



Focus on Aging

A Quarterly Publication

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2005 White House Conference on Aging -- One Delegate's Impression

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The White House Conference on Aging is held every decade and serves to guide public policy on aging for the next ten years. Nearly 2,000 individuals converged on Washington D.C. in December, with a mission to set priorities and strategies. I was privileged to be a delegate to this event, appointed by Rep. David Hobson.

The 2005 Conference was titled *The Booming Dynamics of Aging* and stressed the importance of preparing the nation's aging services infrastructure to meet the need of tomorrow's seniors. The nation's 78 million baby boomers will begin turning 60 in the next two years—the beginning of a new emphasis on need and expectations.

The level of expertise among the delegates was phenomenal. There were geriatricians, directors of gerontology centers, social workers, home health leaders, employment and job professionals, civic involvement representatives, state aging directors (including our own Director Kearns), and on and on. Each individual was there to prioritize and plan strategies for 75 resolutions that had been created as a result of regional events, which had engaged 130,000 interested parties. Delegates were asked to vote for their top 50 resolutions, and a "Top Ten" list was compiled from the results. Each delegate could then participate in three strategy forming sessions on the last final full day. Results were reported to the group on the last day, and are available at www.whcoa.gov.

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The abbreviated **top 10 resolutions** based on delegate voting are:

1. Reauthorize the Older Americans Act within the next 6 months.
2. Develop a coordinated, comprehensive long-term care strategy.
3. Ensure that seniors have transportation options to retain mobility and independence.
4. Strengthen and improve Medicaid for seniors.
5. Strengthen and improve Medicare.
6. Support geriatric education and training for all healthcare professionals and paraprofessionals, students, and direct care workers.
7. Promote innovative models of noninstitutional long-term care.
8. Improve recognition, assessment and treatment of mental illness and depression among older adults.
9. Attain adequate numbers of health care personnel who are skilled, culturally competent, and specialized in geriatrics.
10. Improve state and local integrated delivery systems to meet the 21st century needs.

Monday evening of the conference was highlighted by the Ohio delegates being transported to the Senate Office Building. We met with the Congressional staff of Ohio Senators and Representatives, to stress the importance of reauthorization of the Older Americans Act in a timely manner. This event took place through the cooperation of the National Council on Aging, the Ohio Association of Senior Centers, and the Ohio Department of Aging.

Overall, it was the experience of a lifetime, and we quickly saw that our issues here in Ohio are similar to those in California or Texas or Nebraska. We all need the resources to deliver services that are affordable, effective, accessible, and appropriate to a growing population of older adults.

Do You Qualify for Homestead Exemption?

Homestead Exemption is a statewide program that offers a reduction in real property and manufactured home taxes to qualifying homeowners in Ohio. There are three requirements for eligibility:

- The applicant must be at least 65 years of age or permanently and totally disabled, or a surviving spouse meeting certain conditions.
- The applicant must own and occupy his or her home as of January 1 in the year of application.
- The household income of the applicant must be \$26,200 or less for 2006. Income changes annually.

You may apply beginning the first Monday in January until the first Monday in June. If you are eligible, the exemption will appear on the following January tax bill. Thereafter your county auditor will mail you a "Continuing Homestead Exemption" form annually, that you return only if your income has changed. If your application has been denied, you will be notified before the end of the year.

For an application and more information, contact the county auditor's office where you live. The County Auditor's Association of Ohio provides a directory of offices on their website, www.caa.org.

HEAP Reminder

HEAP applications are still being accepted through March 31, 2006. For more information or to obtain an application, contact the Area Agency on Aging, PSA 2 at 341-3000 or 1-800-258-7277.



PSA 2 Training

February 9, 2006: *Key Work Challenges: Communicating Effectively and Dealing with Difficult People*

Presenter: David L. Newman, MSW

March 10, 2006: *Cultural Diversity and Health Care -- Honoring our Seniors*

Presenter: Shary Scott Ratliff, Ph.D.

April 20, 2006: *Roadblocks to Communication: Hearing, Vision, Speech, and Memory --Communication Strategies and Activity Modifications*

Presenter: Kathryn Kilpatrick, M.A.

May 5, 2006: *Sensitivity to Aging and Train the Trainer*

Presenters: Peg Rice and Ann Finnicum, Area Agency on Aging, PSA 2

For more information, or to place your name on our training mailing list, call 341-3020 or 800-258-7277, ext 3020. Information is also available at www.info4seniors.org.

2006 Defensive Driving

Defensive Driving classes will be offered throughout the state in 2006. These classes are sponsored by the Ohio Department of Transportation and the Ohio Department of Aging for drivers from the aging network and transit/coordination network. They are designed to increase the awareness of the need for and the benefits of defensive driving.

The Area Agency on Aging, PSA 2 will host a training **March 11, 2006**, from 9:00 a.m. to 1:00 p.m., at the Holiday Inn in Englewood. Additional information, including brochures and registration forms, are available at www.dot.state.oh.us/ptrans; or call 614-324-5934.

Dementia Training Offered

A highly interactive, person-centered care training for all levels of professionals caring for individuals with Alzheimer's and related dementias will be presented throughout Ohio this year. **Connections: Innovative Dementia Training** was developed by the Alzheimer's Association Chapters serving Ohio and funded by a grant from the Ohio Department of Aging.

Plan to attend a training in/near PSA 2.

4/7/06	Cincinnati
4/28/06	Lima
5/19/06	Columbus
6/23/06	Dayton

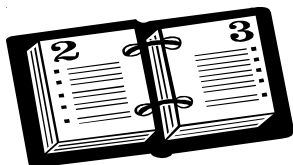
For more information, or to preregister, visit www.alztraining.org. You may also contact Patricia Roby at 937-399-5005 or patricia.robby@alz.org.

Aging in Ohio 2006

Those who work with elderly Ohioans will have three opportunities in 2006 to attend an orientation workshop sponsored by the Ohio Association of Area Agencies on Aging.

For over 15 years, experienced professionals have provided an introduction to aging programs and services; demographic trends; and the organizations, agencies, and funding sources that comprise the aging network. The conference also includes information about policies and issues that face the aging network. CEUs are available for this day-long orientation.

Workshops will be offered in Columbus on **February 7** and **September 13**, and in Hudson on **November 7**. For more information, call OAAAA at 614-481-3511, or visit their website at www.ohioaging.org.



Mark Your Calendar

- Feb 7** Aging in Ohio 2006, Columbus
- Feb 10** Joined Hearts in Giving, Governor's Residence, Columbus
- Mar 11** Defensive Driving, Englewood
- Mar 24** Miami Valley Gerontology Council Annual Conference, Dayton
- Mar 25** Defensive Driving, Greenville
- Mar 27-28** OCAPS Annual Conference, Columbus
- Mar 31** Annual Ohio Professional and Student Conference on Aging (OAGE) Bowling Green State University
- April 14** Defensive Driving, Lima
- May 1-31** Older Americans Month
- May 3** Defensive Driving, Columbus
- May 16** Senior Citizens Day
- May 17** Ohio Senior Citizens Hall of Fame and Elder Caregiving Awards, Statehouse Atrium, Columbus

Agency Meeting Notice

The 2006 meetings of the Area Agency on Aging, PSA 2 Advisory Council and Board of Trustees have been scheduled for the fourth Wednesday of January through October and Wednesday, December 13. There is no scheduled meeting in June, as the Annual Meeting is conducted at that time.

Advisory Council meetings are held at Spring Meade Residence in Tipp City at 10:00 a.m. Board of Trustees meetings are held at the Vandalia Senior Citizens Center at 4:00 p.m.

Caregiver Corner

Caregiver's Bill of Rights

- Caregivers have the right to consider their family and work responsibilities and to honestly assess their own abilities before committing to care for their loved one.
- Caregivers have the right to ask for help from family members and friends.
- Caregivers have the right to use available services including respite care, adult day services, home health care, homemaking, and home delivered meals for their loved one.
- Caregivers have the right to a life of their own with regular breaks from caregiving.
- Caregivers have the right to adequate knowledge about their loved one's condition.
- Caregivers have the right to information, support, and training to reinforce or develop the skills they need to care for their loved one.
- Caregivers have the right to take part in decisions about whether their loved one will be cared for at home or in an assisted living or nursing home facility.
- Caregivers have the right to expect doctors and health care professionals to be knowledgeable about the needs of older people and their caregivers and to offer older people the full range of available care options.
- Caregivers have the right to decide when to let go if they cannot continue to give the quality and quantity of care their loved one needs.
- Caregivers have the right to ask for flexibility and cooperation from employers to help them balance their work and caregiving responsibilities.
- Caregivers have the right to forgive themselves if they become angry and resentful at times.
- Caregivers have the right to appreciation and emotional support for their decision to accept the challenge of caregiving.

For more information or a list of titles in our ***Caregiving Series***, call 341-3020 or 800-258-7277, ext. 3020.

Nominate the Outstanding Senior in Your County

How many times have you seen them helping out here, volunteering there, stepping up when no one else seemed to have the time? Always giving their all without a thought for recognition.

Isn't it about time they had some? Then take a few minutes to complete the form enclosed with this newsletter and nominate them as the 2006 Outstanding Senior Citizen in your county.



The Area Agency on Aging recognizes Outstanding Senior Citizens in each of our nine counties during Senior Citizens Day celebrations in May. Nominees must be at least 60 years old, a legal resident of Ohio for the past five years, and not a previous recipient. Major emphasis will be placed on contribution to the community. Service in any field of endeavor will be considered.

Nomination deadline is **March 1, 2006**. For further information, call 341-3020 or 800-258-7277.

Spreading Holiday Cheer

The Area Agency on Aging, PSA 2 partnered with Home Instead Senior Care (HISC), a private pay home care provider, to provide holiday cheer and gifts to over 400 seniors in need during the holiday season. HISC owner Dave Rodier was the motivating force behind the *Be a Santa to a Senior* program, and collected gifts donated from the community at Wal-Mart and Clark's Mr. Prescription. In addition to the *Be a Santa to a Senior* program, 37 seniors received gifts purchased with donations from Wal-Mart, Blackstone Health Care, and the Agency's Employee Fund.

Advisory Council Opening

The Area Agency on Aging, PSA 2 is accepting applications through February 17, 2006 for representative to the Advisory Council from Preble County.

The Advisory Council advises the Board of Trustees regarding administration of federal and state funds for services for those over 60 years of age, as well as other issues affecting older adults and their caregivers. It is composed of three representatives from each of the nine counties in PSA 2.

For further information or to obtain an application, call 800-258-7277, ext. 3020.

Public Hearings This Spring

This Spring, the Area Agency on Aging, PSA 2 will provide an opportunity for members of the community to discuss the service needs of older adults by holding public hearings in each of the nine counties.

These public hearings are part of a planning process for approximately \$3.6 million in Older Americans Act and Senior Community Services Block Grant funding for 2007-2009.

Committees in each county will hear public comments and then make recommendations to the Advisory Council concerning senior services to be funded. These recommendations will be completed in a competitive bid process with a Request for Proposals becoming available at Bidders Conferences to be held in June of 2006.

The schedule for the Public Hearings will be mailed to all provider agencies and to members of the county councils/coalitions on aging in March. Additional information on the Bidders Conferences will be available in the Spring issue of Focus on Aging. For questions or further information, contact Pat Mayer at (937) 341-3017.



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Photo Search Begins

Now that the 2006 calendars are distributed, we begin collecting photos for 2007, and we are looking for scenic photos from our nine-county area. Did you snap a particularly lovely winter scene when that first snow fell in December? Did you capture summer or fall in your area? Will you have camera in hand when spring blossoms open?

If you have a scenic photo that you think others would enjoy hanging on their wall for a month, the Agency would like to consider it for our calendar. To show off the beauty of our region, we want at least one photo from each county.

Initial submissions may be photocopies, but if chosen, a quality print or digital file must be available to our printer. Send your photo or copy to Ann Finnicum's attention at the Area Agency on Aging, PSA 2. **Deadline is June 1, 2006.**

The Area Agency on Aging, PSA 2 produces a calendar each year that lists community services for older adults and contact information. It is distributed free of charge to seniors in our nine-county area.

Call the **Area Agency on Aging, PSA 2** for information about services to help seniors and their caregivers.

(937) 223-HELP

(800) 258-7277

Information is also available online.

www.info4seniors.org

Funded in part by a Title III grant from the Ohio Department of Aging. The Area Agency on Aging is non-discriminatory in services and employment.