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A Monthly Publication of the Bluegrass Area Agency on Aging & Independent Living

Aging NEWS

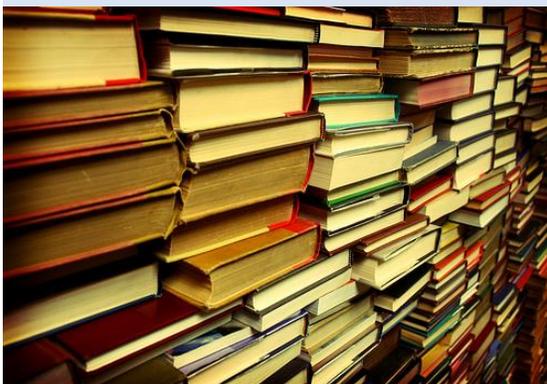


current topics >>>

Downsizing: Tips To Get Rid Of A Lifetime Of Stuff

Spring is here and many seniors will make the decision to move to a smaller, more manageable residence. Here are some tips to pare down a lifetime collection of “stuff”:

- Give away items to family & friends
- Have a garage or yard sale
- List items on Craigslist or ebay
- Donate items to Goodwill or Salvation Army
- Hire a company that specializes in senior home downsizing
- Watch for local free disposal days for unsalvageable or broken items



Accessory Dwelling Units

Lexington Endorses Affordable Housing Alternative for Seniors

As housing costs and rents soar, the senior population and their family caretakers are becoming more open to accessory dwelling units. These relatively inexpensive dwellings allow seniors to remain independent and have their own living space while being just steps away from family.

“Mother-in-law quarters”, “granny flats”, “garage apartments”—no matter what you call them, these small dwelling units are

becoming increasingly popular among seniors who want to be close to family but still maintain independence and privacy. The City of Lexington recently gave the green light to accessory dwelling units as part of the updated Comprehensive Plan to

guide growth in the city. The units are springing up in various parts of the city where deed restrictions and zoning currently allow them. Under the Comprehensive Plan guidelines, the units can be no more than 800 square feet or 75% of the square footage of the main unit on the property, whichever is less.

Another advantage of accessory dwelling

is affordability. A studio-style unit, for instance, could cost as little as \$20,000 for a ready-to-construct kit complete with all needed building materials. With the average

home price in Lexington at \$168,000 and the average one bedroom apartment renting for \$733 a month, it's easy to see the appeal of accessory dwelling units to fixed income families.

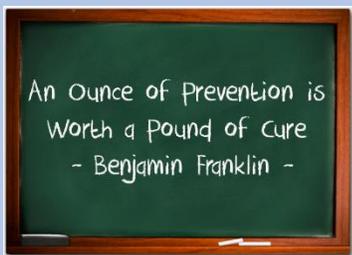


Accessory dwelling units are popping up in other areas of the Bluegrass region as well, with zoning in many communities allowing the structures with few limitations. Individuals interested in the accessory dwelling concept should always check local regulations before beginning any project.

For floor plans and other ideas, visit www.accessorydwellings.org.

BGAAAIL expanding Health Promotion/Disease Prevention Education Programs

BGAAAIL is working with local Senior Centers to expand the selection of evidence-based programming to improve senior health in the 17-county service region.



Freedom From Smoking

BGAAAIL staff and volunteers will soon be certified to conduct this CDC-recognized smoking cessation program. This course will be offered at Housing Authority locations ahead of the July 31 smoke-free requirement.

Diabetes Prevention

With diabetes diagnoses on a staggering increase, the CDC has made a major investment in prevention education. BGAAAIL staff will travel to the Virginia Center for

Diabetes Prevention and Education in May to become certified in PreventT2, an evidence-based program for those diagnosed with pre-diabetes. PreventT2 will be offered to the service region under the guidelines of the CDC Diabetes Prevention Recognition Program.

Stay Active & Independent For Life

Staff members from several senior centers will be trained in this evidence-based falls prevention program in April with courses starting shortly thereafter.

Tai Chi for Arthritis

BGAAAIL staff and volunteers in the service region will soon be trained in this exciting evidence-based program for arthritis pain management. Developed by world renowned Dr. Paul Lam, himself an arthritis patient, this program incorporates aspects of martial arts and yoga for a fun, effective program to increase mobility and decrease pain associated with arthritis.

To inquire about scheduling a course or to find a course near you, please call 859-269-8021.

Grandparents Raising Grandchildren Conference

The Bluegrass Regional Grandparents As Parents (GAP) organization conducted the 16th annual conference at the Clarion Hotel on March 15.



BGAAAIL's Mary Crowley-Schmidt presents at the 2018 GAP Conference

Hundreds of grandparents who are raising grandchildren gathered to share ideas and attend informative workshops at the GAP annual conference on March 15. Topics included legal issues, drugs and opioids, autism, nutrition, LGBTQ support, and benefits consultations for Medicaid, Family Support, and Kinship Care services. If you missed the conference or would like more information on resources for raising grandchildren, visit www.gapofky.org/ or call 859-257-5582.



Senior Advocacy Day

The Kentucky Association for Gerontology, the Kentucky Chapter of the American Association of Retired Persons (AARP), and the Alzheimer's Association partnered to conduct the 2018 Senior Advocacy Day in Frankfort on March 15.



Lieutenant Governor Jenean Hampton (above) addressed attendees and advocates in the Capitol annex, offering support for senior programs and sharing her own experiences in caring for her elderly mother while serving in elected office.

More than 100 advocates and senior citizens from across the state attended the 2018 Senior Advocacy Day in Frankfort on March 15. Attendees met with legislators concerning a number of bills before the General Assembly as well as the need for increased funding for services for the ballooning 60+ population in Kentucky.

Among the bills of concern were HB 2, which disallows income benefits for workers age 67 and over who are hurt on the job, HB 573, which seeks to improve staffing ratios at long term care facilities, SB 6, which requires pharmacies to provide disposal methods for opioids, HB 81, which makes it easier to obtain a handicap parking placard and increases the renewal period, HB 131, which relaxes requirements for competency hearings, and HB 148, which makes transfers ownership of opioids to hospice programs upon the death of a hospice patient.



Legislative Panel

State Senators Julie Raque Adams (R-Louisville) and Ralph Alvarado (R-Winchester) answered questions from attendees on funding, the need for expanded senior services, and worker's compensation coverage for seniors

Advocacy is not just one day...

While advocacy is important during the session, legislators repeatedly stressed the importance of hearing from constituents in the interim as well. To contact your state Representative or state Senator, contact the Legislative Research Commission at 502-564-8100 and make your voice heard!

ask the experts >>>

Q: *Who can answer my questions about aging services?*

A: *The Aging & Disability Resource Center*

For all questions related to aging services, resources for caregivers, waiver programs, or general questions, contact the ADRC service line at 859-266-1116 Monday through Friday 8:00 to 4:30 or email adrc@bgadd.org

from the **director...**



Celeste Collins, BSW
BGAAAIL Director

On behalf of Bluegrass Area Agency on Aging & Independent Living I would like to invite you to view the first edition of our Aging News Newsletter. Our goal is to bring you useful information to keep you informed about issues in Aging and Independent Living. We hope you find this information useful and beneficial to the challenges or questions you are facing. We will share upcoming events and opportunities with you, as well as concerns and issues our Elders and Individuals with disabilities are facing in our community.

I would like to personally invite you to join us at the I Know Expo on April 7th. There will be a room full of organizations with booths set up and information to share. The event is free. Please stop by and visit us at the BGAAAIL booth.

Thank you for sharing your time with us. We look forward to providing you with current and helpful information each month.

Celeste

Contact us at **859-269-8021**

www.bgaail.com



699 Perimeter Dr
Lexington, KY 40517

Upcoming Aging Events >>>

I Know Expo

Saturday, April 7, 2018

Bluegrass Ballroom

10:00 am - 3:00pm

Lexington Center

Sanders-Brown Health Fair

Monday, May 7, 2018

10:00 am – 2:00 pm

Fayette County Extension Office