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

Aging **NEWS**



BGAAAIL Services Snapshot: Caregiver Support Program

You might see Regina Goodman or Charlotte Garnett shopping at an area Wal-Mart during work hours. No, they aren't skipping out of the office for the day—they are assisting grandparents with much needed purchases for grandchildren who have come under their care. Funds for grandparents assistance are part of the National Family Caregiver Support Program and is one of the services administered by the Caregiver Support section at BGAAAIL. NFCS provides funding to purchase clothing, and toiletries. This fiscal year, the NFCS has assisted grandparents with needed supplies for over 70 families in the Bluegrass region.



In addition to the grandparents assistance program, the Caregiver Support section at BGAAAIL administers federal respite and caregiver assistance services under NFCS. Respite care services provide caregivers a much needed break from time to time by covering the costs of a temporary caregiver. Caregivers can also receive counseling services, assistance with finding caregiving goods and services, and be connected with caregiving conferences, training, and support programs.

To qualify for the grandparents assistance program, grandchildren must reside with a grandparent who is at least age 55 and who is related by blood, marriage, or adoption and parents must not reside in the home. To qualify for respite care and other services, caregivers must be caring for an individual who is age 60 or over or an individual of any age who is suffering from Alzheimer's.

To inquire about any of the Caregiver Support services at BGAAAIL, contact Regina or Charlotte at 859-269-8021.

National Association of Area Agencies on Aging Highlights 2018 Successes



advocacy | action | answers on aging

The governing board of the National Association of Area Agencies on Aging (N4A) met in Alexandria, VA in December to discuss the organization's 2018 successes in advocating for a number of programs and initiatives for older Americans. Among the group's advocacy accomplishments was a substantial increase in funding of the Older Americans Act, passage of the Creating High-Quality Results and Outcomes Necessary to Improve Chronic (CHRONIC) Care Act, passage of the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act, and expansion of Medicare

Advantage programs to include new supplemental benefits. The CHRONIC Care Act allows Medicare to cover the costs of non-medical supplies needed by individuals with chronic conditions in their home such as grab bars and ramps and also expands access to telehealth services. The RAISE Act requires the Secretary of Health and Human Services to develop a new strategy to recognize and support caregivers using recommendations from public, private, and government stakeholders and advocates.

Staff members from BGAAAIL will attend N4A's annual National Policy Briefing in Washington in early March to meet with Kentucky's federal delegation concerning a variety of policy priorities for 2019. Among those priorities are reauthorization and funding increases for the Older Americans Act, policies for making aging at home more cost effective, and improving senior health by addressing issues related to social determinants of health.

Intergenerational Program A Big Hit At Bourbon County Senior Center

The student government at Paris Middle School takes community service seriously. Once a month, members participate in numerous civic efforts in Bourbon County with one of the most popular being service at the Bourbon County Senior Center.

Recognizing the importance of social interaction and thought-engaging activities for seniors, students bring paint supplies and games to share with the patrons of the center. This intergenerational program has been a hit, to say the least. "Our seniors love this program and can't wait to see the kids", Senior Center Director Laurel Gambill said. "It's one of the most popular programs we have ever had at the center", she said.

The program is a hit with students as well. "The kids can't wait to get to the center to spend time with the seniors. They learn so much from each other", said Assistant Principal and student government advisor Bertha Johnson.

The program started about two months ago and Gambill and Johnson hope to make the program a regular student government activity for future students.



Love Is In The Air At Berea Senior Center

Otis and Charlann Prater never imagined they'd find love again in their senior years. Both widowed, they were content to spend their days with their children, grandchildren, and friends and participating in activities at the Berea Senior Center. It was at the center where Charlann first caught Otis' eye. "I thought she was a very pretty woman and I could tell she was a very kind person. The more I got to know about her the more I liked her", he said. Getting up the nerve to ask her on a date took a little time. "It took me awhile to find the courage to ask her to dinner. Finally one day I just said 'I'm going to do this', and I did. She was a little shocked and told me she'd have to think about it", Otis said with a grin. Otis' invitation took Charlann by surprise. "I got so weak I almost fainted. I had never imagined that I would go on another date in my life", she said. After talking to her daughter and praying, Charlann had an answer for Otis—YES.



Otis & Charlann Prater at their wedding reception at the Berea Senior Center.

Shortly thereafter, the two had dinner in Richmond and their relationship quickly blossomed in the months after. "We grew to love each other and it happened rather fast", said Otis. As time passed, the couple thought about marriage, but it was important to both of them to have the support of their children. Otis' three sons and Charlann's daughter were all very supportive of the idea. "Our children wanted us to be happy and they didn't want us to be lonely in our senior years", they said. It was one evening shortly thereafter that Otis popped the question. "We were at her house and I got down on one knee and asked her, and she said yes", Otis said.

The couple were wed in May 2018 on a beach in Charleston, South Carolina. Charlann's daughter volunteered to plan the ceremony and celebration. Otis wasn't sure if his sons would be able to make the trip for the ceremony, but to his delight, all three were able to be present. "For our children to be at our wedding meant so much to us. We are truly blessed to have their love and support", they said. Otis pointed out that Charleston was experiencing torrential rains during their wedding and they were forced to move the ceremony inside. "It was pouring rain for days, but that didn't matter. We were just happy to be getting married and we made the best of it", he said.

Both Otis and Charlann credit their crossing paths to God. "We truly believe the Lord led us to each other. We are both Christians and our faith is important to us. We know the Lord wanted us to be together", Otis said. The couple pointed out that their lives had intersected many times over the years without them ever meeting. Both are originally from the mountains of Eastern Kentucky—Otis from Floyd County and Charlann from Perry County. Both moved to Berea from the mountains in the 1960's and both worked for a number of years at Parker Seal without ever knowing each other. Charlann recalls driving past Otis' Berea house many times and seeing his children playing in the front yard without ever knowing the family who lived there.

Otis and Charlann now spend much of their time enjoying activities at the Berea Senior Center. Otis volunteers to set up the main room for exercise courses and both he and Charlann participate regularly to stay fit and active. Their many friends at the center enjoy the couple's company and they are a popular pair, according to center Director Lisa Edwards. "They are a joy to be around and everyone just loves them. When they returned from their wedding, we organized a reception here at the center. It was a wonderful event to commemorate a wonderful couple", she said.

The happy couple offers this simple advice to anyone—"It's never too late for love".

HAPPENINGS AROUND THE REGION



Seniors enjoying activities at the Estill County Senior Center



Seniors from the Bourbon County Senior Center enjoy an outing to Wendy's



Seniors from the Jessamine County Senior Center enjoying a lunch outing



Scott County Senior Center's choir members performing



Seniors from the Lincoln County Senior Center celebrate United Way's support of their center

Ask The Experts >>>

Q: Where can I find information on housing and other senior services in my community?

A: Administration on Aging's Eldercare Locator service.

www.eldercare.acl.gov

1-800-677-1116

from the director...



Celeste Collins, BSW
BGAAAIL Director

Hello,

February is that time of year when we focus on Legislative Advocacy for our Aging programs. Seniors and Area Agencies on Aging staff from across the state will be attending our annual Advocacy Day in Frankfort on February 5th. In the Bluegrass Region alone, state funds have helped us to serve over 500 home-bound

elderly as well as 28 Grandparents Raising Grandchildren. We've also spoken with over 4000 people through our ADRC assisting them with resources. Help us to continue to support the Seniors in our Community by reminding your Legislator of the importance of funding Aging Programs.

Sincerely,
Celeste

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

www.bgaail.com



699 Perimeter Dr
Lexington, KY 40517

Upcoming Aging Events >>>

***Frankfort Advocacy Day &
Legislative Panel***

February 5—9:30 am

Capitol Annex Room 129