



AAA9 Advocate November 2019

Jamie Barker, Southeast Ohio District Director for Senator Rob Portman visits AAA9

A very informative meeting was held at AAA9 on October 22, 2019. Jim Endly, CEO and Executive Director of AAA9, along with Shon Gress, Executive Director of Guernsey County Center for Seniors, Ann Combs, Executive Director of Muskingum County Senior Center and Pam Ferrell, Executive Director of Tuscarawas Senior Center, met with Mr. Barker to discuss the needs of older adults in the AAA9 region. AAA9 staff attending, in addition to Mr. Endly; Randy Nelson, CFO, Val Sampson, ADRN Director, David Evancho, Provider Management Supervisor and Amber Claus, SRS Supervisor.



Information, about aging concerns was given to Mr. Barker to take back to Senator Portman

Medicare Open Enrollment is here!



It is time to take a look at your Medicare options for this upcoming year. Each year our health care needs can change, and it really does pay for you to be as informed as you can be, to learn about the options for your Part C (Medicare Advantage Plans) and Part D. (Medicare Prescription Drug Coverage) Open enrollment runs from October 15th to December 7th. If you need assistance please call 1-800-945-4250 and press 0 to be sent to our receptionist and she will direct your call.

Volunteers Wanted and Needed



Are you retired and looking for a way to give back to your community, to keep active and feel great? We are looking for you! AAA9 has many opportunities available for new volunteers. We need people to put together our informational bags, assist with our largest event, the Older Adult Extravaganza each May and to be a lay leader for our evidenced based workshops. Please contact Misty Smith, Volunteer Coordinator at msmith@aaa9.org or call 1-800-945-4250.

National Domestic Violence Awareness Month



**Lisa Whitacre, Jann
Bruning, Michele Bates,
Kathy Dennis**



**Chelsey Dennis
Kailyn Crotzer**



**Melissa Duniver
Becky Jenei**

Staff from AAA9 participated in the 31 days 31 ways campaign, "We Believe", in recognition of National Domestic Violence Awareness Month.. Tri-County Help Center in St. Clairsville, Ohio, has engaged agencies in a campaign to post pictures, one for each day in October, with the message "We Believe". If you or someone you are concerned about, need any assistance or would like to speak with someone regarding domestic violence please reach out to your local law enforcement or domestic violence center.

National Military Family Appreciation Month



No matter the branch of service supported, National Military Family Appreciation Month is a time to honor the families of our brave men and women who depend our country. The military family is the backbone of our nation's defense. Without supportive families our military personnel cannot accomplish the tasks set before them. If you are a military family, we honor your commitment and support.

National Diabetes Awareness Month



[Link to Video is here.](#)

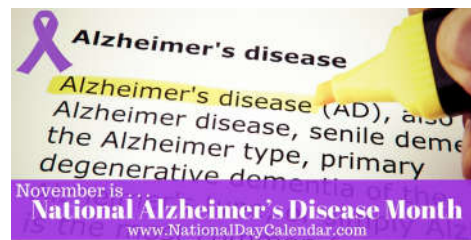
Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits – be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

National Alzheimer's Disease Month

National Alzheimer's Disease Awareness Month in November shines a spotlight on the most common form of dementia. There is no cure for this disease that affects nearly 5.4 million Americans, and the number is growing. While the entire month is dedicated to raising awareness about the disease, it also focuses on increasing support for caregivers and sharing available resources.

If you think it only affects seniors, you'd be wrong. Early onset Alzheimer's targets those under the age of 65. Over time, the disease becomes debilitating because of its progressive nature. Available treatments slow the progression, but there is no cure



On the Horizon.....



November 11.....AAA9 offices are closed in remembrance of Veteran's Day

November 22.....OMEGA Regional Transportation Council Meeting

November 25.....Congressman Troy Balderson to visit AAA9

November 28 & 29.....AAA9 offices closed for Thanksgiving

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