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Aging NEWS



BGAAAIL Services Snapshot: Home & Community Based Waiver



In addition to administering numerous federal programs for seniors, BGAAAIL is charged with managing several services under Kentucky's Medicaid program. One of these services is the Home and Community Based (HCB) Waiver. The HCB Waiver program serves elderly persons as well as adults and children who have a physical disability. In order to qualify for services under the HCB waiver, individuals must meet the financial qualifications for Medicaid and require nursing facility level of care.

Individuals in the HCB Waiver program are assigned a Service Advisor on the BGAAAIL staff who assist with assessing needs and supports so that the individual may remain in their home rather than being placed in a nursing facility. HCB Waiver participants may opt to receive care from a private agency or they may hire their own caretaker, most often times a family member. These caretakers assist the participant with tasks that they are unable to do on their own due to age or a physical disability. These tasks include bathing, dressing, grooming, light housework, laundry, and meal planning and preparation. The HCB Waiver program may also cover costs for needed home adaptations to improve safety and welfare or increase independence of the participant.

BGAAAIL Service Advisor staff are actively involved with their assigned HCB Waiver participants. Service Advisors visit each of their participants monthly in their homes and remain available by phone and e-mail between visits to ensure a high level of care. Service Advisors also work diligently to maintain reporting requirements and adherence to HCB Waiver guidelines to prevent any disruptions in services.

For additional information on the HCB Waiver program, contact the Aging & Disability Resource Center at BGAAAIL at 1-866-665-7921 or email at adrc@bgadd.org.

Anderson County Woman Grateful for Senior Center Services



Pollie Stamper displays one of her many award-winning quilts at the Anderson County Senior Center. Pollie, who quilts by hand, is an active member of the quilting group that meets at the center on Fridays.

When Pollie Stamper moved to Anderson County a few years ago, she knew no one. Living alone and no longer driving, Pollie's son connected her to several services at the Anderson County Senior Center to help her remain in her home and stay as independent as possible. "I get the home delivered meals and they have helped me so much", said Pollie. "I am not always well enough to cook and these meals are a lifesaver", she said. Pollie also depends on the senior center for transportation to doctor's appointments, the pharmacy, and the grocery. "I stopped driving several years ago. Without the senior center transportation, I wouldn't have a way to get to my appointments", Pollie said.

Pollie had been receiving home-delivered meals and transportation services for about two years when senior center staff learned of her love for quilting and suggested that she attend the senior center's weekly quilting group. "Living by myself, I felt pretty lonely at times. I was very glad to get involved in the quilting group on Fridays here at the senior center. It gives me something to look forward to and gets me out of the house. The ladies in the quilting group have been so kind. They pick me up on Fridays and bring me to the center. I also go with them on outings to other places. I would have never met them if not for the senior center", Pollie said.

Pollie remains grateful for the services that she receives to help her remain in her home and stay active. She also encourages other seniors to get involved in their local center and look into the many activities and services that are offered.

March for Meals Targets Hunger & Isolation Among Seniors in the Bluegrass Region

Senior Centers in the Bluegrass Region will be bringing awareness to senior hunger and isolation during the month of March. March for Meals commemorates the 1972 amendment to the Older Americans Act that established a nationwide senior nutrition program.

Nationwide, an estimated 9 million seniors face food insecurity and 1 in 4 seniors live alone, making home-delivered meals vital to combating the effects of social isolation and helping seniors to age in place in their homes.

The senior population is growing exponentially in the United States, creating significant waitlists for federally-funded home-delivered meals. Studies have shown that 83% of seniors in need of home-delivered meals are not receiving them. Additionally, seniors on waitlists for home-delivered meals are more likely to report depression, recent falls, and poor self-rated health.

To help bring awareness to the vital importance of senior nutrition programs, Bluegrass region senior centers will be engaging local elected officials and volunteers to help deliver meals to seniors throughout the month as well as encouraging seniors to partake of congregate meals at the centers. To volunteer in this year's March for Meals activities, contact your local senior center. Contact information is available at www.bgaandl.com.



For the 59% of recipients who live alone, the person delivering the meal is often the only person they will see that day.

Large Turnout for Annual Senior Advocacy Day



More than 150 seniors and advocates from across Kentucky gathered in Frankfort on February 5 for the 2019 Senior Advocacy Day. The annual event seeks to bring awareness to the need for senior services and programs in Kentucky at a time when the 60+ population is the fastest growing in the state.

Attendees participated in a legislative panel discussion with Representatives Russ Meyer, Chris Fugate, Rob Rothenburger and Senators Reggie Thomas and Alice Forgy Kerr. On the agenda of this year's legislative session are a number of bills concerning seniors including a bill to add funds to the Kentucky kinship care program and a number of measures dealing with opioids.

Lieutenant Governor Jenean Hampton made a special appearance to give encouragement and recognition to caregivers in Kentucky and shared stories from her role as a caregiver for her 92-year-old mother. Attendees spent the remainder of the day meeting with individual representatives and senators to garner support for a number of bills related to senior services.

BGAAAIL would like to thank our Advocacy Day partners including the Kentucky Association for Gerontology, the Kentucky chapter of AARP, and Area Agencies on Aging from across the state for making the 2019 event a success!

HAPPENINGS AROUND THE REGION



Stanford Mayor Scottie Ernst visits with seniors at the Lincoln County Senior Center



Seniors from the Anderson County Senior Center enjoy the Friday quilting class



Seniors enjoying a drumming class at the Lexington Senior Center



2nd Graders from the Capital Day School enjoying a Valentine's Day Party with seniors at the Capital City Activity Center



Seniors enjoying the Stay Active & Independent for Life (SAIL) course at the Scott County Senior Center

Ask The Experts >>>

Q: Where can I find information and resources for grandparents raising grandchildren?

A: Grandparents As Parents (GAP) of Kentucky.

www.gapofky.org

859-257-5582

from the director...



Celeste Collins, BSW
BGAAAIL Director

Hello,

Thank goodness spring is on its way. We've had terribly cold and extremely wet weather this winter. I think everyone is ready for some warm sunny days.

March 19th is World Social Work Day. If you know someone who works in this field, please thank them for their service. Social Work is often a very difficult and thankless job. Many times those Social Workers make it possible for us to find resources and have the services

we need.

We have many helpful and fun events coming up in March. Be sure to view the list of upcoming events and mark them on your calendar.

Sincerely,
Celeste

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

www.bgaail.com



699 Perimeter Dr
Lexington, KY 40517

Upcoming Aging Events >>>

Family Caregiver Workshop
March 1—9:00 am to 4:00 pm
Alzheimer's Association
2808 Palumbo Dr #205
Lexington, KY 40509
For Registration Information:
1-800-272-3900

Healthy Foods Expo
March 5—9:00 am to Noon
Capital City Activity Center
202 Medical Heights Drive
Frankfort, KY 40601
www.frankfortkyseniors.org

Grandparents Raising Grandchildren Conference
March 21—8:00 am – 3:30 pm
Clarion Hotel—Lexington
www.gapofky.org