



AAA9 Advocate August 2019

Ribbon Cutting Ceremony August 13, 2019



AAA9 held a ribbon cutting ceremony and open house on August 13, 2019 from 6-8 at our

new office located at 710 Wheeling Avenue, Cambridge, Ohio. Pictured from left to right is; Guernsey County Commissioner Skip Gardner, Mayor Tom Orr, Sue Dodd, Chamber president Jo Serton, AAA CEO James Endly, Bi-Con project manager Mark Kelly, DS2 Architects owner Darin Schweickart, Bi-Con superintendent Jeff Cowgill and director of economic development, Norm Blanchard.

Glitterbug Hand Washing Show



We took our show on the road to Senior Day, at the Ohio State Fair on July 30th.

The Glitterbug Handwashing System is used to education individuals on proper handwashing techniques, how germs get trapped in different locations on our hands, and to increase awareness of the need to frequently wash our hands to prevent the spread of colds and flu.

10 Million Steps to Prevent Falls



[Click here for YouTube Video.](#)

Again this year, we are asking for your participation in our annual 10 Million Steps to Prevent Falls. September is National Falls Prevention Month and September 23rd is National Falls Prevention Awareness Day. We need your help to encourage everyone to take control over their fear of falling by increasing their exercise to strengthen their bodies and to increase flexibility. Falls are not a normal part of the aging process. AAA9 will hold a community walk on September 23rd, at noon at our office on Wheeling Avenue, Cambridge. Please join us and walk for falls prevention. Check online at <https://aging.ohio.gov/steady> for a list of events taking place across the state.

Grandparents Day - September 8th



In 1978, Congress passed legislation declaring the first Sunday after Labor Day as Grandparents Day. President Jimmy Carter signed it into law and the rest is history. Although the date may change from year to year, it is always celebrated the first Sunday after Labor Day.

This year, take a moment and make September 8th a "Grand Day". Make some memories with your grandchildren, have a meal together, take a walk and teach them your wisdom. The younger generation can learn a lot from you.

Advocacy Alert!



The Older Americans Act connects older adults and their caregivers to services that will help them stay in their own home for as long as possible. The funding for OAA is up for reauthorization this year, and it is vital to get our message to our legislators. Contact your legislator and make your voice heard. Ask for an increase in funding to better serve the increased number of older adults in our country. For additional information <https://www.n4a.org/oaa>

September Awareness Month

September is National Suicide Prevention Month

Each year more than 41,000 people die by suicide, leaving friends and family confused, hurt and at a loss where to turn. If you are concerned for a friend or loved one, take the time to learn the signs and risks of suicide by visiting <https://www.nami.org/get->

[involved/awareness-events/suicide-prevention-awareness-month](#)

#BeThe1To Ask.

Don't be afraid to ask the tough question.

When somebody you know is in emotional pain,
ask them directly:

"Are you thinking about killing yourself?"

Find out why this can save a life at [BeThe1To.com](#).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



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SEPTEMBER IS PAIN AWARENESS MONTH 1 - 30 September

To raise awareness of issues in the area of pain and pain management

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Pain is no laughing matter

For many people, dealing with chronic pain is part of everyday life. Learning how to deal with it is the issue. Some have turned to opioids while others try to take care of their pain on their own without assistance.

AAA9 has Master Trainers certified in the Chronic Pain Self-Management Workshop. We are willing to train leaders for this program, to go out and hold workshops for their communities to help people learn new methods of controlling their pain. Email Carol Baker, cbaker@aaa9.org for more information.

Emergency Preparedness Month

Take the time to learn how to prepare for storms, hurricanes, tornados and other emergency situations. Check out the link below for a lot of helpful tips to get you and your household ready and be prepared not scared.

<https://www.ready.gov/september>



FEMA

Ready

PREPARED, NOT SCARED

National Preparedness Month 2019