



AAA9 Advocate May 2019

13th Annual Older Adult Extravaganza



The 13th Annual Older Adult Extravaganza was held on May 8, 2019, at the Pritchard Laughlin Civic Center, in Cambridge. Our theme this year was "A Salute to the Armed Forces". Over 500 Veterans, older adults and caregivers attended this year's event. We had over 72 different exhibitors participate, which was a record number. On display were various military

uniforms, private military memorabilia and photographs borrowed from AAA9 staff who have or have had military loved ones. Vitalant conducted an on site blood drive which was very successful!

Guernsey County Senior Day Luncheon



Guernsey County Senior Citizens Center recently held their Senior Day Luncheon, to commemorate National Older Americans Month. Attendees were treated to a beautifully decorated venue, a great meal and the opportunity to win a vast array of door prizes. Entertainment was provided by John Slicer, a magician from Charleston, WV.

What is old to you?



[View video here.](#)

Senior Day at the Ohio State Fair



Well Beyond 60! EXPO
Join us at the Ohio State
Fair for Senior Day!
Tuesday, July 30, 2019
10 a.m. - 4 p.m.
Ohio State Fairgrounds

The Ohio Department of Aging, in partnership with the [Ohio State Fair](#), presents the "Well Beyond 60!" EXPO during Senior Day at the fair on Tuesday, July 30, from 10 a.m. to 4 p.m. The event is free with fair admission, which is only \$4 all day for visitors age 60 and older, thanks to senior day sponsor, National Church Residences. Fairgoers visiting the "Well Beyond 60!" EXPO will have access to nearly 2,000 square feet of free health screenings, wellness demonstrations and more provided by state and community partners. Services include:

- Computerized Balance Screening
- Falls Risk Assessment
- Long-Term Care Consumer Advice
- Volunteer Opportunities
- Vision Screening
- Blood Pressure Screenings
- Kidney Health Assessments
- Health and Wellness Programs
- Medication Safety Education
- Nutrition
- Assistive Technology
- Home Adaptations
- Diabetes Education
- Safe Driving Resources and Screening

In the News

Millions of Seniors Cannot Afford Food

Senior citizens are struggling to afford enough food in the U.S. and the problem appears to be getting worse.

An alarming 1 in 12 seniors aged 60 and older — 5.5 million or 7.7% of the senior population — didn't have enough food in 2017, the latest year for which data was available, according to a new study by Feeding America, a nonprofit organization that operates more than [200 food banks](#). For more information, see the link below to the full article:

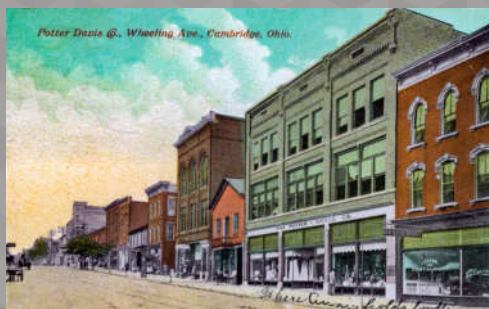
<https://www.marketwatch.com/story/millions-of-senior-citizens-cant-afford-food-and-theyre-not-all-living-in-poverty-2019-05-16>



AAA9 has secured a licence for all 9 counties to deliver the Geri-Fit program. AAA9 will offer each county's senior center the opportunity to have a staff member trained as an instructor. We are in the early development steps, however, the first Geri-Fit class will be starting at the Holmes County Center Center soon!

Geri-Fit® is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process to help ensure a higher level of function as we continue to age.

The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair, a stretch band, and water to drink during the workout. There's no dancing, choreography or floorwork and both men and women can enroll. Geri-Fit is challenging, effective and very safe to do



June will be a very business month for AAA9. We are beginning our transition of three offices into our newly renovated building in downtown Cambridge! Stay tuned for information on a open house and grand opening TBA.

June is Alzheimer's and Brain



Awareness Month

Join the cast of the Big Bang Theory and the rest of the world for Alzheimer's and Brain Awareness in June 2019. June 21st, the Longest Day, is set aside to raise funds in hopes of finding a cure for this devastating disease. If you or a loved one would like more information on Caregiver Education and Support please contact our office, 1-900-945-4250.

June is PTSD Awareness Month

There are various types of PTSD. Perhaps the most commonly known is a result of war and combat. However people who have been the victim of a violent crime or a terrorist attack can also suffer from debilitating symptoms. More more information go to;
<https://www.ptsd.va.gov>



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Constant Contact

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