



# Area Agency on Aging and Independent Living

## 2019 Senior Games



On September 16<sup>th</sup> – 18<sup>th</sup>, the Division of Parks and Recreation will host the 33<sup>rd</sup> Annual Pennyrile Senior Games. This will be the first year for the majority of the games to be conducted at the Hopkinsville Sportsplex on Tilley Way.

The Senior Games are a great opportunity for seniors age 50 and over to compete with their peers in the following games: one mile walk, soccer kick, softball throw, corn toss, bowling, washer toss, croquet, shuffleboard, ring toss, lawn bowling, pickleball doubles, bowling and disc throw. We encourage senior citizens in the Pennyrile Region to sign up to participate in the games and volunteers are also needed. Registration forms are available now through Parks and Recreation. For more information, contact Parks and Recreation at 270-887-4290.

**2019 Pennyrile Senior Games**  
**September 16, 17, & 18**  
**Hopkinsville Sportsplex**

## National Senior Center Month 2019

### Senior Centers: The Key to Aging Well!

This September, the National Institute of Senior Centers (NISC) along with Pennyrile Area Agency on Aging and Independent Living, is demonstrating how senior centers are integral parts of aging well.

Senior Centers are the key for individuals to age healthily, and also for communities to properly support older adults. We are celebrating this by highlighting the theme, *Senior Centers: The Key to Aging Well*, and we invite you to join us for National Senior Center Month!

Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise.

The Pennyrile Area Agency on Aging and Independent Living encourages everyone to visit your local senior center and to learn about the activities and events offered in each of our counties to support healthy aging and active lifestyles.

Inside this issue:		
National Family Caregiver		2
Ombudsman Corner		2
Veterans Directed Care Program / PDS		3
MIPPA		3
News in Health / Calendar of Events		4



## Family Caregiver Program - Walk to End Alzheimer's

The Alzheimer's Association will hold a Walk to End Alzheimer's in Hopkinsville on Sunday, September 29, 2019. The Walk to End Alzheimer's is the biggest fundraiser for the Alzheimer's Association.

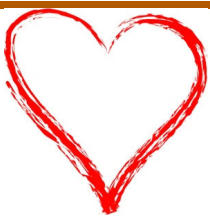
A majority of the funds raised will go to funding research into Alzheimer's disease. The Alzheimer's Association also provides support to Alzheimer's patients and their families through training, support groups, adult day care services, information, as well as public advocacy. Locally, they have provided numerous training events for families and direct care staff.

The Pennyriple Area Development District is an official sponsor of the walk and has partnered with other local stakeholders, and the Alzheimer's Association to organize the walk. If you want to know what you can do to support the Walk to End Alzheimer's, please contact Belinda Babb at 270-886-9484 or email at [Belinda.babb@ky.gov](mailto:Belinda.babb@ky.gov)

**Date:** Sunday, September 29, 2019  
**Location:** Christian County Justice Center, Hopkinsville, KY  
**Time:** 2:00 PM



## Ombudsman Corner -



All You Need is Love.....**and so do they!**

Sixty percent of nursing home residents have no visitors—no family or friends to check on them or cheer them up. Research shows that long-term care residents receive better care when they have regular outside visitors.

With just a few minutes each week, **YOU** could **change a resident's life**, and help improve the quality of care they receive.

Learn more at our **Friendly Visitor Orientation**

**Monday, September 30, 2019**

**2pm - 4pm**

Pennyriple Area Development District

300 Hammond Drive

Hopkinsville, KY 42240

Please RSVP to Cindy Tabor

at [cindy.tabor@ky.gov](mailto:cindy.tabor@ky.gov)

or 270-886-9484

**Become a Friendly Visitor today!**

## Pennyriple Moments



The PADD Walk to End Alzheimer's team hosted their 3<sup>rd</sup> annual Zumbathon fundraiser on Saturday August 24, 2019 at the Christian County Senior Center in Hopkinsville. The event was well attended and over \$400 was raised.

To learn more about the Walk to End Alzheimer's, please call Belinda Babb at 270-886-9484 or at [belinda.babb@ky.gov](mailto:belinda.babb@ky.gov).

# 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.

## 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 \$1,405/single or \$1,902/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. Call Ali Jones at 1-866-844-4396 or 270-886-9484 to apply.



## Participant Directed Services

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 AAAIL also offers case management services for the Traditional/Home and Community Based Waiver version 2 clients. For additional information, please contact Payton Kidd, Harley Nittler, Miranda White or Jennifer Medeiros at 1-866-844-4396.

### Did you know.....

Daylight savings time is the practice of advancing clocks during summer months so that evening daylight lasts longer. [George Hudson](#) proposed the idea of daylight saving in 1895. The [German Empire](#) and [Austria-Hungary](#) organized the first nationwide implementation starting on April 30, 1916.

Website:

Wikipedia



**Daylight Savings Time  
Ends  
Sunday, November 3, 2019**

## News in Health - Wise Choices

### Lifestyle Changes For Varicose Veins

**Get physical activity**—Move your legs to improve muscle tone. Get up and walk around every 30 minutes. When sitting, avoid crossing your legs.

**Put your legs up.** Keep your legs raised when sitting, resting, or sleeping—above the level of your heart if you can.

**Try to lose weight if you are overweight or obese.** Losing weight can improve blood flow and ease the pressure on your veins.

**Avoid wearing tight clothes,** especially around your waist, upper thighs, and legs. The exception is when your doctor recommends compression stockings.

**Wear compression stockings, if your doctor advises it.** These create gentle pressure up the leg and help reduce swelling.

## AAAIL STAFF

Cindy Stonebraker has served as the AmeriCorps Service Volunteer for the Pennyriple Area Agency on Aging & Independent Living from September 1, 2018 – August 30, 2019. During her year, she became a Certified Ombudsman and assisted in the Ombudsman's office and with the ADRC program.

Cindy has been offered, and has accepted, the Gold Star Family Liaison / Programs Assistant position for the Hershel "Woody" Williams Medal of Honor Foundation. During her AmeriCorps Service year, she also served in a part time contract position for the Woody Foundation. This new position will allow her to continue her service to Gold Star Family members all across the country.

The Hershel "Woody" Williams Medal of Honor Foundation was established in 2010 and is a charitable 501 (c) 3. Hershel "Woody" Williams is a 95 year old Medal of Honor Recipient from WWII. He's the last living Medal of Honor Recipient from Iwo Jima. His vision is to honor Gold Star Families & Relatives who have sacrificed a loved one in service to their country. This is done by establishing permanent Gold Star Families Memorial Monuments in communities throughout the country. At this point, there are 51 Monuments dedicated, 42 States represented, and another 64 Monuments in progress. More Foundation information can be found at [HWWMOHF.ORG](http://HWWMOHF.ORG)



### Calendar of Events

#### September 2019

- 4 - Hopkins/Muhlenberg EAC Meeting - 9 am - Hopkins Co. Senior Center, Madisonville, KY
- 10 - Alzheimer's Support Group - 10 am - PADD Office
- 11 - Tri-Co. EAC Meeting - 12 noon - PADD Office
- 18 - Pennyriple Grandparent Support Group - 10 am - PADD Office
- 24 - Trigg Co. Caregiver Support Group - 12 noon - John L. Street Library, Cadiz, KY

#### October 2019

- 2 - Hopkins/Muhlenberg EAC Meeting - 9 am - Hopkins Co. Senior Center, Madisonville, KY
- 8 - Alzheimer's Support Group - 10 am - PADD Office
- 9 - Tri-County EAC Meeting - 12 noon - PADD Office
- 9 - Pennyriple Elder Abuse Board of Director's Meeting - 1pm - PADD Office
- 16 - Pennyriple AAAIL Advisory Council Meeting - 10 am - PADD
- 16 - LTC Ombudsman Advisory Council Meeting - 11:30 am PADD
- 16 - Pennyriple Grandparent Support Group - 10 am - PADD Office

### AREA AGENCY ON AGING STAFF

*Jill Collins .....Director, Pennyriple 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*

*Jennifer Medeiros.....Social Services Case Manager*

*Ali Jones..... Aging & Disability Resource Center Coordinator*

*Angela Gore.....Administrative Assistant*

*Heather Meeks.....Case Manager*

*Lydia Watkins.....Case Manager*

*Paula Jones.....Case Manager*

*Cynthia Peach .....Case Manager*

*Doris Phillips.....Case Manager*

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

