



# Area Agency on Aging and Independent Living

## Amanda Stokes Attends Leadership Institute

Amanda Stokes was among 41 participants from across the United States who attended the National Association of Area Agencies on Aging Leadership Institute held February 19th - 21st in Washington, DC.

The insights, training skills, and leadership experience will be a great asset to Amanda as Aging Planner/In Home Services Manager with the Pennyriple Area Agency on Aging and Independent Living.

“There is a difference between giving directions and giving direction.” – Simon Sinek

### Congratulations Amanda!



## March is National Social Work Month

With a new decade beginning, the National Association of Social Workers (NASW) will help lead this year’s Social Work Month celebration in March with the theme “Social Workers: Generations Strong” to honor the positive contributions social workers have made to this nation over generations.

The Social Work Month campaign will inform the public, policymakers and legislators about the way the nation’s more than 700,000 social workers each day meet people where they are and help them live to their fullest potential. It will also look at the way social workers from every generation – from the Silent Generation to Generation Z – are shaping our society for the better.

Social work is one of the fastest growing professions in the United States, with the number of people employed in social work to grow by 11 percent over the next decade, according to the Bureau of Labor Statistics.



Social work is a profession with expansive borders. You will find social workers everywhere in our society. In schools, in centers for veterans, in mental health and health care facilities, in corporations and in local, state and federal government to name a few. In fact, many people do not know social workers account for the largest group of mental health care providers in the United States or that the Veterans Administration is the largest employer of social workers with master’s degrees.

Pennyriple Area Development District is honored to recognize our Social Work staff members! To learn how our Social Work staff can help you or your family, contact us at [www.peadd.org](http://www.peadd.org) or call 866-844-4396.

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## Family Caregiver 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:** 10:00 am – 11:00 am

2<sup>nd</sup> Tuesday of each Month

Executive Board Room @ PADD

**Grandparent's Support Group:** 10:00 am - 11:00 am

3<sup>rd</sup> Wednesday of each Month

Executive Board Room @ PADD

**Trigg County Caregiver Support Group:** 12:00 pm – 1:00 pm

4<sup>th</sup> Tuesday of each Month

Location: John L. Street Library

244 Main St.

Cadiz, KY 42211

We also participate in a quarterly Caregiving Telemed Program. The next upcoming program will be held in April 2020. Registration is required through Sally Scherer at 859-323-5550.

If you would like more information, please contact Belinda Babb, Family Caregiver Coordinator at the Pennyriple Area Development District at [belinda.babb@ky.gov](mailto:belinda.babb@ky.gov) or at 270-886-9484.

## Ombudsman Corner -



...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 with our **Friendly Visitor Orientation**  
Call Cindy Tabor at 270-886-9484 for an appointment

Pennyriple Area Development District

300 Hammond Drive

Hopkinsville, KY 42240

[Cindy.Tabor@ky.gov](mailto:Cindy.Tabor@ky.gov)

**Become a Friendly Visitor today!**



## 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 \$1,357/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. Call Ali Jones at **1-866-844-4396** to apply.

### Participant Directed Services

Participant Directed Services/Home and Community Based Waiver 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/HCB 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 clients. For additional information, please contact Payton Kidd, Harley Nittler, Miranda White or Jennifer Medeiros at **1-866-844-4396**.

### Nutrition Services in the Pennyriple Region

During Fiscal Year 2019, there were 58,577 congregate meals served in the Pennyriple Region. The congregate meals are served Monday through Friday at all 9 senior citizen centers. The congregate meals are provided at no charge, with donations encouraged, for individuals 60 years of age and over. The congregate meals are delicious and provide 1/3 of the RDI (recommended daily intake). The congregate meals are a major component of the senior center services, but there is so much more to the senior centers. Participating at a senior center gives individuals the opportunity for socialization and participation in a wide variety of senior center activities including billiards, playing cards, Bible study, Bingo, health promotion classes, exercise classes, cornhole, games, themed parties, dances and so much more. For more information about congregate meals and senior center services, please contact the Pennyriple Aging & Disability Resource Center at **1-866-844-4396**.

## News in Health - Wise Choices

### Lower Your Risk of Falling

- Talk Openly with your health care provider about falls.
- Find out about the side effects of any medicine you take.
- Stay physically active to improve your balance and strength.
- Have your eyes and hearing checked regularly.
- See your health care provider about any foot problems. Make sure to discuss proper footwear.
- Make your home safer. Remove things you can trip over from stairs and walkways. Have grab bars and non-slip mats in bathrooms.
- Hold on to handrails when using stairs.



## AAAIL Welcomes New Staff



The Pennyrile AAAIL would like to welcome Aleasha Fowler to the agency. Aleasha began work on March 9, 2020 as a Social Service Case Manager with the Home and Community Based Waiver Program. Aleasha is a graduate of Austin Peay State University and holds a bachelor degree in

Sociology. She previously worked with DCBS in Hopkins County. Aleasha lives in Hopkinsville with her family and is excited to begin providing case management services to clients in the Pennyrile.

# Welcome Aleasha!

### Calendar of Events

**\*\*Please call 270-886-9484 prior to attending meetings for any cancellations\*\***

#### March 2020

- 18 - Pennyrile Grandparent Support Group - 10 am - PADD Office
- 24 - Trigg County Caregiver Support Group - 12 noon - John L. Street Library, Cadiz, KY

#### April 2020

- 1 - Hopkins/Muhlenberg EAC Meeting - 9 am - Hopkins Co. Senior Center, Madisonville, KY
- 8 - Tri-County EAC Meeting - 12 noon - PADD Office
- 8 - Pennyrile Elder Abuse Board of Director's Meeting - 1pm - PADD Office
- 14 - Alzheimer's Support Group - 10 am - PADD Office
- 15 - Pennyrile Grandparent Support Group - 10 am - PADD Office
- 28 - Trigg Co. Caregiver Support Group - 12 noon - John L. Street Library, Cadiz, KY.

#### MAY 2020

- 6 - Pennyrile AAAIL Council, Staff & Volunteer Training - 8:30 am - Lake Barkley Convention Center, Cadiz, KY

### AREA AGENCY ON AGING STAFF

|                          |  |
|--------------------------|--|
| <i>Jill Collins</i>      | <i>Director, Pennyrile Area Agency on Aging &amp; Independent Living</i> |
| <i>Amanda Stokes</i>     | <i>In-Home Services Manager</i>  |
| <i>Belinda Babb</i>      | <i>Family Caregiver Coordinator</i>                                      |
| <i>Cindy Tabor</i>       | <i>LTC Ombudsman</i>   |
| <i>Payton Kidd</i>       | <i>Participant Directed Services Coordinator</i>                         |
| <i>Ray Ann Blake</i>     | <i>Social Services Case Manager</i>                                      |
| <i>Harley Nittler</i>    | <i>Social Services Case Manager</i>                                      |
| <i>Miranda White</i>     | <i>Social Services Case Manager</i>                                      |
| <i>Jennifer Medeiros</i> | <i>Social Services Case Manager</i>                                      |
| <i>Aleasha Fowler</i>    | <i>Social Services Case Manager</i>                                      |
| <i>Ali Jones</i>         | <i>Aging &amp; Disability Resource Center Coordinator</i>                |
| <i>Angela Gore</i>       | <i>Administrative Assistant</i>  |
| <i>Paula Jones</i>       | <i>Case Manager</i>  |
| <i>Heather Meeks</i>     | <i>Case Manager</i>  |
| <i>Cynthia Peach</i>     | <i>Case Manager</i>  |
| <i>Doris Phillips</i>    | <i>Case Manager</i>  |
| <i>Lydia Watkins</i>     | <i>Case Manager</i>  |

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

