



Assistance. Advocacy. Answers on Aging.

Upper Coastal Plain Council of Governments AREA AGENCY ON AGING

Spring 2012



Older Americans Month

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May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While The Area Agency on Aging provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

From Jody's Desk



Assistance. Advocacy. Answers on Aging.

Here's a quick look at the Evidence Based Programs that are currently available in North Carolina.

Healthy Aging Programs in North Carolina



A Matter of Balance

Falls Management Program for Older Adults. The program's goal is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among community-dwelling older adults.
www.mainehealth.org/pfha

Chronic Disease Self-Management Program (CDSMP)

(In North Carolina, the program is called *Living Healthy*)

CDSMP helps individuals with chronic conditions learn how to manage and improve their own health. The program focuses on problems that are common to individuals suffering from any chronic condition, such as pain management, nutrition, exercise, medication use, emotions, and communicating with doctors.
<http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm>

Diabetes Self-Management Program (DSMP)

(In North Carolina, the program is called *Living Healthy with Diabetes*)

DSMP helps individuals with diabetes learn how to manage and improve their own health. The program focuses on problems that are common to individuals suffering from diabetes, such as pain management, nutrition, exercise, medication use, emotions, and communicating with doctors.
<http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm>

Arthritis Foundation Exercise Program

A course that promotes self-management of arthritis through exercise. www.arthritis.org/af-exercise-program.php

Arthritis Foundation Aquatics Program

A COURSE THAT PROMOTES SELF-MANAGEMENT OF ARTHRITIS THROUGH WATER-BASED EXERCISE.

WWW.ARTHRITIS.ORG/AF-EXERCISE-PROGRAM.PHP

Arthritis Foundation Tai Chi Program

A course that promotes self-management of arthritis through Tai Chi, an ancient practice proven to reduce pain and improve mental and physical well-being. <http://www.arthritis.org/tai-chi.php>

Walk With Ease

Walking program targeting arthritis; group-assisted and self-directed options.
www.arthritis.org/af-exercise-program.php

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Fit and Strong!

Physical activity/behavior change program for people with lower body osteoarthritis designed to facilitate arthritis symptom management, confidence in ability to exercise safely with arthritis, and commitment to lifestyle change. www.fitandstrong.org/

Healthy IDEAS

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is a community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations. The program incorporates components into the ongoing service delivery of care/case management or social service programs serving older individuals in the home environment over several months. <http://www.careforelders.org/healthyideas>

Changes to the Evidence Based Health Promotion Program - Title IIID of the Older Americans Act

OAA Title IIID is intended to initiate programs designed to help older adults prevent and/ or manage chronic diseases and promote healthier lifestyles. Healthy aging reduces healthcare costs and increases quality of life for older adults. Evidence-based programs are shown to be effective at helping participants adopt healthy behaviors, improve their health status, and reduce their use of hospital services and emergency room visits. Older Americans are disproportionately affected by chronic disease. Evidence-based programs can mitigate the negative impact of chronic diseases and related injuries, such as falls.

Evidence-based programs empower older adults to take control of their health by maintaining a healthy lifestyle through increased self-efficacy and self-management. Evidence-based initiatives provide the greatest impact given available funding. Before the OAA Title IIID evidence-based requirement was implemented in 2012, States, Tribes, AAAs, and PSAs had already begun to shift their OAA Title IIID funding towards evidence-based approaches to achieve better results for their limited funding.

Effective with this action, funding for Title III Part D section 361 of the Older Americans Act for Disease Prevention and Health Promotion, may only be used for programs and activities which have been demonstrated through rigorous evaluation to be evidence-based and effective.

Welcome: Al Davis



The Upper Coastal Plain Area Agency on Aging is very excited to extend a warm welcome to the newly hired Regional Ombudsman, Al Davis. Al began work with the AAA gang on March 1st and will be receiving his certification after training on April 13th. Al comes to the AAA as a recent graduate of Barton College with a Bachelor's degree in Mass Communications and Social Work. As a non-traditional evening student, Al completed his four year degree and has even considered the possibility of working on his Masters! Al was no stranger to the AAA team, in fact, having been a part time employee in the Title V Program, many of us were quite familiar with his work ethic and love of public service. In addition, Al has also completed the training for both the Chronic Disease and Diabetes Self Management programs in order to help improve the quality of life for seniors of our local community. Even through his personal journey Al has proven to be a truly selfless individual. Al became a family caregiver as he assisted his ailing father through his diagnosis and eventual death due to Alzheimer's. Even today, he advocates for his mothers independence and quality of life at home, helping her stay healthy and happy. The AAA staff is very pleased to extend the warmest welcome to our newest Regional Ombudsman. Welcome Al Davis!

He was a bold man who first ate an oyster

Local Ombudsman

RESIDENT ADVOCATE

**Your local Long Term Care Ombudsman
Is here to serve you!**

FREE and confidential services from your Ombudsman help you and your loved ones advocate for residents rights in Long Term Care.

Call us for violations of abuse, neglect, **Facility Discharges**, or any basic rights violation! We're with you all the way!

Toll Free & Confidential

*Edgecombe, Halifax, Nash, Northampton
& Wilson Counties*

1-877-344-2066



Abigail Harper



Al Davis



Assistance. Advocacy. Answers on Aging.

Local Area Agency on Aging
121 West Nash St.
P.O. Box 9
Wilson, NC 27893

Residents Rights Mini-Series

Every Resident Shall
Have the Following
Rights:

#3

To receive a written
statement of services
provided by the facility,
and any related charges.

**You have the RIGHT to be
informed!**

TITLE V



The Senior Community Service Employment Program (SCSEP/Title V) is happy to announce that we have fourteen(14) participants that are participating or have completed Living Healthy classes. Nine (9) for the Chronic Disease Self Management Class and five (5) completed the Diabetes Self Management Class. After reviewing the comments on the exit evaluations we find that participants really like the classes and are making healthier choices when planning meals and are engaging in exercises to help them live healthier, happier, productive lives.

The Senior Community Service Employment Program (SCSEP, Title V) in conjunction with the Upper Coastal Plain Council of Governments will be holding Job Clubs and Host Agency Trainings in April 2012. This is for active Title V participants and current host agencies. Letters and flyers have been mailed. Training dates and locations are listed below. If you would like additional information on the SCSEP please give us a call at 252-234-5958.

Edgecombe/Nash	Beacon Center	April 20, 2012
Halifax	Roanoke Valley Chamber	April 18, 2012
Northampton	Northampton Cultural & Wellness Ctr	April 24, 2012
Wilson	UCP Business Development Center	April 10, 2012

Congratulations on a job well done!!!
The following SCSEP participants have advanced to permanent employment.

Al Davis
Vicky Batchelor
Lizzie Hardy

FAMILY CAREGIVER SUPPORT PROGRAM



Welcome to the Wilson FCSP!

We are very fortunate to have Natasha Shelley join our team as the new FCSP Coordinator for Wilson County. Natasha brings a lot to the Family Caregiver Program. She graduated from East Carolina University in December 2008 where she received her bachelor's degree in psychology with a minor in child development and family relations. In June 2010 she began school at Webster University pursuing a Master's degree in Professional Mental Health Counseling with licensure as a LPC (Licensed Professional Counselor). She will graduate from this program in October 2012. In January 2012, she began the Certificate in Substance Abuse Counseling at East Carolina University, working towards a CSAC (Certified Substance Abuse Counselor) certification and upon completion of her Master's, a LCAS (Licensed Clinical Addictions Specialist). She will complete this program in May of 2012.

Natasha has been working in the human services field for 7 years, working with all populations. These populations range from children and adults with special needs and mental illnesses to children with behavioral problems to at-risk youth in poverty and crime stricken communities and currently working with the family caregivers.

Care Giving Resources At Your Fingertips

We talk with family caregivers everyday who are looking for answers. They often tell us that the role of caregiver chose them, rather than the reverse. We are constantly amazed by the caregivers' determination to provide the best possible care for the loved one in the home environment for as long as possible.

There are many resources on the internet today, which can help a family caregiver quickly get up to speed on a variety of common care giving challenges.

Video Care giving (<http://www.videocaregiving.org>) is an excellent resource that offers information on a wide array of subjects, including Alzheimer's disease, stroke, falls prevention, infection control, advance directives, the emotional impact of care giving, etc. If you are caring for someone with a memory illness (Alzheimer's disease or related dementia), there is a vast assortment of web resources. For instance, a quick keyword search on YouTube for "caregiver" yields an amazing 3,700 results!

The Home Caregiver Network (<http://www.homecaregivernetwork.com>) a large assortment of videos addressing: Basic, intermediate, and advanced skills; coping & emotional skills; essential & practical skills; hands on skills; helpful products; and guide to long term care. www.CaregiverStress.com also has a wealth of articles, videos, resources and special programs on a variety of care giving topics. CaregiverStress.com even has a dedicated channel on YouTube. YouTube also features a Family Caregiver Network Video Series.

Maybe you have a Medicare related concern or question. <http://www.medicare.gov/caregivers> is a website devoted to Family Caregivers.

Your first call for help should always be the Area Agency on Aging's Family Caregiver Support Program. Contact Kim Emory at 252-534-5960. It will be our pleasure to assist you and help you navigate through the many choices and decisions the role of care giving presents.

Upper Coastal Plain Family Caregiver Support Program

Serving Edgecombe, Halifax, Nash, Northampton and Wilson Counties



Do you need caregiving resources? Are you feeling stressed and overwhelmed? Would you like to talk to others who understand? Do you need a support system?

If you answered yes, we encourage you to attend a support group in your community!

FCSP Support Group Meetings:

Edgecombe

Administration Building 2nd Tuesday 1:00 – 2:00

FCSP Coordinator: Phyllis Sumler, Phone: (252) 641-5831

Halifax

Enfield Municipal Building – 2nd Wednesday 12:30 – 1:30

Roanoke Rapids, Home Health & Hospice – 3rd Thursday 12:30 – 1:30

Scotland Neck Senior Center – 4th Tuesday – 12:30 – 1:30

FCSP Coordinator: Valerie Ivey-Lyons, Phone: (252) 583-1212

Nash

Nash Senior Center – Nashville – 3rd Tuesday 3:00 – 4:00

FCSP Coordinator: Phyllis Sumler, Phone: (252) 459-1365

Northampton

Northampton County Wellness Center – Jackson – 3rd Thursday 11:00 – 12:00

FCSP Coordinator: Mary McClain, Phone: (252) 534-1668

Wilson

First Baptist Church – Nash Street, Wilson – 2nd Thursday 11:00 – 12:00

FCSP Coordinator: Natasha Shelley, Phone: (252) 206-4067

Monday, April 30th		2012 Down East Senior Games Schedule		Tuesday, May 8th, continued	
Activity	Time	Location	Activity	Time	Location
Golf	9:30 a.m.	Wedgewood Golf Course	100 Meter Dash	9:30 a.m.	Fike High School Stadium
Gornhole**(Women)	9:00 a.m.-12:00 noon	Wedgewood Golf Course	200 Meter Dash	9:30 a.m.	Fike High School Stadium
Horseshoes**(Men)	9:00 a.m.-12:00 noon	Wedgewood Golf Course	400 Meter Dash	9:30 a.m.	Fike High School Stadium
Comhole**(Men)	1:00 p.m.-3:00 p.m.	Wedgewood Golf Course	Health Expo	9:30 a.m.-2:00 p.m.	Fike High School Stadium
Horseshoes**(Women)	1:00 p.m.-3:00 p.m.	Wedgewood Golf Course	SilverArts Show	10:00 a.m.-2:00 p.m.	Recreation Park Community Center
Tuesday, May 1st	Time	Location	SilverStriders Fun Walk	10:00 a.m.	Fike High School Stadium
Activity			Celebration of Games	11:30 a.m.	Fike High School Stadium
Booce**(Men)	9:00 a.m.-12:00 noon	Gillette Athletic Complex	Lunch	12:00 noon	Fike High School Stadium
Billiards**(Women)	9:00 a.m.-12:00 noon	Carolina Billiards, Airport Rd	Basketball Shooting (Men)	1:30 p.m.-3:00 p.m.	Recreation Park Community Center
Shuffleboard**(Men)	9:00 a.m.-1:00 p.m.	Gillette Athletic Complex	Softball Throw (Men)	1:30 p.m.-3:30 p.m.	Fike High School Stadium
Booce**(Women)	1:00 p.m.-4:00 p.m.	Gillette Athletic Complex	Football Throw (Women)	1:30 p.m.-3:30 p.m.	Fike High School Stadium
Billiards**(Men)	1:00 p.m.-4:00 p.m.	Carolina Billiards, Airport Rd	Shootput	1:30 p.m.-3:30 p.m.	Fike High School Stadium
Shuffleboard**(Women)	1:00 p.m.-4:00 p.m.	Gillette Athletic Complex	Thursday, May 10th	Time	Location
Softball Tournament	6:30 p.m.	Toisnot Park	Activity		
Wednesday, May 2nd	Time	Location	Bowling Doubles	9:00 a.m.	Westview Lanes
Activity			Bowling Mixed Doubles	11:00 a.m.	Westview Lanes
Adaptive Events	10:00 a.m.	Recreation Park Community Center	SilverArts Dinner	5:00 p.m.	Wedgewood Clubhouse
Literary Drop Off	9:00 a.m.-1:00 p.m.	Recreation Park Community Center	SilverArts Follies	6:00 p.m.	Wedgewood Clubhouse
Thursday, May 3rd	Time	Location	Cheerleading Showcase	6:00 p.m.	Wedgewood Clubhouse
Activity			Friday, May 11th	Time	Location
Bowling (singles)	9:30 a.m.	Westview Lanes	Activity		
Basketball Tournament	6:30 p.m.	Recreation Park Community Center	Croquet**(Women)	9:00 a.m.-12:00 noon	Recreation Park Community Center
Monday, May 7th	Time	Location	Tennis*(singles, doubles, mixed)	9:00 a.m.-12:00 noon	Recreation Park Community Center
Activity			Lunch	12:00 noon	Recreation Park Community Center
5K Run	8:00 a.m.	Fike High School Stadium	Croquet**(Men)	1:00 p.m.-3:00 p.m.	Recreation Park Community Center
800 Meter Run	8:00 a.m.	Fike High School Stadium	Badminton**(singles, doubles, mixed)	1:30 p.m.-3:30 p.m.	Recreation Park Community Center
5K Race Walk	8:00 a.m.	Fike High School Stadium	Table Tennis**(singles, doubles, mixed)	2:00 p.m.-4:00p.m.	Recreation Park Community Center
50,100,200 yd Breaststroke	9:00 a.m.-11:30 a.m.	Recreation Park Community Pool	Silver Arts Reception	2:00 p.m.	Recreation Park Community Center
50,100,200 yd Butterfly	9:00 a.m.-11:30 a.m.	Recreation Park Community Pool	Silver Arts Exhibits pick-up	3:00 p.m.	Recreation Park Community Center
100,200 yd Individual Medley	9:00 a.m.-11:30 a.m.	Recreation Park Community Pool	**Indicates Tournament Event		
Cycling(1mile,5K,10K)	10:00 a.m.-2:00 p.m.	Rocky Mount Athletic Stadium			
SilverArts drop-off	10:00 a.m.-2:00 p.m.	Recreation Park Community Center			
Judging for SilverArts	3:00 p.m.-5:00 p.m.	Recreation Park Community Center			
Tuesday, May 8th	Time	Location			
Activity					
1500 Meter Run	8:00 a.m.	Fike High School Stadium			
1500 Meter Race Walk	8:00 a.m.	Fike High School Stadium			
Standing Long Jump	9:00 a.m.-11:15 a.m.	Fike High School Stadium			
Running Long Jump	9:00 a.m.-11:15 a.m.	Fike High School Stadium			
Softball Throw (Women)	9:00 a.m.-11:15 a.m.	Fike High School Stadium			
Discus	9:00 a.m.-11:15 a.m.	Fike High School Stadium			
Football Throw (Men)	9:00 a.m.-11:15 a.m.	Fike High School Stadium			
Spin Casting	9:00 a.m.-11:15 a.m.	Fike High School Stadium			
Basketball Shooting (Women)	9:00 a.m.-11:00 a.m.	Recreation Park Community Center			

NOTE: PHOTO ID REQUIRED AT EACH EVENT
 ALL EVENTS ARE OFFERED AT STATE FINALS EXCEPT ADAPTIVE EVENTS
 TUESDAY, MAY 8TH, ALL EVENTS WILL END AT 11:15 a.m.
 FOR CELEBRATION OF GAMES
 FUN WALK PARTICIPANTS MUST CHECK IN BY 9:45 a.m.
 THIS IS A NATIONAL QUALIFYING YEAR

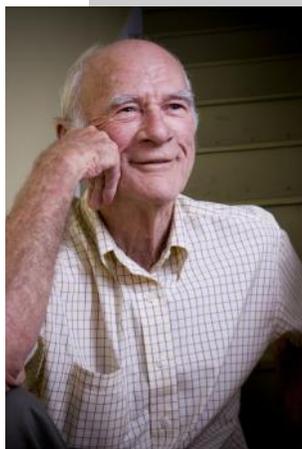
World Elder Abuse Awareness Day June 15, 2012



Each year, hundreds of thousands of older persons are abused, neglected, and exploited. In addition, elders throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food, and medical care.

Unfortunately, no one is immune to abuse, neglect, and exploitation. It occurs in every demographic, and can happen to anyone- a family member, a neighbor, even you. Yet it is estimated that only about one in five of those crimes are ever discovered.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.



Senator Blumenthal Introduces Elder Abuse Bill to Amend the Older Americans Act

Senator Richard Blumenthal (D-CT) along with Senator Al Franken (D-MN), Senator Sheldon Whitehouse (D-RI), and Senator Robert Casey (D-PA) introduced the Elder Protection and Abuse Prevention Act, s.2077, a bill that would amend the Older Americans Act (OAA). This bill seeks to toughen the federal definitions for elder abuse, neglect and exploitation and improve coordination and training for elder justice activities. The bill also codifies the National Adult Protective Resource Center at the Administration on Aging.



Congratulations to Wilson County DSS, recipients of the 2011 George L. Maddox Award, in recognition of Senior Awareness Day. The Maddox Award recognizes an individual or organization that has excelled in creative programming for older adults. The Maddox Award is named for Dr. George L. Maddox, a noted gerontologist and director of Duke University's Long Term Care Resource Program. The award was presented at the 2011 NC Conference on Aging in Charlotte. Charlene Hill, Adult Intervention Team Leader and Senior Awareness Day Committee Chair was present to receive the award.