

Aging News



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



June 2019 Edition

Upcoming Aging Events

SAGE (Services & Advocacy for LGBT Elders) Affiliate
Launch Celebration
June 9, 2019
2:00 pm to 4:00 pm
Lexington Senior Center

12th Annual Empowering Mindfulness Conference
June 20, 2019
8:30 pm to 4:00 pm
Clark County Extension Office

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BGAAAIL unveils three new evidence-based health programs

BGAAAIL is pleased to announce that three new evidence-based senior health promotion programs will soon be available at senior centers in the Bluegrass region. Active Living Every Day is a 12-week program that assists participants with increasing physical activity while helping to reduce barriers to being active. Walk With Ease is a program designed for participants with arthritis and incorporates movements to help reduce pain and improve balance and strength. Home Meds is a software-based program that screens prescription and over-the-counter medication combinations for potential conflicts and complications.

To inquire about any of these programs and other health promotion/disease prevention course offerings, contact your local senior center or BGAAAIL at 859-269-8021 ext. 232.



Embracing New Opportunities Conference Held on May 17

Several dozen seniors from across the Bluegrass region attended the 36th annual Embracing New Opportunities Conference on May 17. The event seeks to provide resources, information, and opportunities to senior adults as they meet the challenges of aging.

This year's conference featured workshops on senior gardening, dementia care, downsizing and decluttering, aging in place, and cooking on a budget as well as numerous exhibitors representing a variety of senior services agencies and organizations.

BGAAAIL is a proud annual sponsor of the Embracing New Opportunities Conference and staff were on hand to answer questions and promote the services and resources provided by the agency.



Aging Council Celebrates Older Americans Month

Members of the BGAAAIL Aging Council from all 17 counties in the Bluegrass region gathered for the quarterly council meeting and Older Americans Month celebration on May 8.

The Aging Council is comprised of seniors who are leaders in their local communities and active in their local senior centers as well as numerous senior center directors and staff. The Aging Council is crucial to BGAAAIL's mission of providing quality services to seniors in all 17 counties of the Bluegrass region. The input, feedback, and recommendations of the Aging Council serve as guidance on all community policies, programs and actions affecting older persons served by BGAAAIL.



Public Input Session for ADU's in Fayette County Held at Lexington Senior Center

Seniors, advocates, and stakeholders gathered at the Lexington Senior Center on May 8 for a public input session on the proposal to allow Accessory Dwelling Units in Fayette County.

Accessory Dwelling Units, or ADU's, are housing units that are either attached to an existing home or on the property of an existing home but separated from the main structure. The idea for ADU's began with the Senior Services Commission and representatives from AARP Kentucky as one way to assist seniors with escalating housing costs and keep them closer to relatives as they age in place.

Feedback from the public input session will be used by local elected officials as they consider approval of an ordinance to allow ADU's.





Each year, an estimated 5 million older adults are abused, neglected, or exploited. Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food, and medical care. Unfortunately, it occurs in every demographic and can happen to anyone—a family member, a neighbor, even you. It is estimated that only one in five of these crimes are discovered.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN).

WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. In addition, WEAAD is held in support of the UN International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. This observance serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.

BGAAAIL is actively involved in the fight against elder abuse through a number of Elder Abuse Prevention Councils in the Bluegrass region as well as public awareness efforts at the many aging events attended by the agency each year. While WEAAD is a single day of awareness, the fight against elder abuse continues every day.

To report a suspected case of elder abuse, contact the Kentucky Cabinet for Health & Family Services on the 24-hour elder abuse hotline at 1-877-597-2331. Reports can be made anonymously.

FROM THE DIRECTOR...

Hello,

I want to thank everyone who participated in Older Americans Month celebrations last month. June 15th is World Elder Abuse Awareness Day. It's estimated that 1 in 10 Americans aged 60+ have experienced some form of Elder Abuse. Being socially isolated or having mental impairment such as Dementia/Alzheimer's Disease are 2 factors that can make a person vulnerable to elder abuse. The National Council on Aging is a great resource for more information on Elder Abuse.

Please report any suspected abuse.

Celeste Collins



Celeste Collins, BSW
BGAAAIL Director

Happenings Around The Region



Seniors from the Scott County Senior Center enjoying an outing at Lexington Green.



Seniors enjoying a seated exercise program at the Anderson County Senior Center.



Seniors at the Powell County Senior Center participating in the Chronic Disease Self-Management Program



Mothers at the Lincoln County Senior Center honored for Mother's Day.



Seniors from the Estill County Senior Center enjoying a visit from community members.

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