

JANUARY - MARCH, 2018

MISSION STATEMENT

The purpose of the Allen County Council on Aging, Inc. is to provide person-centered services which enhance the quality of life of Allen County residents age 60 and older so that they may remain living independently in their own homes with dignity and choice as long as possible.

215 N. Central Avenue

Lima, OH 45801

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We Are On the Web!
www.accoa.org

**Join Us for A
Sweetheart Dance**



The AI Best Band



Thursday, February 8, 2018
2:00 - 4:00 p.m.

Eagles Aerie # 370
800 West Robb Ave., Lima



No Admission Charge!

**Future 2017 Dance Dates: April 12,
August 9, October 11, December 13**

FREE TAX-AIDE ASSISTANCE FOR SENIORS

Beginning in early February, middle and low-income taxpayers can receive free help filing their 2017 tax returns from trained AARP Tax-Aide volunteers.



Tax-Aide volunteers will be available to meet with persons at the Council on Aging and at other locations in Allen County. Persons may call our office at 419-228-5135 beginning in early January to schedule an appointment. Please bring your 2017 tax documents and your 2016 tax return to your appointment.

***COUNCIL ON AGING SERVICES:** Allen County Council on Aging, Inc., provides Adult Day Care, Chore, Information and Referral, Information and Assistance, Individual Outreach, Group Outreach, Senior Services Resource Specialists, Transportation and Caregivers' Program to residents age 60 and older. Your donations are appreciated. Donations help us continue providing quality service. All services are rendered on a non-discriminatory basis. We are an Equal Opportunity Employer and Service Provider.*

CHORE SERVICE NEWS

The Council on Aging chore department provides help with minor home repair and maintenance, minor plumbing repairs and heavy household cleaning. Our staff also installs handrails and grab bars and does errands, such as grocery shopping and picking up prescriptions.

During the winter months, our chore staff can do many indoor chores, such as painting, shampooing of carpets, cleaning cabinets inside and out, and cleaning light fixtures and fans. They will also pull out furniture, stove and refrigerator to clean underneath and will turn mattresses. Please call us at 419-228-5135 with your requests.

We would like to welcome Marla Snyder as our new chore worker. Marla was hired after the retirement of Mark Loar. We thank Mark for his many years of excellent service! We know you will enjoy Marla's pleasant personality and cheerful and good chore service. Welcome, Marla!



WOULD YOU LIKE TO KNOW WHAT HELP MAY BE AVAILABLE FOR YOU?

Our senior services resource specialists make personal contact with older persons to help them learn about available services available through our agency and in the community. Our staff can meet with you at our office or at your home. We can also speak with you by phone and mail or E-mail information to you.

We have information about a wide variety of community services and benefits such as home delivered meals and other in-home services, and discounts on heating bills, telephone bills and property tax. We can also help persons learn about Medicare health insurance and related coverage.

We welcome Jessica Ricker as our new senior services resource specialist. Jessica is a licensed social worker and graduated from Bowling Green State University. Welcome, Jessica!



To learn more about available services or to make an appointment to meet with a senior services resource specialist, please call our office at 419-228-5135 and ask to speak with Gerry, Pam, Judy or Jessica.

TRANSPORTATION REMINDER TO ALL CLIENTS



Winter Weather: Please ask family members, friends or neighbors to help remove snow and/or ice from your driveway, porch steps, sidewalks and ramps so that we are able to safely transport you to your scheduled appointments.



Please call our office at 419-228-5135 with your transportation requests. Thank you for giving the office as much advance notice as possible on your appointment date and time.



HOMESTEAD PROPERTY TAX REDUCTION

The Homestead Exemption allows senior citizens and permanently and totally disabled Ohioans to reduce their property tax burden by shielding some of the market value of their home from taxation. The exemption allows qualifying homeowners to exempt \$25,000 of the market value of their home from all local property taxes.

To receive the homestead exemption you must be (1) at least 65 years of age during the year you first filed, or be determined to have been permanently and totally disabled, or be a surviving spouse, and (2) own and have occupied your home as your principal place of residence on January 1 of the year in which you file the application.

If you are applying for Homestead, your total income cannot exceed the amount set by law.

Applications can be filed at any time during the year. For more information or an application form, contact the Allen County Auditor's Office at 419-223-8520.

WEATHER RELATED CLOSINGS



If severe weather forces our agency programs to close, this will be announced on local radio and television stations. There will be separate announcements for:

Allen County Council on Aging, Inc.
Elderly Day Care Center

Thank you to Tom and Susan Dee for a donation of a snow blower for use at Allen County Council on Aging!

HEATING BILL HELP REMINDER

There is still time to apply for the 2017-2018 Home Energy Assistance Programs (HEAP), which helps with winter heating bill costs.

Yearly household income guidelines are:

<u>Size of household</u>	<u>Total household income</u>
1	\$21,105
2	\$28,420
3	\$35,735
4	\$43,050



Income guidelines increase according to the number of household members.

Our senior services resource specialists are available to provide an application by mail or in person. We can also help you complete the application if you would like.

Remember that you need to apply for this program each year. If you have questions or need assistance, please call our office at 419-228-5135 and ask for Gerry, Pam, Judy or Jessica.

WINTER CRISIS PROGRAM (FORMERLY E-HEAP)

Help is available for households which have been disconnected from their heating source, have received a disconnect notice or have less than a ten day supply of bulk fuel.

The West Ohio Community Action Program (WOCAP) is currently accepting applications for the Winter Crisis Program.

The application guidelines are the same as for the HEAP Program (above).

For more information, contact WOCAP at 419-227-2586. To make an appointment, call their special 24 hour toll-free number at 1-855-286-7559. They are located at 540 S. Central in Lima.



THE NEXT CHAPTER

Hello! My name is Michael Hensley and I wanted to take this opportunity to share with you how honored and excited I am to be the incoming Executive Director for The Allen County Council on Aging.

Diane Bishop has been a super leader for the agency for 15 years and it's obvious to me that she has assembled the finest group of people anywhere to work on behalf of Allen County's senior citizens. In my over 30 years of supervisory and administrative experience, I have never encountered a more compassionate, kind and competent assemblage of dedicated employees. I have been truly impressed by my inherited team mates and I am so honored to be on their team.

Diane's shoes will be hard to fill, but I am excited to continue onward with the fine legacy of excellence that she has engendered here. And, one of my first orders of business will be to lead us as we begin the process of remodeling the building at 700 North Main Street in Lima. (The Siferd-Hossellman Building) that will be The Allen County Council on Aging's new home. It's hard to predict when we will occupy the new building, but stay tuned for updates as we progress.

My values can be condensed as follows: Be kind to others; Do what's right and Help those in need. I hope to inspire, through respect, transparency and hard work a culture of trust, great service and integrity.

My door is always open! Stop by and help me help the agency continue to succeed.

Thank you!

Respectfully,

Michael Hensley

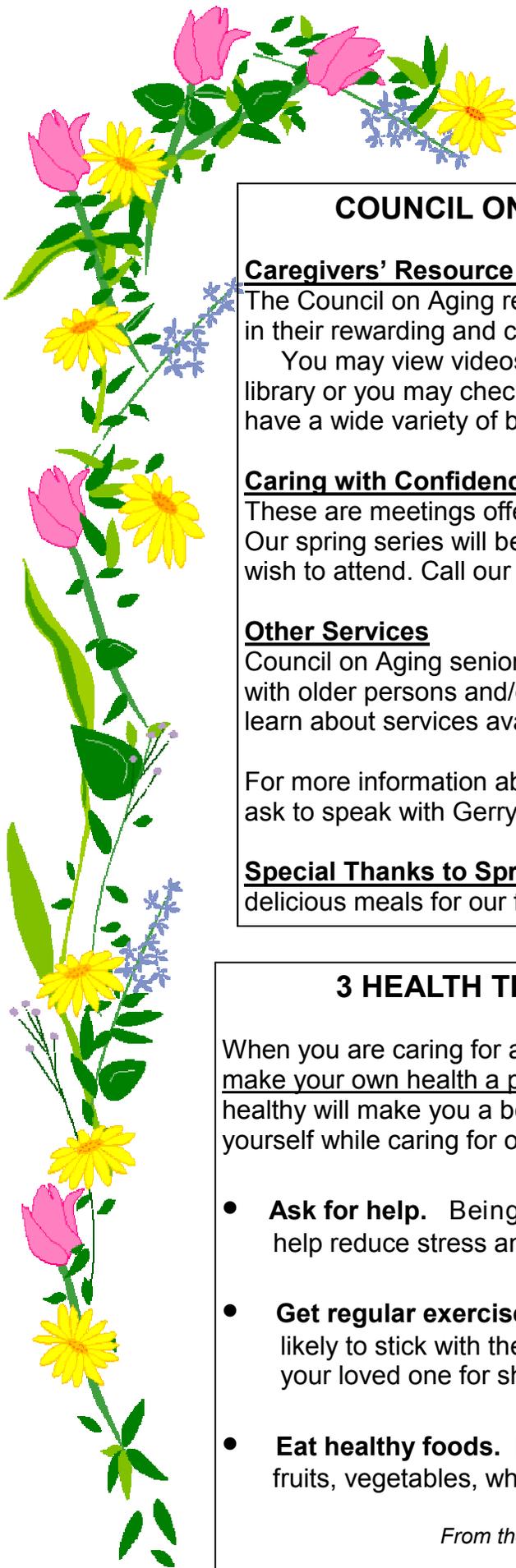
December 2017

MEDICARE 101 WORKSHOPS

Will you be turning age 65 this year or do you plan to retire soon? If so, our Medicare 101 workshops may be helpful to you.

Topics covered include applying for Medicare, Medicare Parts A and B, Medicare costs, Medicare Part D prescription drug coverage, Medicare supplemental insurance, Medicare Advantage plans and help available to pay for Medicare costs.

These workshops will be offered throughout the year at the Council on Aging and at other community locations. Our first workshop at the Council on Aging will be held on Thursday, March 22 from 3:30 - 5:00 p.m. For more information, call the Council on Aging at 419-228-5135 and ask to speak with Gerry, Pam, Judy or Jessica.



COUNCIL ON AGING SERVICES FOR CAREGIVERS

Caregivers' Resource Library

The Council on Aging resource library is available to help caregivers in their rewarding and challenging role.

You may view videos and read caregiver materials in our library or you may check out materials to be used at home. We also have a wide variety of booklets and pamphlets available at no cost.



Caring with Confidence Series

These are meetings offering information and support for family caregivers. Our spring series will begin in March. We welcome new caregivers who wish to attend. Call our office at 419-228-5135 for more information.

Other Services

Council on Aging senior service resource specialists meet individually with older persons and/or their family members and caregivers to help them learn about services available through our agency and in the community.

For more information about services, call our office at 419-228-5135 and ask to speak with Gerry, Pam, Judy or Jessisca.

Special Thanks to Springview Manor and Richland Manor for providing delicious meals for our fall caregiver programs.

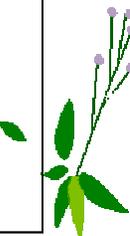
3 HEALTH TIPS FOR ALZHIEMER'S CAREGIVERS

When you are caring for a person with Alzheimer's disease, it's important to make your own health a priority. Staying physically, mentally, and emotionally healthy will make you a better caregiver. Here are 3 tips on how to care for yourself while caring for others:

- **Ask for help.** Being able to take regular breaks from caregiving will help reduce stress and burnout.
- **Get regular exercise.** Find activities you enjoy and you'll be more likely to stick with them. You don't have to do it alone—partner up with your loved one for short walks and dancing.
- **Eat healthy foods.** Make sure to choose a variety of fruits, vegetables, whole grains, and lean protein.



From the National Institute on Aging



STAY ACTIVE AND HEALTHY TO PREVENT FALLS

Falling is not a natural side-effect of aging, and most falls can be prevented. By knowing and managing your risk factors, you can live a full and active life free from the fear of falling.

- Simple exercise, like walking or swimming at least 15 minutes a day can help build muscle strength and improve balance, which can prevent falls. *
- Find a good balance and exercise program, like tai chi, to build balance, strength, and flexibility. Select a program you like and take a friend. *
- Talk to your health care provider and ask for an assessment of your risk or falling. Share your history of recent falls.
- Regularly review your medications with your doctor or pharmacist for side effects that may increase your risk of falling.
- Get your vision and hearing checked annually and update your eyeglasses.
- Slow down and think through the task you are performing. Be mindful of possible fall risks and act accordingly.
- Drink 6-8 glasses of non-alcoholic liquids each day to prevent low blood pressure, fatigue and confusion.
- Eat a well-balanced diet with a variety of vegetables and calcium-rich foods like yogurt, cheese, milk, orange juice, tofu and calcium-fortified cereals to promote your health.

* *Consult with your doctor before beginning any new exercise routine or program.*



Live. Life. Healthy

The staff and board members of Allen County Council on Aging and the Elderly Day Care Center wish each of you and your families a Happy and Blessed New Year!



THANK YOU!!

Our gratitude is extended to family members, volunteers, merchants and others who have donated time, talents and items for our use in the Elderly Daycare Center. We could not provide the quality of care without your help.

These groups and individuals shared their time and talents by presenting monthly programs: Pastor & Mrs. James Neighbor, Salvation Army; and David Adams. Thanks to HCF (Daniel Lee), for providing monthly meals.

Music programs were presented by the Shawnee Dulcimer Band, Johnny and Marilyn Butler, Little Hog Creek Dulcimers, Jerry & the Classics and Michelle Limbert. Your wonderful music was enjoyed by all.

WE APPRECIATE YOU ALL YOU DO!

Thank you to Lima Sr. High and St. Gerard Middle School for your visits and activities with our clients. We hope to continue these programs in 2018.

A special thank you to "Santa" for taking time from his busy schedule to visit during our Christmas party.

CHIEF RECEIPTS

THANK YOU for continuing to turn in your Chief receipts. Please check them to make sure "Community Cash" is at the top. Only receipts dated **Sept. 1, 2017 through May 31, 2018** are valid.

Donations are greatly appreciated

A big "Christmas thank you" to all the area businesses that made our party a success. A special thank you to the people who provided cash and gifts for our clients, Secret Santa, Bud & Pat Wright, Job & Family Services (Pam Coleman) and Beta Zeta Masters Sorority and Ladies of the Moose.

Thank you so much to Greg and Linda Shrader for our new CD's and Karaoke Stick. We had the best time with Christmas carols!

Thank you for providing Bingo prizes: Sharon A. Moening, Sara Michael, Sharon Taylor, Norene Parish, Margaret Shindeldecker, Emma Centeno (handmade scarves), Gloria Makin (handmade items), Marge Naylor (hats & scarves, slipper socks); Judy Bechtel (handmade throws); Jeannie Myers (afghans); Esther Golden (Asst. Candies); Judy Leibergood (gloves & slippers); Linda McCullough (paper products & sugar); Sandy Hinegardner, Beta Zeta (gloves and scarves).



WISH LIST

BAKING SUPPLIES:

Granulated Sugar
Brown Sugar



PERSONAL CARE ITEMS:

Lotion, Bath Soap

BINGO PRIZES:

Single-serve size:
Chips, Fruit Snacks,
Cookies, Crackers & Snack-size
Candy Bars,

SNACKS:

Cereal
Graham Crackers





JANUARY - MARCH, 2018 SCHEDULE OF ACTIVITIES



JANUARY

Monday, January 1
New Year's Day Holiday
Council on Aging and Elderly
Day Care Center - CLOSED

Thursday, January 11, 1:30 - 3:00 p.m.
Caregiver Support Group

Monday, January 15
Martin Luther King Day
Council on Aging and Elderly
Day Care Center - CLOSED



FEBRUARY

Thursday, February 8, 2:00 - 4:00 p.m.
Dance at Eagles, 800 W. Robb Ave.

Thursday, February 15, 1:30 - 3:00 p.m.
Caregiver Support Group

Friday, February 16 - CLOSED
Staff In-Service Mandatory
Training Day

Monday, February 19
President's Day
Council on Aging and Elderly
Day Care Center - CLOSED



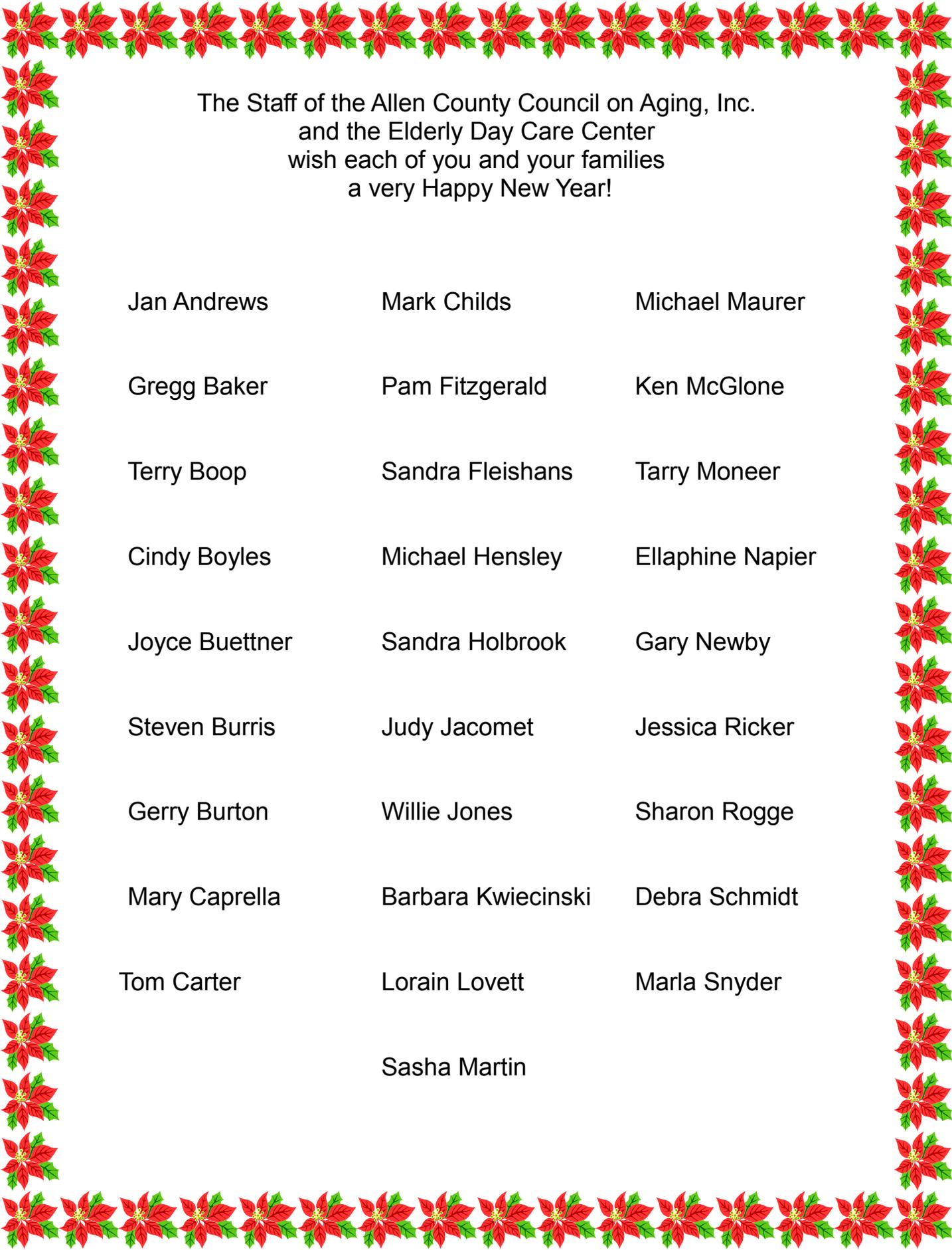
MARCH

Tuesday, March 20 5:30 - 7:00 p.m.
Family Caregiver Program
Call 419-228-5135 for reservations.

Thursday, March 22, 3:30 - 5:00 p.m.
Medicare 101 Workshop
No reservations needed.

**MEDICARE INSURANCE COUNSELING BY TRAINED AND CERTIFIED
OHIO SENIOR HEALTH INSURANCE INFORMATION PROGRAM VOLUNTEERS
IS AVAILABLE BY APPOINTMENT.
CALL 419-228-5135 AND ASK FOR AN APPOINTMENT WITH
GERRY, PAM, JUDY OR JESSICA.**

**AARP TAX-AIDE VOLUNTEERS WILL BE AVAILABLE AT
THE COUNCIL ON AGING. CALL 419-228-5135 FOR AN APPOINTMENT.**



The Staff of the Allen County Council on Aging, Inc.
and the Elderly Day Care Center
wish each of you and your families
a very Happy New Year!

Jan Andrews

Mark Childs

Michael Maurer

Gregg Baker

Pam Fitzgerald

Ken McGlone

Terry Boop

Sandra Fleishans

Tarry Moneer

Cindy Boyles

Michael Hensley

Ellaphine Napier

Joyce Buettner

Sandra Holbrook

Gary Newby

Steven Burris

Judy Jacomet

Jessica Ricker

Gerry Burton

Willie Jones

Sharon Rogge

Mary Caprella

Barbara Kwiecinski

Debra Schmidt

Tom Carter

Lorain Lovett

Marla Snyder

Sasha Martin

**ALLEN COUNTY COUNCIL ON AGING, INC.
215 NORTH CENTRAL AVENUE
LIMA, OHIO 45801**

**NON PROFIT ORG.
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LIMA, OHIO**

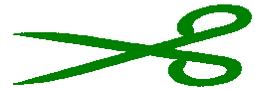
ADDRESS SERVICE REQUESTED



PLEASE HELP US UPDATE

Please make any corrections needed next to your name and address above.
Clip out and return this section and the mailing label to us. Thanks!!

- Remove from mailing list.
- Change name and address as shown on address label.
- Duplicate copy - remove enclosed.



BOARD OF DIRECTORS

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Valorie L. Kuhn, Vice-President
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Sue Grusenmeyer,
Corporate Secretary
Jim Harriman
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**Allen County Council on Aging, Inc. is
supported by the Senior Services Tax Levy,
PASSPORT, Care Coordination Program,
Title III, United Way of Allen County and
donations from local businesses, clients,
community groups and individuals.**