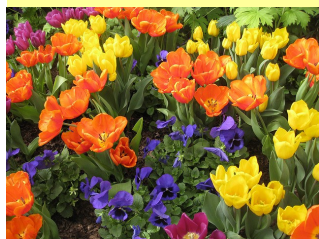


Volume 47

March 2018



PENNYRILE AREA DEVELOPMENT DISTRICT

Area Agency on Aging and Independent Living

Ali Jones Attends Leadership Institute



L to R: Sandy Markwood, Ali Jones and Doug Krug

“A leader does not lead, a leader INSPIRES”

Ali Jones attended the National Association of Area Agencies on Aging Leadership Institute held February 21st-23rd in Washington, D.C.

Ali learned what it means to be a strong leader in today's world. As a graduate of the institute, the skills, training and leadership experience will be a great asset to her role as ADRC Coordinator with the Area Agency on Aging and Independent Living.

Congratulations Ali!

Advocacy Day—March 15

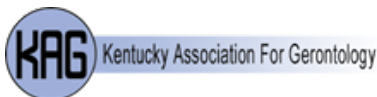
You are invited to attend
an **Advocacy Day** to
Support Senior Services and Alzheimer's Awareness
March 15, 2018



*Join the Alzheimer's Association, AARP Kentucky, and the Kentucky Association for Gerontology
Thursday, March 15 at the State Capitol in Frankfort
as we bring awareness to the impact of Alzheimer's disease and related dementias;
the escalating number of family caregivers throughout the state; and
the vital importance of aging services for Kentucky seniors, caregivers, and our communities.*

REGISTER YOUR ATTENDANCE AT: <https://aarp.cvent.com/kysenioradvocacyday18>

Your presence is important!
We look forward to seeing you **DRESSED IN PURPLE** in Frankfort on March 15.



Inside this issue:	
Family Caregiver Support Program	2
Ombudsman Corner	2
Veterans Directed Care Program	3
PDS /MIPPA/ News in Health	3
Calendar of Events	4



Family Caregiver Support Program



The National Family Caregiver Support Program has built a strong partnership with Helene French, Community Outreach Coordinator for the Alzheimer's Association. Because of this relationship, the PADD office is able to host several educational workshops and events in Hopkinsville that caregivers from across the region are invited to attend. On February 22, 2018, PADD hosted an education program titled, "Legal and Financial Planning". A representative from Kentucky Elder Law addressed issues such as power of attorney, guardianship and handling the finances and property of a person with dementia. The information was concise and informative. Twelve caregivers attended the workshop.

Please contact Belinda Babb, Family Caregiver Coordinator at 270-886-9484 with questions or for additional information regarding upcoming educational opportunities /activities or support group meeting information.



March Fun Facts

- ♦ March 1 - Yellowstone National Park established, 1872
- ♦ March 3 - National Anthem Day
- ♦ March 10 - Paper money was first issued, 1862.



Ombudsman Corner



The Heart of a Volunteer is a Beautiful Thing Indeed!

On January 24th, District Ombudsman, Cindy Tabor had seven new people attend the Friendly Visitor Training at the PADD office. These new volunteers will visit residents in nursing homes in Christian County. The visits last about an hour once a week and can be longer depending on the volunteer. Too many residents do not have any visitors at all. These volunteers will be filling that vital need for our community. Cindy Tabor will duplicate this training in May for Hopkins County, where there is an overwhelming need for Friendly Visitors.

On May 9th, we will be hosting a Volunteer Appreciation Event at Lake Barkley to honor the volunteers for the Pennyryle Long Term Care Ombudsman Program. If you would like to become a volunteer or want more information about being a Friendly Visitor or the Ombudsman Program, please contact District Ombudsman, Cindy Tabor at 270-886-9484.



For more information about volunteering,
please contact Cindy Tabor at 270-886-9484
or via email at cindy.tabor@ky.gov



Kentucky Veterans Directed Care Program



Veterans Directed Home Community Based Services offers eligible veterans a flexible budget to purchase services that help them to live independently at home in the community rather than in an institution. VA Medical Centers (VAMC) purchase and utilize the VDHCBs. VDHCBs includes a functional assessment, home-based services, options counseling, support services, and financial management services. VDHCBs does not duplicate any services already provided by the VAMC.

Currently, 29 veterans in Pennyriple, Purchase and Green River are being served. The veterans program has also added an additional Area Development District in the state of Kentucky, and four Tennessee Area Development Districts under Pennyriple's hub & spoke model. Currently 21 veterans are being served through East Tennessee Human Resource Agency, Greater Nashville Regional Council, Lake Cumberland Area Development District, South Central Tennessee Development District, and Southeast Tennessee Development Districts. Pennyriple is now able to serve veterans that are not only enrolled at the Marion, IL VAMC but also the Nashville, TN VAMC. For more information about this program, please contact or Payton Kidd or Jill Collins at 1-866-844-4396.

Participant Directed Services –PDS

Participant Directed Services/Home and Community Based Waiver version 2 is an alternative to the traditional service delivery model under the Medicaid Waivers. The PDS program is designed to allow clients to have more choice, flexibility and options regarding their in-home waiver services. Services available through the PDS/HCB2 Program includes attendant care (assistance with personal care related tasks & general cleaning/ transportation), home modifications, and Goods & Services (assistance with the purchase of incontinence supplies, nutritional drinks, etc.). The PDS service option is available to Medicaid waiver members of any age including children. Pennyriple also offers case management services for the Traditional / Home and Community Based Waiver version 2 clients. For additional information, please contact Payton Kidd, Harley Nittler, Alecia Jones, or Brooke Lee at 1-866-844-4396.

MIPPA

Are you currently receiving Medicare and paying for your Part B monthly premium? If so, there is a program that may be able to assist you with that premium cost. If your income is under \$1,357/single or \$1,827/married and your resources/assets are under \$7,390/single or \$11,090/married then you may qualify to receive assistance through the state with a program called the Medicare Savings Program. This program 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 this program, contact Ali Jones with the Pennyriple Area Development District at 1-866-844-4396 or 270-886-9484.

News in Health

Wise Choices - Live With Music

Ways to add more music to your life

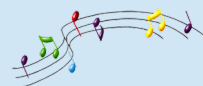
- Listen to music during the day, like on your way to work or during exercise
- Sing & dance while you're doing chores or cooking meals
- Play a musical instrument. Consider taking lessons or joining friends to make music
- Attend concerts, plays & other community music activities in your area
- Ask your doctor if music therapy is right for you



WEB LINKS

For more about music & health, see "Links" in the online article:

[Newsinhealth.nih.gov/2018/01/sound-health](https://www.newshealth.nih.gov/2018/01/sound-health)



Pennyrile Area Development District



300 Hammond Drive
Hopkinsville, KY 42240

*A publication of the Pennyrile Area Development District
serving Caldwell, Christian, Crittenden, Hopkins,
Livingston, Lyon, Muhlenberg, Todd and Trigg Counties.*

Calendar of Events

March 2018

- 20 - Pennyrile Grandparent Support Group - 10 am - PADD Office
- 27 - Trigg Co. Caregiver Support Group - 12 noon - John L. Street Library, Cadiz, KY
- 27 - Caldwell Co. Caregiver Support Group - 2 pm - Central Presbyterian Church, Princeton, KY

April 2018

- 4 - Hopkins/Muhlenberg EAC Meeting - 9 am - Hopkins Co. Senior Center, Madisonville, KY
- 10 - Alzheimer's Support Group - 10 am - PADD Office
- 11 - Tri-County Elder Abuse Council Meeting - 12 noon - PADD
- 18 - Pennyrile Grandparent Support Group - 10 am - PADD Office
- 24 - Trigg Co. Caregiver Support Group - 12 noon - John L. Street Library, Cadiz, KY
- 24 - Caldwell County Caregiver Support Group - 2 pm - Central Presbyterian Church, Princeton, KY

May 2018

- 9 - AAAIL Council, Volunteer & Staff Training - 9 am - Lake Barkley, Cadiz, KY

AREA AGENCY ON AGING STAFF

*Jill CollinsDirector, Pennyrile Area Agency
on Aging & Independent Living*

Amanda Stokes.....In-Home Services Manager

Belinda Babb.....Family Caregiver Coordinator

Cindy Tabor LTC Ombudsman

*Payton Kidd.....Participant Directed Services
Coordinator*

Ray Ann Blake.....Social Services Case Manager

Harley Nittler.....Social Services Case Manager

Brooke Lee.....Social Services Case Manager

Alecia Jones.....Social Services Case Manager

*Ali Jones..... Aging & Disability Resource
Center Coordinator*

Angela Gore.....Administrative Assistant

Heather Meeks.....Case Manager

Charlene Johnson ...Case Manager

Paula Jones.....Case Manager

Cynthia PeachCase Manager

Doris Phillips.....Case Manager

**Pennyrile Aging & Disability
Resource Center
1-866-844-4396**

