



Veterans Food Basket Drive

Pennyrile Area Agency on Aging and Independent Living in partnership with AARP Kentucky was honored to provide Thanksgiving food baskets to veterans in Hopkinsville this morning.

Funding for the food baskets was provided by AARP Kentucky. Hopkinsville Wal Mart Super Center coordinated the contents of the food baskets and packaging.

AARP State President Charlotte Whittaker, Hopkinsville Mayor Carter Hendricks, Commander John Brame and Quinton Stone with VFW Post 1913 along with PADD AAAIL Director Jill Collins, AmeriCorps Member, Cindy Stonebraker and Payton Kidd Coordinator for the Pennyrile Veteran Directed Home and Community Based Services Program (VDHCBS) volunteered to deliver the food baskets.

Thank you to our veterans for their service to our country!

To learn more about programs available for veterans, contact Jill Collins at jill.collins@ky.gov or call 1-866-844-4396.



Merry Christmas

From

Pennyrile Area Agency on Aging and Independent Living

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Family Caregiver Support Program

The National Family Caregiver program serves caregivers in various situations through reimbursement for respite services and indirect supplemental assistance. The program serves caregivers caring for persons 60 years of age and older that must rely on others to meet their daily needs, and older adults age 55 and over, caring for a related child in the absence of their parents.

In addition, the program facilitates support groups for caregivers in the region. These sessions provide valuable information, and an opportunity to share and be heard. Please consider getting involved!

Alzheimer's Support Group: 10:00am – 11:00 am
2nd Tuesday of each Month
Executive Board Room @ PADD

Grandparent's Support Group
3rd Wednesday of each Month
Executive Board Room @ PADD

Caregiver Support Group – Trigg County: 12:00 pm – 1:00 pm
4th Tuesday of each Month
Location: John L. Street Library
244 Main St.
Cadiz, KY 42211



The Caldwell County Support Group has been postponed until further notice. If anyone is interested in a support group, please contact Belinda Babb at 270-886-9484 or at belinda.babb@ky.gov

Ombudsman Corner



This time of year lends itself to reflection on ways to give back or give thanks for the many blessings we all have. Once again we will be providing the only Christmas that many residents in Personal Care Homes will receive. Please join us as we get underway with our 12th annual FORGOTTEN ANGELS project. There are several ways to help. You can adopt an Angel and shop for them, make donations from our Stocking Stuffer list, or give monetary donations.

Please help us, as we remember those that seem to have been forgotten by family, friends and society. Please contact Cindy Tabor at 270-886-9484 or cindy.tabor@ky.gov for additional information.

AAAIL Staff News



Pennyrile Area Development District is honored to serve as a host agency for the Senior Connections Program through AmeriCorps.

Cindy Stonebraker will serve as the new AmeriCorps Member with the PADD office. She will provide program support to the multiple programs within the Area Agency on Aging and Independent Living.

Welcome Cindy!



Welcome to new PADD staff member, Miranda White. Miranda will be working as a Social Services Case Manager with the Area Agency on Aging and Independent Living. Miranda is a 2017 graduate of Murray State University and holds a Master's Degree in Science.

Welcome Miranda!

Kentucky Veterans Directed Care Program



Veterans Directed Home Community Based Services offers eligible veterans a flexible budget to purchase services that help them to live independently at home in the community rather than in an institution. VA Medical Centers (VAMC) purchase and utilize the VDHCBS. VDHCBS includes a functional assessment, home-based services, options counseling, support services, and financial management services. VDHCBS does not duplicate any services already provided by the VAMC.

Currently, veterans in Pennyriple, Purchase and Green River are being served. The veterans program has also added an additional Area Development District in the state of Kentucky and five Tennessee Area Development Districts under the Pennyriple's hub & spoke model. Currently, veterans are being served through East Tennessee Human Resource Agency, Greater Nashville Regional Council, Lake Cumberland Area Development District, South Central Tennessee Development District, Northwest Tennessee Development District and Southeast Tennessee Development District. Pennyriple is now able to serve veterans that are not only enrolled at the Marion, IL VAMC but also the Nashville, TN VAMC.

For additional information about the program, please contact Payton Kidd or Jill Collins at 1-866-844-4396.

Participant Directed Services –PDS

Participant Directed Services/Home and Community Based Waiver version 2 is an alternative to the traditional service delivery model under the Medicaid Waivers. The PDS program is designed to allow clients to have more choice, flexibility and options regarding their in-home waiver services. Services available through the PDS/HCB2 Program includes attendant care, home modifications, and Goods & Services. The PDS service option is available to Medicaid waiver members of any age including children. Pennyriple also offers case management services for the Traditional/Home and Community Based Waiver version 2 clients. For additional information, please contact Payton Kidd or Harley Nittler at 1-866-844-4396.

MIPPA

MEDICARE BENEFICIARIES!

Are you currently receiving Medicare and paying for your Part B monthly premium? If so, there is a program that may be able to assist you with that premium cost. If your income is under \$1,357/single or \$1,827/married and your resources/assets are under \$7,390/single or \$11,090/married, then you may qualify to receive assistance through the state with a program called the Medicare Savings Program. This program may help pay for your Part B premiums and *potentially* assist in also paying for Part A premiums, deductibles, coinsurance, and copayments, depending on your income level.

To see if you are eligible and to apply for the program, contact Ali Jones with the Pennyriple Area Development District at 1-866-844-4396 or (270) 886-9484.

News in Health



Wise Choices -

Things you can do if you're prescribed an opioid:

- * Ask if there are ways besides opioids to relieve your pain.
- * Make sure your healthcare provider knows about all other medications you are taking.
- * Let your healthcare provider know if you or others in your family have had any problems with addiction, such as with alcohol, prescription medications, or illicit drugs.
- * Ask about the risk of taking an opioid.
- * Never use alcohol when taking an opioid.
- * Store opioids in a safe place out of sight and out of reach of children, preferably in a locked cabinet.
- * Dispose of leftover prescription medicine quickly and properly.



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 2018

- 5 - Hopkins/Muhlenberg EAC Meeting - 9 am - Hopkins Co. Senior Center, Madisonville, KY
- 11 - Alzheimer’s Support Group - 10 am - PADD Office
- 12 - Pennyrile AAAIL Advisory Council Meeting - 10 am - PADD Office
- 12 - Pennyrile LTCO Advisory Council Meeting - 11:30 am - PADD Office
- 19- Pennyrile Grandparent Support Group - 10 am - PADD Office

January 2019

- 8 - Alzheimer’s Support Group - 10 am - PADD Office
- 9 - Tri-County Elder Abuse Council Meeting - 12 noon - PADD
- 9 - Pennyrile Elder Abuse Board of Director’s Meeting - 1pm - PADD
- 16 - Pennyrile Grandparent Support Group - 10 am - PADD Office
- 22 - Trigg Co. Caregiver Support Group - 12 noon - John L. Street Library, Cadiz, KY.
- 24 - Alzheimer’s Telehealth Video Conference - 5:30 pm - PADD

**Happy
Holidays!**

AREA AGENCY ON AGING STAFF

- Jill CollinsDirector, Pennyrile Area Agency on Aging & Independent Living*
- Amanda Stokes.....In-Home Services Manager*
- Belinda Babb.....Family Caregiver Coordinator*
- Cindy Tabor LTC Ombudsman*
- Payton Kidd.....Participant Directed Services Coordinator*
- Ray Ann Blake.....Social Services Case Manager*
- Harley Nittler.....Social Services Case Manager*
- Miranda White.....Social Services Case Manager*
- Ali Jones..... Aging & Disability Resource Center Coordinator*
- Angela Gore.....Administrative Assistant*
- Heather Meeks.....Case Manager*
- Charlene Johnson ...Case Manager*
- Paula Jones.....Case Manager*
- Cynthia PeachCase Manager*
- Doris Phillips.....Case Manager*

**Pennyrile Aging & Disability
Resource Center
1-866-844-4396**

