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Aging NEWS



Oral History: Preserving the Memories & Experiences of Older Americans

When Virginia Hutton began transcribing old family letters in calligraphy for clients in 2014, she realized that the lives and experiences of older people could be more intimately captured another way—through audio recording. “I immediately started doing research on the best recording equipment, equipment that could accurately capture inflection, dialect, and the true essence of the individual”, Hutton said. After consulting with a Nashville recording studio, Hutton obtained professional recording equipment and named her concept “Capsule of Life”.

When asked why not just use video, Hutton says the answer is simple. “People act differently when they know they are being video recorded. They are worried about how they look on camera or how their surroundings look, and that affects how they present their story”, Hutton said.

Capturing the memories and stories of older loved ones on high quality audio recording will become a treasured gift for their descendants later in life. “Many of my clients tell me that they have forgotten the sound of their parents or grandparents voices and want their children and grandchildren to be able to listen to them whenever they want, years down the road. The sound of a loved ones voice and hearing their familiar stories can be a comfort in the most trying of times”, Hutton said. Along those lines, a popular request that Hutton receives is to record an individual singing or playing an instrument. “When a loved has a musical talent, that is something families want preserved. The recording equipment is studio quality and will therefore capture song voices and instruments beautifully”, said Hutton. Hutton also points out that when recordings are done in the family home, other sounds that are special to loved ones can be captured. “Familiar sounds such as the creak of a rocking chair or the chiming of a clock, sounds that families associate with the life and times of their loved one, are a special part of the recording experience”, she said.

One unexpected but common result of the recordings Hutton has done is the healing of families and relationships. “I’ve done recordings for older individuals who had been divorced for years and other family members who had been estranged for some time. The process of verbalizing their heartfelt feelings in each others’ presence was therapeutic and healing. There have been many happy tears in the studio”, Hutton said.

To inquire about a recording session, contact Virginia Hutton at Capsule of Life at 859-684-5097.



Virginia Hutton (right) working with a client in her studio

11th Annual Empowering Mindfulness Conference held on June 21



Empowering Mindfulness attendees listen to a presentation by Dr. LaTonia Smith.

The Bluegrass Mental Health & Aging Coalition presented the 11th Annual Empowering Mindfulness Conference at the Clark County Extension Office on June 21. The annual conference seeks to provide knowledge and information to nurses, social workers, caregivers, and older adults on a variety of topics related to mental health and the elderly.

Participants heard from Neurologist Greg Cooper who gave an informative presentation on the causes of Alzheimer's disease and recent research on prevention as well as Dr. LaTonia Sweet who presented on substance abuse and mental health issues in the aging population with a particular focus on suicide prevention.

Steve Shannon, a longtime lobbyist, presented on the importance of advocacy for issues affecting the aging population and gave tips on how to approach legislators and be involved in the formulation of public policy.

The conference wrapped up with a panel on the impact of substance abuse on families comprised of law enforcement, attorneys, medical professionals, and advocates.

Annual Bluegrass Elder Abuse Prevention Conference held on June 15

The Lexington Senior Center was host to the 2018 Bluegrass Elder Abuse Prevention Conference on June 18. More than 100 seniors gathered to hear informative presentations on financial exploitation, asset protection, guardianship, and banking information safety.

Assistant Attorney General Wesley Duke outlined the process for investigating and prosecuting financial exploitation of seniors, an all-too-common crime that is underreported. The Kentucky General Assembly has enacted a number of statutes in recent years to combat the growing problem of financial exploitation, including HB 93 that was passed and signed by the governor earlier this year. HB 93 requires that certain individuals alert the Cabinet for Health & Family Services to potential exploitation and delay disbursement of funds if there is reasonable suspicion of improper use of funds.

Mary Patton of Bluegrass Elder Law provided a number of options to seniors to protect their assets including trusts, guardianships, gifting, and property transfers.

In addition to a variety of informative topics, the overarching theme of the conference was reporting elder abuse so that proper actions can be taken. Elder abuse can be anonymously reported to the Kentucky Cabinet for Health and Family Services at 1-877-597-2331.



Home Invasions: What Seniors Should Know

We've all seen the news stories. Two or more masked men and even some women forcing their way into a home to steal what they can and terrorize the residents. The victims of these crimes have often been deliberately targeted by assailants and the elderly are at particular risk.

Sergeant Toby Coyle from Kentucky State Police Post 7 in Richmond has done extensive research on home invasions and presented his findings at the recent Issues Affecting the Elderly Conference. "You can protect yourself. Be vigilant, be smart, and trust no one", said Coyle. Coyle noted that assailants often make a play to the empathetic nature of seniors to gain entry to the home, such as stories of car trouble or other issues. "If someone comes to the door and you don't know them, don't open it. Even if the person appears to be an officer. The best thing to do is call 911. The dispatcher can confirm if this person is an officer or send a unit if you feel unsafe with the visitor at the door. Don't hesitate to call", Coyle said.

Coyle also stressed the importance of having sturdy exterior doors with deadbolt locks. "Invest in solid exterior doors with good locks, more especially deadbolts. Nearly all home invasions start with forced entry through the front door", he said. Coyle also warned against trusting chain locks. "Door chains are worthless. It only takes a little force to break them. The best thing to do when a stranger is at the door is not open it and keep it locked", he said.

Coyle also mentioned the possibility of using deadly force to protect yourself. "You have a right to defend yourself with deadly force if you feel you are in danger and you are within the law to do that" said Coyle.

For tips or specific questions about protecting your home, contact Kentucky State Police Post 7 at 859-623-2404.

QUICK TIPS TO PREVENT HOME INVASIONS:

- Never open the door for anyone you don't know
- Install deadbolt locks on all exterior doors
- Install solid core exterior doors
- Replace door frame hardware with deck screws
- Develop a plan to summon assistance or deter perpetrators

Power Foods for Seniors

It's no secret that food choices matter and it's surprising how simple it is to work power foods into your diet. Certain nutrients are vital to senior health such as calcium and Vitamin D for bone health, fiber for digestive health, and protein for healing and muscle strength. If you are a senior or are caring for a senior loved one, keep these easy power food choices on hand for optimum health:

- Canned tuna
- Dairy or almond milk
- Snack cheese
- Bananas
- Strawberries
- Greek yogurt
- Quick oats
- Peanut Butter
- Almonds or Cashews
- Cottage Cheese
- Boiled Eggs
- Raisins
- Whole Grain Cereals

ask the experts >>>

Q: *Where can I dispose of old medications that are expired or I no longer need?*

A: *Local Police Department or Sheriff's Office*

Nearly all law enforcement agencies in the service region maintain a secure prescription and over-the-counter medication drop box. Contact your local Sheriff's Office or Police Department for drop-off times and locations.

from the **director...**



Celeste Collins, BSW
BGAAAIL Director

Hello,
We are finally moving into summer and with that comes beautiful sunny days, but also increased temperatures. During this time, please keep an extra close watch on the elderly. Adults over the age of 65, as well as having certain health conditions and taking certain medications can cause a person to be particularly vulnerable to heat related illnesses. Make sure they have access to cool air and plenty of water for hydration.

I hope everyone has a wonderful July 4th, Independence Day Holiday. Our office will be closed that day so our staff can enjoy some time with their families. Enjoy your local firework show, don't eat too many hot dogs and stay safe.

Sincerely,

Celeste

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

www.bgaail.com



699 Perimeter Dr
Lexington, KY 40517

Upcoming Aging Events >>>

Senior Health Fair

Friday, July 20 9:00 am to 3:00 pm

Lexington Senior Center