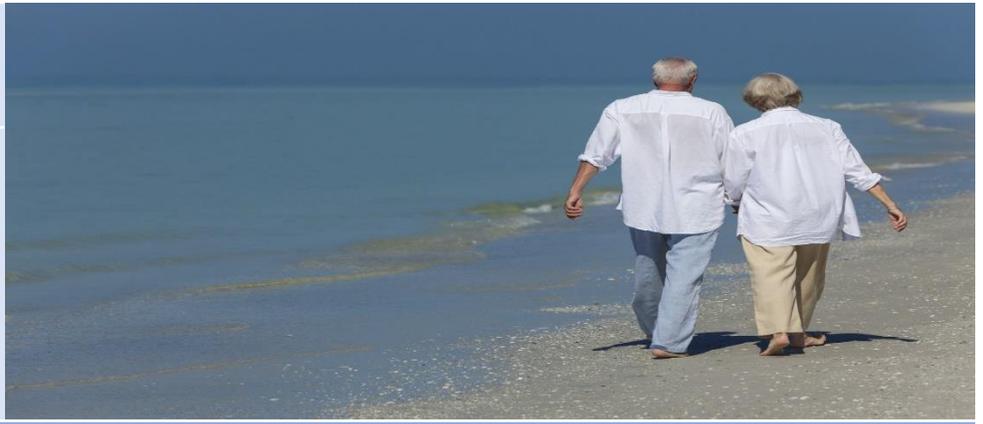


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A Monthly Publication of the Bluegrass Area Agency on Aging & Independent Living

Aging NEWS



current topics >>>

Tips to Prevent Falls

Falls can be dangerous and even deadly for seniors. If you are at risk for falls or have a loved one who is, here are some tips to lessen the risk of a serious fall:

- **Keep rooms free of clutter, especially on floors**
- **Use plastic or carpet runners**
- **Wear low-heeled shoes**
- **Do not walk in socks, stockings, or slippers**
- **Be sure rugs have skid-proof backs or are tacked to the floor**
- **Be sure stairs are well lit and have rails on both sides**
- **Put grab bars on bathroom walls near tub, shower, and toilet**



Local Senior Centers & Older Americans Act Funding Provide Essential Services

Everyday, seniors like Mary Cole from Garrard County depend on the many services provided through local governments and the Older Americans Act at senior citizen centers

For seniors like Mary Cole, the many services, programs, and activities provided by her local senior center in Garrard County are vital. "I depend on the senior center for getting to the grocery, doctor's appointments, and even hair appointments. Since I stopped driving in 2002, it would be very hard for me to do those things", Cole said. Cole, 84, lives alone and recognizes the importance of socializing and participating in outside activities for the sake of mental and physical health. "My husband died in 1988 and coming to the senior center gets me out of the house and keeps me active. It's not good for anyone to sit at home by themselves. I wish more people knew how enjoyable it is to come here and how much it has helped me and others", she said. Cole looks forward to the congregate meals served at the senior center on Mondays, Wednesdays, and Fridays as well as the health

promotion courses that are offered periodically. Both are funded by the Older Americans Act. "The programs they do here are so helpful. We are doing one now that helps with balance. I try to participate in all of the activities", she said.



Cole also has a message for other seniors who could benefit from the services at senior centers. "If you are sitting at

home and in need of transportation, a hot meal, or just a place to come visit to stay active and enjoy yourself, go to the senior center. You will not regret it", she said.

For contact information and addresses of local senior centers, please visit www.bgaail.org.

Tai Chi Proves Effective for Managing Arthritis & Balance



Victoria Wells teaches Tai Chi at the Frankfort Senior Center

When Dr. Paul Lam began suffering from arthritis at a young age, he was determined to find a natural way to ease the pain and enjoy life. He found his solution in an ancient Chinese martial art known as Tai Chi. Dr. Lam used the smooth and calming moves of ancient Tai Chi to develop an evidence-based therapy series called Tai Chi for Arthritis and millions around the world have enjoyed the program ever since.

Tai Chi has also found popularity in the Bluegrass region, with a number of senior centers in the area offering it regularly to their patrons.

Victoria Wells, a longtime Tai Chi instructor in Central Kentucky, routinely has full classes and gets regular requests for more. “Tai Chi is very popular and has helped so many with balance and arthritis pain. The calming effect of the exercises provides a relaxing experience that participants love”, she said. Betsy Lang, who takes Tai Chi classes in Georgetown and Frankfort, agrees. “I take Tai Chi as a preventative exercise. So many of my older friends are suffering from balance issues and I take Tai Chi as sort of a preventative activity. It is also a good workout for your brain. It is so peaceful and calming”, she said. Lang also encourages anyone interested in a low-impact exercise activity to try Tai Chi. “I highly recommend it. Anyone can do this program, even if you have limited range of motion. You will improve and you will feel better”, she said.

To inquire about Tai Chi classes in your area or local senior center, please visit www.bgaaail.org for contact information.

BGAAAIL Staff Advocates for Older Americans Act Funding in Washington

The National Association of Area Agencies on Aging policy briefing was held April 17-19

The National Association of Area Agencies on Aging’s annual Capitol Hill Policy briefing was held April 17-19. Area Agencies on Aging from across the country gathered in Washington to receive the latest updates on Older Americans Act funding, potential federal budget rescission measures, changes to Medicaid and Medicare, as well as training on how to approach and advocate for senior issues with federal legislators. BGAAAIL Director Celeste Collins, Assistant Director Mary Crowley-Schmidt, and Title IIID Coordinator Chris Thomason represented Kentucky and met personally with staff members in Senator Mitch McConnell’s office as well as Congressman Andy Barr. Legislators were given statistics on the growing aging population in Kentucky and the need for increased funding to provide services in the future. Congress recently passed a continuing resolution that included significant increases in funding for Older Americans Act programs and preserved the much needed Medicare counseling service known as SHIP.





ENGAGE AT EVERY AGE: MAY 2018

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to make enrich their communities. They’re working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living’s Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation’s elders. This year’s OAM theme, “Engage at Every Age,” emphasizes the importance of being active and involved, no matter where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

Several senior centers in the BGAAAIL service region are hosting special events for Older Americans Month. Check the listing to the right for an event near you!

ask the experts >>>

Q: *Who can answer my questions about Medicare coverages and services?*

A: *The State Health Insurance Assistance Program (SHIP)*

SHIP can help individuals understand Medicare and/or Medicaid coverage and supplemental insurance; help them to understand and compare supplemental policies and plans; assist them in completing prescription drug discount program applications; and apply for public benefits. SHIP counselors can be reached at:

Legal Aid of the Bluegrass
498 Georgetown Street
Lexington, KY 40508
Or, Toll Free at (866)-516-3051
help@lablaw.org

Older Americans Month Events

Franklin County:

Fish Fry Fundraiser

May 10, 5:00 pm – 9:00 pm

Exum Center, KSU

Senior Citizens Picnic

May 25, 10:00 am

Juniper Hills Park

Garrard County:

Home delivery of fruit, baked goods, and senior services information throughout the month of May

Lincoln County:

Senior Citizens Prom

May 18, 4:00 pm

Back Porch Events Clubhouse

from the **director...**



Celeste Collins, BSW
BGAAAIL Director

Hello,

The month of April brought us plenty of rain and even some snow. I am more than ready for those April showers to bring in May flowers! May also represents Older Americans Month. This is a time when we celebrate our elders as well as the hard work all our providers do in our communities for the elderly and disabled. The theme this year is "Engage at Every Age". Get yourself engaged by being active, expressing yourself, giving back, reinvent yourself, share your wisdom,

try something new. Use the month of May to Engage yourself no matter what your age. There will be special activities and events held throughout the month at each county senior center. Drop by and visit your local senior center and see what fun and innovative things they have to offer.

Celeste

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

www.bgaail.com



699 Perimeter Dr
Lexington, KY 40517

Upcoming Aging Events >>>

Embracing New Opportunities Conference

May 18, 8:30 am

Northeast Christian Church

Mind Matters Health Fair

May 7, 10:00 am – 2:00 pm

Fayette County Extension Office

Dementia & Alzheimer's Support Group

May 21, 6:00 pm – 7:30 pm

Legacy Reserve at Fritz Farm