TO ALL OUR READERS!
THANK YOU FOR YOUR UNDERSTANDING AND PATIENCE DURING THIS CHALLENGING TIME.
WE CONTINUE WORKING TO PROVIDE SERVICES FOR OLDER ALLEN COUNTY RESIDENTS.

ELDERLY DAY CARE CENTER MEN’S CLUB INVITES YOU TO A

CAR SHOW

WEDNESDAY, SEPTEMBER 2, 2020
12:30 - 2:30 P.M.

ALLEN COUNTY COUNCIL ON AGING INC.
PARKING LOT
700 N. MAIN STREET, LIMA

WE WELCOME ENTRIES OF ANTIQUE OR CLASSIC CARS.

FOR MORE INFORMATION, CONTACT GERRY BURTON AT 419-228-5135.
A Message from The Executive Director

Just like most of you, our days here at Allen County Council on Aging have been altered significantly since the onset of the COVID 19 pandemic. We truly miss the interactions, programs and activities that we have with all of you. We are anxiously awaiting the time when we can begin a safe, measured, full reopening of our agency. We must maintain our current mode of operation until we receive permission from Governor DeWine to open our Elderly Day Care Center which will, hopefully, signal our return to a sense of normalcy in our programs.

We have been providing essential medical transportation, such as dialysis and cancer treatment for Allen County residents, wellness checks, as well as delivering groceries, food boxes, prescriptions and hot lunches. Beginning July 6th, we will begin transporting for any medical/dental appointment. It is hoped that transportation for other reasons will follow shortly thereafter.

When we reopen all programs we will have to implement safety procedures to keep our clients, the public and staff safe during this difficult time. All passengers on our vans will be required to wear a mask while in the vehicles unless they have a physician’s statement prohibiting the same due to medical reasons. All vans will be sanitized after each trip. All clients being transported or attending the Elderly Day Care Center will have their temperature taken and will be asked if they are feeling well or have recently been ill with flu-like symptoms and if so, we will not be able to transport you out of concern for your health and the health of others. Clients and staff will be asked to maintain social distancing to the extent practicable while participating in our programs. At least for the near future, staff will be wearing masks while helping clients who are in close proximity to them.

We pride ourselves on the excellent services that we provide, but we must exercise the best medical/health advice in order to keep everyone safe. We thank you for your patience and consideration for others as we navigate through this pandemic. The public as a whole will be notified when we fully reopen.

Respectfully,

Michael K Hensley, MPA
Executive Director
HELP FOR SUMMER COOLING COSTS

The Home Energy Assistance Summer Crisis Program provides assistance to eligible Ohioans with cooling assistance during the summer months. The 2020 program runs from July 1 to September 30.

Eligible applicants are: households whose electric has been shut off or is in threat of disconnection, or whose new service is being established; individuals with a documented medical condition or a diagnosis of Coronavirus in 2020; households with a household member who is age 60 or older; or customers who are enrolling in Percentage of Income Payment Plan Plus (PIPP Plus) for the first time or have a PIPP default.

There are phone appointments instead of face to face appointments and paperwork drop off in the lobby. You can email paperwork/documents to: Allen County office fax at 419-227-7626. You can also fill out an online pre-application at wocap.org and a staff person will contact you via phone as soon as possible. To schedule an appointment for a phone appointment for PIPP or Summer Crisis call 419-516-0063 or online at www.capappointments.com. A staff person will call you prior to your phone appointment to go over required documentation with you.

Required documentation includes proof of household income for primary applicant and all household members 18 years of age or older, Social Security numbers for primary applicant and all household members, copies of most recent utility bills (primary heating and electric) and proof of citizenship for primary applicant and all household members. Other documents may be needed for specific eligibility conditions.

WALK TO END ALZHEIMER’S

When: Saturday, September 12, 2020
Where: Participants will walk at the location of their choice with family or other team members.

Join us to support the Alzheimer’s Associations West Central Ohio Chapter’s annual event to raise awareness and funds for Alzheimer’s care, support and research.

To register, sponsor, donate, volunteer or obtain more information, visit alz.org/walk or call 1-800-272-3900.

THE END OF ALZHEIMER’S STARTS WITH YOU!

HAPPY GRANDPARENTS DAY

Best wishes to all grandparents on your special day, Sunday, September 13.

Thank you for sharing your time, wisdom and love with your grandchildren and great-grandchildren.

Your caring and support are special gifts that bless them now and always.
Caring for a loved one during the COVID-19 (coronavirus) outbreak can add stress for dementia caregivers. We are here if you need us. Call our free, 24/7 Helpline at 800-272-3900 and visit alz.org/COVID19 to learn how you and your loved one with dementia can stay healthy.

**Alzheimer’s Association 24/7 Helpline (800-272-3900):** The Helpline is answered day or night by trained dementia specialists. We can offer support, information, referrals, or care consultations. We are able to speak with persons in more than 200 languages.

**Support Groups:** The Alzheimer’s Association offers dial-in-support groups and have shifted our preexisting groups to a virtual platform. To find a new support group to join, please call our 24/7 Helpline at 800-272-3900 for options and to obtain calling information.

**ALZConnected:** This online support group is available 24/7 at alzconnected.org.

**Virtual education:** We will be offering a variety of free virtual webinars. Register online at alz.org/CRF. You will receive the sign in information via email once registered.

**On Demand Training:** You can start and stop our on demand training. These are available in English and Spanish at training.alz.org.

**Care Consultations:** We can provide families with a personalized plan to help safely navigate Alzheimer’s disease. Please contact us at 419-537-1999 to schedule a care consultation.

*The Alzheimer’s Association leads the way to end Alzheimer’s and all other dementia—by accelerating global research, driving risk reduction and early detection and maximizing quality care and support. Our vision is a world without Alzheimer’s and all other dementias.*

**Alz.org** 800-272-3900
Our senior services resource specialists can help you with answers to many questions and provide information about a wide variety of services in our community. Hopefully, we will soon be able to meet with you in person in our office or at your home. We can also answer questions by phone or send information by mail, fax or e-mail.

Would you like to know more about services that can help you stay in your own home?

Do you have questions about your Medicare insurance, Medicare Advantage plan, or prescription drug coverage?

Would you like to learn more about programs that may help you save money?

Do you have a family member or friend who may need services or information?

To learn more, call our office at 419-228-5135 and ask to speak with Gerry, Pam, Tammy or Judy. At this time, you will need to make an appointment to meet with one of us. We will do our best to provide or help arrange for the assistance that you need.
JULY - SEPTEMBER 2020 - ITEMS WITH DATES MAY BE CANCELLED

JULY

Care Consultations with Alzheimer’s Association staff can be done by phone. Call 419-537-1999.

Thursday, July 16
1:30 - 3:00 p.m.
Caregiver Support Group

Medicare Insurance Counseling available by phone. Call 419-228-5135.

AUGUST

Care Consultations with Alzheimer’s Association staff can be done by phone. Call 419-537-1999.

Thursday, August 20
1:30 - 3:00 p.m.
Caregiver Support Group

Medicare Insurance Counseling available by phone. Call 419-228-5135.

SEPTEMBER

Wednesday, September 2
12:30 - 2:30 p.m.
Car Show
Council on Aging
Parking lot

Care Consultations with Alzheimer’s Association staff can be done by phone. Call 419-537-1999.

Monday, September 7
Labor Day - CLOSED

Thursday, September 17
1:30 - 3:00 p.m.
Caregiver Support Group

Medicare Insurance Counseling available by phone. Call 419-228-5135.
A MESSAGE FROM ELDER VICTIM MINISTRY

Along with the added stress of the current COVID-19 quarantine, scammers are working hard and taking advantage of elders who are isolated and have limited contact with resources.

Crime Victim Services’ Elder Victim Ministry Advocates take calls Monday through Friday, 8:00 a.m. to 4:30 p.m. If you feel you have been scammed or would just like more information regarding avoiding scams and staying safe, please contact Crime Victim Services at 419-222-8666 and ask to speak with an Elder Victim Advocate.

Elder Victim’s Ministry is to help elder victims prevail over the trauma of their victimization by assisting and advocating for safety, healing, justice and restitution.

We want to take this time to thank our families and caregivers for their patience and understanding at this difficult time.

Hope to have the Day Care Center up and running as soon as we can safely do so.

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**SIX TIPS FOR LONG-DISTANCE CAREGIVING**

Anyone who is caring for a friend, relative or parent from far away can be considered a **long-distance caregiver**. Whether you are helping with **finances**, arranging for **care**, or providing **emotional support**, long-distance caregiving can bring a host of unique challenges. Keep these tips in mind to help make life more manageable.

1. **Learn as much as you can about your loved one’s health, treatments and available caregiving resources.**
   You can understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management.

2. **Organize important paperwork.** Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.

3. **Make sure at least one caregiver has written permission to receive medical and financial information.**
   To the extent possible, one person should handle conversations with all healthcare providers.

4. **Plan your visits.** Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.

5. **Stay connected.** Schedule calls with healthcare providers and facility staff to discuss the person’s well-being. Update trusted family members on your loved one’s health and needs.

6. **Consider caregiver training.** Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.

Visit [www.nia.nih.gov/long-distance-caregiving](http://www.nia.nih.gov/long-distance-caregiving) to learn more.
THINGS TO DO THIS SUMMER

Smile more!

Watch a child do something new.

Do something totally silly once in a while

Encourage someone every day.

Tell people you love that you love them.

Read for fifteen minutes a day.

Call old friends and catch up on their lives.

Pray more and worry less.

Be quick to forgive others.

Learn to forgive yourself.
10 Tips for Eating Healthy on a Budget

Even when you know what healthy foods to choose, being able to pay for them can be hard, especially if you are on a fixed income. Start by deciding how much you can afford to spend on food.

Once you have a budget, find store ads in the newspaper or grocery store websites to see what is on sale. Try to plan some meals around featured items and pick up some extra canned goods or staples that are on sale. And check the expiration or use-by date. A product might be on sale because it is almost out of date. Choose items with dates farthest in the future.

When shopping, make use of these budget-wise 10 tips.

1. **Ask about discounts.** Ask your local grocery store if they have a senior discount or a loyalty or discount card. Besides getting items at a lower price, you may also get store coupons.

2. **Use coupons when you can.** Remember, coupons only help if they are for things you would buy anyway. Sometimes, another brand costs less even after you use the coupon.

3. **Consider store brands - they usually cost less.** These products are made under a special label, sometimes with the store name. You might have to look on shelves that are higher or lower than eye level to find them.

4. **Be aware that convenience costs more.** You can often save money if you are willing to do a little work. For example, buy whole chickens and cut them into parts, shred or grate your own cheese, and avoid instant rice or instant oatmeal. Bagged salad mixes cost more and might not stay fresh as long as a head of lettuce.

5. **Look at unit prices.** Those small stickers on the shelves tell you the price but also the unit price - how much the item costs per ounce or per pound. Compare unit prices to see which brand is the best value.

6. **Try to buy in bulk,** but only a size you can use before it goes bad. If you buy meat in bulk, decide what you need to use that day and freeze the rest in portion-sized packages right away.

7. **Focus on economical fruits and vegetables** like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers and regular carrots.

8. **Think about the foods you throw away.** For less waste, buy or cook only what you need.

9. **Resist temptations at the check-out.** Those snack foods and candy are put there for impulse buying. Save money and avoid empty calories.

10. **Sign up for meal delivery.** While some older people have trouble finding enough money to buy food, others need help preparing meals. There are a variety of groups around the country that deliver meals to people who have trouble getting out of their homes. These groups usually offer one hot meal a day.
FOUR TYPES OF EXERCISE

Research has shown it’s important to get all four types of exercise: endurance, strength, balance and flexibility. Each one has different benefits. For example, endurance exercises help to improve the health of your heart, lungs and circulatory system while strength exercises keep muscles strong, which can help with balance and prevent falls and fall-related injury. Practicing all four types of exercise helps reduce boredom and risk of injury. Here are some examples of exercises you can do while practicing social distancing.

1. **Endurance exercises** to increase your breathing and heart rate: brisk walking or jogging, yard work (mowing, raking), dancing, biking, climbing stairs or hills.
2. **Strength exercises** help build and maintain muscles. Try lifting weights—you can use common objects from your home, such as bottled water or soup cans—or using a resistance band.
3. **Balance exercises** can help prevent falls and fall-related injuries. Try tai chi or balancing on one foot. Use a sturdy chair or counter for support as you get started.
4. **Flexibility exercises** improve your ability to move freely. Try yoga or flexibility exercises with a chair or the wall.

Many fitness classes are currently being offered online, for free or at reduced rates, to help you exercise while still practicing social distancing. Check out your local library, YMCA or fitness center webpage to see what classes they’re offering.

No matter your age, you can find activities that meet your fitness level and needs!
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. Thank you!

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

Allen County Council on Aging Inc.
is supported by the Senior Services Tax Levy, PASSPORT, Care Coordination Program, Title III, United Way of Greater Lima and donations from local businesses, clients, community groups and individuals.

Thank you