



Capitol Rally

“End the Wait, Fill the Plate”

A rally was coordinated and hosted by AARP, Kentucky Association of Gerontology and the Kentucky Area Agencies on Aging and held in the House Chambers on November 10, 2011.

Today, too many older Kentuckians are waiting for meals and basic services to help them live in their own homes longer.

- 19,000 Kentuckians are on waiting lists for services through the Department for Aging and Independent Living.
- 8,000 are waiting for meals.
- 3,200 are waiting in need of homemaker services

Over 400 seniors filled the seats and gallery of the House Chambers during the rally. The paper plate campaign which was mobilized by AARP is to tell Frankfort to pass a state budget that increases funding for senior meals and reduces long waiting lists and builds support for home and community based services. Seniors from across the state wrote messages to legislators on paper plates in an effort to bring attention to the need for increased funding for these vital services.

It is proven that in home services and supports are more cost effective than institutional care in skilled care facilities; and decreases the state’s Medicaid costs.

Stay Connected: For more information contact kyaarp@aarp.org or visit AARP online at www.AARP.org/ky You may also contact your local Pennyrile Area Agency on Aging at 1-800-928-7233.



Pennyrile Comprehensive Needs Assessment Survey

The Pennyrile Area Agency on Aging & Independent Living is conducting a needs assessment of Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd and Trigg County.

The survey will help identify service gaps, and inform how those services are provided.

Nearly 2000 surveys have been distributed. The surveys were sent to a wide variety of individuals including senior citizens, community partners, support groups, housing authority offices, health departments, county extension offices, churches, legislators, and long-term care facility residents. A diverse group of respondents will yield better results and useful answers.

In addition to direct mailings the survey is also available on the Pennyrile Area Development District Website: www.peadd.org. The survey will be available on the website until January 3rd 2012.

The needs assessment survey asks for some basic demographic information, but the survey is intended to be anonymous. Respondents are asked to rate whether certain services are a high priority or low priority.

The deadline for surveys to be returned is January 17th 2012. If you have any questions about the needs assessment survey, please contact James Patterson or Jill Collins at 1-800-928-7233.

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Advocacy. Action. Answers on Aging.

Family Caregiver Support Program

Positive Images in Aging Award

The Pennyrile Mental Health & Aging Coalition has been awarded a Positive Images in Aging Award by the Southeastern Association of Area Agencies on Aging. The award is in recognition of the Mental Health Response Training provided to paraprofessionals in the Pennyrile Region to teach them basic skills when assisting a person with a mental disturbance.

The training targeted individuals that have frequent contact with the public, but that have few, if any, opportunities for training in Mental Health Concerns. Those in attendance at the training included pharmacy technicians, clergy, church staff, law enforcement, senior center directors, local non-profit staff members, and many others. Forty-Two people attended the training.

The Positive Images in Aging Award recognizes groups, agencies, or businesses in the private and/or public sector who have, through their efforts, presented a positive image of older adults or individuals whose platform has impacted a large market. The Award was presented at the SE4A annual convention in Memphis, Tennessee on September 26th.

If you would like more information about the Mental Health & Aging Coalition and how you can be involved, please contact James Patterson at 1-800-928-7233.



Alzheimer's Walk

Walk to End Alzheimer's Success:

The First annual Walk to End Alzheimer's was held on October 8th in Hopkinsville. There were 438 participants that registered for the walk. The Walk raised nearly \$40,000 for the Alzheimer's Association.

The Alzheimer's Association will use the largest percentage of the money raised to fund Alzheimer's research. Funds raised are also used to provide training for caregivers and professionals; adult day care in some cities; and operate a 24 hour support line for caregivers.

The Alzheimer's Association is offering a presentation on November 16th at the Pennyrile Area Development District from 6:30 p.m. – 8:30 p.m. Mary Sharp and Rachel Kail will inspire those who are affected professionally or personally by Alzheimer's disease to think positive, and offer practical solutions for common behaviors associated with the disease.

The Pennyrile Area Development District was represented at the walk. Information was distributed to walk participants regarding supports offered by the Area Agency on Aging and Independent (AAAIL) living to help senior citizens remain in their homes. If you would like more information on the supports that the AAAIL offers, please call the PADD office at 1-800-928-7233.



Ombudsman Corner



This will be the 5th year that the Long Term Care Ombudsman Program has sponsored the Forgotten Angel Project for the Pennyrile District. This project was pioneered in this district and it has now become a statewide project each year throughout all State Ombudsman Programs.

What is the Forgotten Angel Project? Forgotten Angels are residents in Personal Care Homes who have been forgotten by friends, family and society. So at Christmas we place the Forgotten Angels on the tree here at the PADD office at 300 Hammond Drive, Hopkinsville, Ky where anyone can adopt an Angel and make their Christmas meaningful.

Here are the number of Angels that we have been able to sponsor in the past:

2007 – 153 Forgotten Angels

2008 – 174 Forgotten Angels

2009 – 217 Forgotten Angels

2010 – 237 Forgotten Angels

2011 – Our goal is 250 Angels or we can provide as many Forgotten Angels as there is a demand for.

The PADD has 9 Personal Care Homes with nearly 700 residents. For more information or a list of frequently requested items contact the PADD office or Cindy Tabor at 886-9484 or e-mail at cindy.tabor@ky.gov

Holiday Safety & Children

Beware of safety risks during the holidays. A younger child can get into trouble while visiting a home during the holidays that is not childproofed. Many homes that normally don't have children in the house may not have child-proof equipment such as safety locks on cabinets or covers on electrical outlets. They may also have medications that aren't in a child resistant container and are left out on countertops.

There may be small objects such as hard candy, nuts or ornaments out on the table for easy access by younger children. Keep electrical extensions and burning objects (candles, incense and potpourri pots) out of small children's reach. Make sure Christmas trees are well anchored. When purchasing toys for children always follow all age guidelines on toys.

The top 5 toy hazards:

- Scooters and other Riding Toys - Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be worn at all times and be sized to fit.
- Small Balls and other Toys with Small Parts - For children younger than age three, avoid toys with small parts, which can cause choking.
- Balloons - Children under eight years can choke or suffocate on un-inflated or broken balloons. Keep un-inflated balloons from children. Discard broken balloons at once.
- Magnets - For children under age six, avoid building or play sets with small magnets. If magnets or pieces with magnets are swallowed, serious injuries and/or death can occur.
- Chargers and Adapters - Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to children.

Have a Happy Holiday Season for all by keeping it safe!



Pennyrile Area Development District



300 Hammond Drive
Hopkinsville, KY 42240

*A publication of the Pennyrile Area Development District
serving Caldwell, Christian, Crittenden, Hopkins,
Livingston, Lyon, Muhlenberg, Todd and Trigg Counties.*

Calendar of Events

December 2011

- 6 - Tri-Co. EAC Meeting - 12 noon - PADD Office
- 13 - Alzheimer's Support Group - 10 am - PADD Office
- 14 - AAA Advisory Council Meeting - 10 am - PADD Office
- 14 - LTCO Advisory Council Meeting - 11:30 am - PADD Office
- 20 - Hopkins/Muhlenberg Elder Abuse Council Meeting - DCBS Office, Madisonville, KY
- 21 - Christian Co. Grandparent Support Group - 10 am - PADD Office
- 21- Quad Co. Elder Abuse Council Meeting - 12 noon - Lyon Co. Senior Center
- 24 - Christmas Eve
- 25 - Christmas Day
- 31 - New Year's Eve

January 2012

- 1 - New Year's Day



AREA AGENCY ON AGING STAFF

Jill CollinsAging Coordinator
Amanda Stokes..... In-Home Services Manager
James Patterson.....Family Caregiver Coordinator
Cindy Tabor LTC Ombudsman
Debra Cansler.....KY Family Caregiver Coordinator
Payton Kidd.....CDO Lead Case Manager
Whitney Freno.....Social Service Case Manager
Bruce Carver.....ADRC
Angela Gore..... Administrative Assistant

CASE MANAGERS

Rachael Culver.....Christian County
Jane Higdon.....Todd & Christian County
Kay LundstromTrigg County
Misty Crim.....Lyon, Livingston & Caldwell County
Margaret Moller.....Livingston & Crittenden County
Cynthia Peach Hopkins, Caldwell & Christian County
Doris Phillips.....Muhlenberg & Hopkins County