



AAA9 Advocate October 2020



Staying Healthy Restaurant Initiative

As part of the federal CARES ACT funding, AAA9 has put into place a meal alternative program. The first county chosen was Guernsey, although there are plans to expand to all nine counties in our region. Theo's Restaurant is our partner in this venture.

Guernsey County residents who are 60 plus, low income or have a disability can sign up to receive 10 meal vouchers for Theo's Resturant.

Each voucher is worth \$10 dollars. Residents can order from a special menu and get their meals delivered, Delivery is only available in Cambridge. If you would like more information on how to register for this program, please call our main number; 1800-945-4250, and select the Staying Healthy Restaurant option from the main phone menu. Stay tuned for an announcement on more restaurants in our region.

988 Mental Health Help

President Trump has signed into law a bipartisan bill to create a three-digit number for mental health emergencies. The Federal Communications Commission had already picked 988 as the number for this hotline and aims to have it up and running by July 2022. The existing National Suicide Prevention Lifeline is a 10-digit number — 1-800-273-TALK which can be hard to remember especially during a mental health emergency. According to the CDC, during a June 2020 survey, 40 % of Americans surveyed stated they were having either mental health issues and/or addiction. As the pandemic rages on, those numbers will most likely increase.



If you or a loved one need assistance with mental health issues, please give our office a call, ask for a Screener, and we can help you with resources in your county. Call 800-945-4250, click 0 for the receptionist



What You Can Do During Open Enrollment

- Switch from original Medicare to a Medicare Advantage Plan or vice versa
- Switch from one Medicare Advantage Plan to another
- Enroll in a Medicare Part D prescription drug plan
- Switch from one Medicare Part D prescription drug plan to another
- Drop your Medicare Part D prescription drug plan completely

What You Can't Do During Open Enrollment

- You can't use the open enrollment period to enroll in Part A and/or Part B for the first time

What can you do to find out more about your Medicare plan or to get help comparing plans?

- Call 1-800-MEDICARE or go to medicare.gov
- Sign up direct for the drug plan through the carrier
- Work with an agent or broker
- Contact your state SHIP (State Health Insurance Assistance Program)
- Call AAA9 and ask to speak to one of our knowledgeable staff that are available to assist you. Call 800-945-4250 to speak with one of our staff members.

PSA from Coach Meyers and Coach Tressel

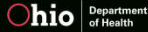


Before, during, and after the game, wear your mask when you're with others.

We've come from behind before, we can do it again.



We are #InThisTogetherOhio



coronavirus.ohio.gov



Both of these famous men are making a pitch to Ohioans. Many of us are thrilled to have Buckeye Football back with us.

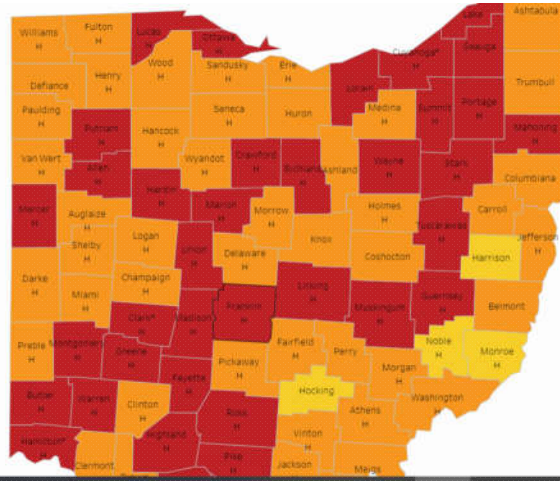
However, until an order is rescinded or changed by Governor DeWine, we all need to follow the guidelines to wear our masks and practice physical distancing.

Even though most fans will be unable to attend their favorite sporting events this fall, taking the precautions outlined by the Governor, may help us all return to a time when everything appeared normal to all of us.



November is World Diabetes Month

AAA9 will hold a virtual online workshop for Diabetes Self-Management. The workshop will begin November 28, from 10am - noon. The workshop will last for six weeks. All you need is a valid email address and internet connection. This is a great way for any adult to participate in a free 6 week session, and get a free reference book and relaxation CD. Please contact Carol Baker, cbaker@aaa8.org, or call 740-435-4704.



The Ohio Public Health Advisory System was put into place by the Ohio Department of Health in order to track the path of the Coronavirus across the state. AAA9 covers the counties of; Belmont, Carroll, Coshocton, Guernsey, Harrison, Holmes, Jefferson, Muskingum and Tuscarawas. Three of our states are the highest risk, in the red category; Guernsey, Muskingum and Tuscarawas. Five more of our counties are in the second highest risk, while only 1 of our counties, Harrison, is at the lowest risk.



Alzheimer's Month Awareness

Approximately 54 million people are living with Alzheimer's Disease, and there is no cure. Alzheimer's is not just an older person's disease.

If you need help for your loved one, please contact our certified dementia specialists; Pat Lake, plake@aaa9.org or Stephanie Border, sborder@aaa8.org, or call 800-945-4250 and click 0 for the receptionist.

November is National Caregiver's Month



Caregiver's Face Mounting Pressure during COVID19

Many caregivers are in crisis right now. Caregiving has always been one of the toughest jobs anyone can do. Add COVID19 into the mix, and many caregiver's and care recipients are stressed, confused and frightened.

Caregiving during COVID Tips

- Keep in touch by email, writing cards, facetime, or other video chats.
- Limit visits by young children
- Make sure your loved one has medications and food
- Reschedule any unnecessary appointments. Try setting up virtual appts with doctors.
- Beware of an increase in scams. As many people continue to stay at home more, they remain a prime target for fraud.
- Get out and walk, take care of your own health.
- It's ok to be scared, most of us are right now.

Caregiver's most likely have had to change up everything they do for their care recipient. Video calls are being made to doctor's offices instead of in person visits, family members want to bring their loved ones home, but are too afraid right now. Other caregivers who were caregiving part time, after their regular full time jobs. Now, many have been laid off and have been providing care full time, which is exhausting.

If you need information and/or assistance in your personal caregiving situation, we have experts that would love to help you. Please contact Pat Lake, plake@aaa9.org or Stephanie Border, sborder@aaa9.org



We Love Our Veterans!!

November 11th

"Looking back on centuries of Veterans' service and sacrifice and what we have learned from the past, we must always maintain the vision for the future of Veterans. Putting the Veteran at the center, on Veterans Day we continue to honor all who served, while focusing on the needs of the next generation of Veterans." ~ VA Statement

On the Horizon.....



Governor DeWine's office conducts Tuesday and Thursday press conferences, for needed information on COVID 19.

Look for new information on the next COVID 19 federal funding as both sides continue to negotiate .

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