

SENIOR CHOICES UPDATE

During the month of September, staff members spoke with **388** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **32** new clients and disenrolled **20** clients, bringing our total to **812** clients at month's end. So far this year, we have served **1,103** clients.

SENIOR HEALTH AND SAFETY DAY SCHEDULED FOR OCTOBER 27

Mark your calendar and plan to attend the first ever Senior Health & Safety Day at the Center for Older Adults on October 27, from 11:30 a.m. to 3:30 p.m. This FREE event, hosted by the Council for Older Adults, will involve various businesses, agencies, and nonprofit organizations throughout Central Ohio which are interested in keeping seniors safe in all aspects of their lives. Flu shots will also be given. **OhioHealth** is the presenting sponsor of the event. Other sponsors include **VRI** as our Safety Sponsor, and **Nightingale Home Care** as our Health Sponsor. We also want to thank our other sponsors, **Arbors at Delaware**, **Brookdale Senior Living**, **Pacer Dental** and **Miracle Method**. Senior Health & Safety Day will incorporate topics such as first aid, preventative health care, home security, protection from financial scams, medication safety, and more. Workshops will be available, and numerous exhibitors will be on hand to discuss their services and demonstrate products. For more information, please visit our web site at www.growingolder.org or call us at (740) 363-6677.

CANDID CAREGIVER WORKSHOPS

The Council for Older Adults provides monthly opportunities for caregivers to learn, grow, and gather support from each other. Presentations will focus on a host of topics.

Nov 9: **"The Science Behind Dementia,"** presented by Shelly Wesner of the Alzheimer's Association

Dec 14: **"Serenity Now: How to Survive the Holidays,"** presented by Julie Clinger of Senior Citizens Inc.

Workshops are held at the Center for Older Adults, 800 Cheshire Rd., Delaware from 9:30 - 11:30 a.m. Feel free to bring a friend! To register, please RSVP to Jen Spicer at (740) 203-2377.

HOME CARE WORKER RECOGNITION

We are recognizing our home care workers during Home Care Worker Appreciation Week in November. To show your support, please consider writing a letter explaining how your home care worker helps you. The letters will be shared with the home care workers who attend our reception on November 17. Please send your letters to Social Work Supervisor, Michele Endsley, Council for Older Adults, 800 Cheshire Rd., Ste. A, Delaware, Ohio 43015.

OFFICE CLOSED FOR THANKSGIVING

Our office and the nutrition program will be closed on Thurs. Nov. 25 and Fri. Nov. 26, in observance of the Thanksgiving holiday. Two shelf stable meals will be delivered to all home delivered meal clients before Thanksgiving for use on these dates.

PROJECT SAFE HEAT

Does your furnace need cleaned and tuned before winter? Community Action Organization (CAO) offers the service of cleaning and tuning your furnace, along with a free carbon monoxide detector, for all eligible persons age 60 or older. Please contact CAO at (740) 369-3184 for an application and to schedule an appointment.

FLU SHOT CLINICS SCHEDULED

Flu and pneumonia shots will be offered from 9 a.m. to noon at the Delaware County Fairgrounds Coliseum Building. Nurses from the Health District will give flu shots at the Center for Older Adults, 800 Cheshire Road, Delaware, on Oct. 20, from 9 a.m. to noon, Oct. 27, from 12:00 to 3:00 p.m., and again on Nov. 24, from 9:30 to 11:30 a.m. Additional flu shot clinics will be offered at the Health District and other local community sites. For more information on flu shots, pneumonia shots or other clinic services for older residents, please call the Health District Office at (740) 203-2040 or visit their website at www.delawarehealth.org.

FALL CHORE SERVICE

Do you or someone you know need help with leaf raking, cleaning your yard, garden or flower beds? We have youth in our community who wish to perform service projects and will be assisted by an adult supervisor to complete your chore requests. You must not be able to perform the task yourself and you must furnish the tools necessary to complete the job. This service is free to all residents 60 years old or older in Delaware County who meet eligibility criteria. If you have questions or would like to sign up for this service, please call the Council for Older Adults at (740) 363-6677 or 800-994-2255.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The Ohio Department of Development (ODOD) offers several programs to help low-income residents pay their utility bills and improve the heating efficiency of their homes. These programs include a credit on the heating bill account each year, a special payment plan that requires eligible customers to pay a portion of their household income each month to maintain utility service, or assistance in the form of reducing the energy use by providing insulation, air leakage reduction, heating system repairs, safety inspections and testing as well as other services. Applications are available at the Council office at the Center for Older Adults, 800 Cheshire Rd, Delaware. Call your Care Consultant for more information.

Completed applications should be mailed to: Office of Community Services/Home Energy Assistance Program, P.O. Box 1240, Columbus, Ohio 43216.

NEW TO MEDICARE CLASSES

Do you know someone who is about to turn 65? If so, please have them call us! The Council for Older Adults is offering "New to Medicare" classes, open to anyone who is about to turn 65 or wants to learn more about Medicare. Information will focus on enrollment time frames; Medicare Parts A, B, C, and D; Medicare supplemental policies; and extra help programs. The classes will be at the Council for Older Adults on the second Wednesday of each month from 10 a.m. - noon. Participants should bring their Medicare card (if they have one), a list of prescription medication with dosage and frequency, and any questions they have pertaining to Medicare. Please call the Council for Older Adults at (740) 363-6677 to register or get more information.

EQUIPMENT LOANS

We have medical equipment available for loan at no charge, including wheelchairs, walkers, canes, shower chairs, portable commodes, and support arms for commodes. We also have incontinence supplies that we supply free of charge to adults age 60 and over. We also accept donations of equipment and incontinence supplies. However, we do request that the equipment be cleaned prior to drop off and the incontinence supplies be in unopened packages. Please call (740) 363-6677 if you have questions about this service.



Center for Older Adults
800 Cheshire Rd.
Delaware, OH 43015
(740) 363-6677 or 800-994-2255

