

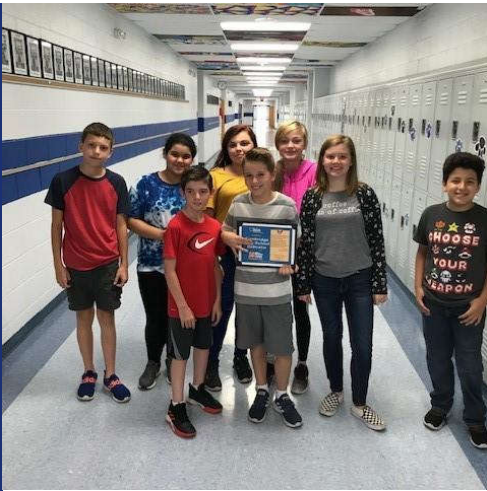


AAA9 Advocate September 2019

National Falls Prevention Awareness Day
September 23, 2019



Students from Cambridge Primary showed their support and energy by walking at McFarland Stadium for 10 Million Steps to Prevent Falls. Together they walked 523,000 steps!



Cambridge Middle School students laced up their shoes and walked over 734,000 steps for the 10 Million Steps for Fall Prevention campaign. Thanks Cambridge Middle School!



60 is indeed the new 40. These 12 outstanding local residents of Guernsey and Muskingum counties have been chosen to grace the cover of a new 12-month calendar. Southeast Ohio 60 Strong highlights all 12 individuals, one per month, and tells their stories of being active, strong and enjoying their 60th decade. Each individual participated in a modeling campaign for the 2020 calendar.

The Southeast Ohio 60 Strong calendar features the winners in front of area landmarks. It also includes health tips and information about Medicare, including important deadlines and dates for open enrollment.

“Southeast Ohio 60 Strong is a celebration of grit and resilience sponsored by Trusted Senior Care Advantage, a new initiative by area physicians,” says Patrick Goggin, M.D., of Medical Associates of Cambridge. “It is designed to keep southeast Ohio seniors active and help them navigate the complexities of Medicare coverage and other healthcare decisions.”

The calendar will be available for purchase online in late October at www.trustedseniorcareadvantage.com. The cost is \$15 for each calendar and sales will benefit the Area Agency on Aging.

OAA Reauthorization



The Older American's Act is vital for all older adults across the nation. Initiated in 1965, OAA provides transportation, both congregate and home delivered meals and homemaking to millions. OAA is authorized through September 30, 2019.

H.R. 4334, the Dignity in Aging Act, was passed unanimously, by the U.S. House Education and Labor Committee. This passage reauthorizes the OAA for five years, 2 more than the previous reauthorization. What does it mean? It allows for an increase in funding levels; 7% in the first year and 6% each year after. It reinforces the harmful of effects of social isolation and recognized the aging network's role in prevention isolation and also includes language that would allow AAA's to engage in private pay, and other solutions to expand services and supports. Another important caveat, it removes the funding cap on grandfamilies and older relative caregivers. Next steps are for entire House to take up the bill while the Senate remains stalled on a funding provision.

New AAA9 Website

AAA9 has been working hard to streamline our website, so that visitors can navigate with ease. One of the newest features is the "Request a Speaker Form". This form is a fillable online way to connect with AAA9 and to request our attendance at an event, to request a speaker on many subjects and to access educational information from our agency.

Hop online and take a look around. We welcome you to call or just stop into our office at 710 Wheeling



Area Agency on Aging

Avenue, Cambridge, Ohio for assistance and to have a long-term care consultation.

Welcome to the AAA9 Website. Whether you are looking for information for yourself, a loved one, or someone you know in the community, we aim to provide you with the resources that you need. Please review the current notices below or drop further...

[Read more](#)
aaa9.org

National Emergency Preparedness Month



Week 1: Sept 1-7
Save Early for Disaster Costs

Week 2: Sept 8-14
Make a Plan to Prepare for Disasters

Week 3: Sept 15-21
Teach Youth to Prepare for Disasters

Week 4: Sept 22-30
Get Involved in Your Community's Preparedness

September is National Emergency Preparedness Month. Each week of the month has a different focus and all are important to help us be as prepared as we can be for any type of emergency. Please check out the link below for some great suggestions. Take charge and get prepared!

[National Emergency Preparedness](#)

New AAA9 Employee Directory

AAA9 has several new additions to our staff and it was time to update our employee directory so you have the correct contact information for each staff .

[Employee Directory](#)

October Awareness Month

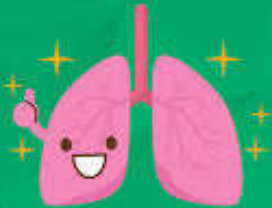
**BREAST
CANCER
AWARENESS
MONTH**



October is Breast Cancer Awareness Month

The National Breast Cancer Foundation is working hard to help women by providing help and hope by early detection and education. Breast cancer is one of the leading health crises for women in the United States. 1 in 8 women will be diagnosed with breast cancer in her lifetime. Early detection is key and vital for survival. The NBCF provides free mammograms across the country through a network of hospitals. Check out their website at: nationalbreastcancer.org.

**Healthy
Lung Month**



October is National Healthy Lung Month. Focus is and has been on lung diseases and disorders, such as; asthma, COPD, smoking, etc. However, a newer concern has popped up; vaping. While once seen as a healthier alternative to smoking, vaping has been implicated in several deaths across the country. Here are some startling facts:

1 JUUL POD = 20 CIGARETTES

One JUUL pod contains as much addictive nicotine as a pack of cigarettes.
Nicotine exposure during adolescence can harm the brain.

NOT JUST STEAM AND FLAVORING

E-cigarettes contain nicotine and toxic chemicals, including acetaldehyde, acrolein and formaldehyde, that can cause lung and cardiovascular disease.

For more information and help to stop smoking please call: 1-800-QUIT-NOW.

Area Agency on Aging, Region 9, Inc.
710 Wheeling Avenue
CAMBRIDGE, OH 43725

Constant Contact 
[Try email marketing for free today!](#)