

SENIOR CHOICES UPDATE

During the month of August, staff members spoke with **1,464** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **35** new clients and disenrolled **37** clients, bringing our total to **800** clients at month's end. So far this year, we have served **1,071** clients.

SEE YOU AT THE FAIR - SEPTEMBER 18 TO 25!

It's another sign that summer is fading fast - the Delaware County Fair is right around the corner. Cotton candy, the Ferris Wheel, and 4-H clubs aren't the only regulars at the fair. We'll be in our usual spot in the Merchants Building. Stop by for a visit and learn about our services and volunteer opportunities. We will be partnering with Willow Brook Christian Communities to sponsor Senior Citizens & Veterans Day at the Fair on Tuesday, September 21. And as always, we will be providing free coffee and donuts at our booth that morning. Admission to the Fair on this special day is only \$2 for people age 55 or older or for any veteran. (Note that the admission price does not include rides.)

Be sure to check out the tent in front of the Merchants Building on Senior Citizens Day at the fair. We are joining Willow Brook Christian Communities to promote Falls Awareness Day with a variety of demonstrations and consultations by the Delaware County Falls Prevention Coalition, which can help older adults learn how to become stronger and less likely to fall, ensuring a more independent lifestyle. Demonstrations include gentle yoga, massage for your medical needs, Tai Chi, proper walking techniques, stress relief techniques, balance testing, and foot care. For more information, contact Anne Goodman of the Delaware County Falls Prevention Coalition at (740) 203-2086.

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.

Oct 12: "**Learning Medicare as a Second Language,**" presented by Tara Day at COA

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 WORKERS

Just a few reminders if you are a client who receives homemaking, personal care, or respite services from our providers. Please make sure you notify your Care Consultant at the Council for Older Adults if you are displeased with anything regarding your service. Examples may include: your aide does not show for a scheduled appointment, your aide is inconsistent on what day of the week or what time she comes to your home, your aide is not completing the work as assigned or to your satisfaction, etc. Also, please make sure your aide writes the correct amount of time on the time sheet PRIOR to you signing the time sheet. We as Care Consultants are here to make sure services are provided to your satisfaction, and we will advocate on your behalf to our agencies that provide the services. Thanks for letting us know so we can help!

SAVE THE DATE!

The 11th Annual Insurance Seminar will be held on Wednesday, October 13, from 8:30 a.m. to 12:00 p.m. at the Center for Older Adults. This is a FREE seminar for older adults, caregivers, or anyone interested in obtaining information on Medicare insurance. A free Continental breakfast will be served. If you are interested in attending this event, please call Tara Day at (740) 363-6677. Deadline to register is October 8.

ADDITIONAL SLOTS AVAILABLE TO HELP FIGHT SENIOR HUNGER

Slots are still available for qualifying older adults to receive monthly boxes of shelf stable food through the Commodity Supplemental Food Program. Qualifying individuals must be age 60 or older, a county resident and have an income of no more than \$14,079 per year. Income limit will increase based on household size. Income proof is not required. Participants will pick up special 30 - 35 pound boxes of shelf-stable groceries on a designated day or they may send a pre-determined authorized person. For more information or to sign up for this program, call (740) 363-6677 or visit www.growingolder.org.

FALL CHORE SERVICE

It's time to prepare our yards for the changing of the seasons. Do you need help with leaf raking, cleaning your yard, garden or flower beds? We have supervised youth in our community who wish to perform service projects. 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.

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, 800 Cheshire Rd, Delaware, on Oct. 27 from 11:30 to 3:30. This FREE event, hosted by the Council for Older Adults, will involve various agencies and nonprofit organizations who are interested in keeping seniors safe in all aspects of their lives. Attendees can take workshops on first aid, preventative health care, home security, protection from financial scams, medication safety, and more. Exhibitors will be on hand to discuss their services and demonstrate products.

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 for 2010-2011 will be available by the end of September at the Council office at the Center for Older Adults, 800 Cheshire Rd, Delaware. Call your Care Consultant for more information.

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.



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

