

# Aging News



A Monthly Publication of the Bluegrass Area Agency on Aging & Independent Living



December 2019 Edition

## *Upcoming Aging Events*

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Bluegrass Aging Consortium-  
BGADD Conference Room  
January 7, 2020

Family Caregiver Workshop  
December 6, 2019  
Alzheimer's Association

## *Inside This Issue*

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Silver Bells

Season of Giving

Home Meds

Seniors Got Talent

Charity Fraud Scams

## *The Season of Giving*

Approximately 60% of nursing home residents don't receive any visitors. This often means they do not have anyone buying them gifts during the holiday season. The Silver Bells program hosted by the Nursing Home Ombudsman Agency of the Bluegrass is designed to make the holidays special for these nursing home residents. Volunteers purchase items from the resident's wish list, and these gifts are delivered by the ombudsman to the nursing home resident.

In addition, the Nursing Home Ombudsman Agency asks for donations of new, unwrapped non-skid socks, individually-wrapped snacks, word search and puzzle books, fleece blankets, and adult coloring books, coloring pencils, and pencil sharpeners. These will be distributed to residents. For questions, contact the Nursing Home Ombudsman Agency at 859-277-9215.

Deliver items by Friday, December 13 to:  
NHOA 3138 Custer Dr, Lexington, KY



Many local senior centers also have plans to give back to older adults during the holidays.

Bourbon County Senior Center and Nicholas County Senior Center are hosting "Adopt a Senior" where community members purchase gifts for a senior in their counties. Contact Bourbon County Senior Center at 859-987-7453 or Nicholas County Senior Center at 859-289-3729 for more information.

Garrard County Senior Center and Adult Day is partnering with Landmark of Lancaster to be "Elves for Elders." Community members are asked to choose an elder from trees located at local banks in Lancaster. Contact Garrard County Senior Center at 859-792-3147 for more information.

Lincoln county senior center is holding "Stuff a Stocking for a Senior." Please drop off stuffed stockings at the Lincoln County Senior Center by December 13<sup>th</sup>. Call 606-365-9016 for more information.

## *BGAAAIL Staff trained in medication management*

Aging Program Coordinator, Sarah Eldridge, recently completed training for the HomeMeds Medication Management program. HomeMeds is an evidence-based program designed to assist individuals with multiple health issues check for interactions that may be harmful. This program is free to participants and takes less than half an hour. These classes will be held at many local senior centers- contact Sarah Eldridge at 859-269-8021 or your local senior center.



Garrard County Senior Center's Christmas Tree

## *Charity Fraud Scams: How to Protect Yourself*

The holiday season is the most popular time for charity fraud scams. The Federal Trade Commission offers tips on how to protect yourself and give without worry.

1. Do your research-
  - Check online resources like BBB Wise Giving Alliance, CharityWatch, Charity Navigator, and Guidestar
  - Verify donation is tax-deductible by using IRS' Tax Exempt Organization Search
2. Be Careful how you pay
  - Avoid cash donations
  - Use check or credit cards
  - Never use gift cards or wire money
3. Watch out for scammers' tricks
  - Don't let anyone rush you
  - Scammers may thank you for donations you haven't made to trick you
  - Scammers may claim that donation is tax-deductible
  - Promising sweepstakes wins in exchange for donation is illegal



## Seniors Got Talent

Congratulations to the Prime Time Dancers from the Lexington Senior Center on winning the Seniors Got Talent competition.

Congratulations to Mary Crowley-Schmidt, Assistant Director of Aging, on being awarded the Community Service Award from the Bluegrass Aging Consortium.



## FROM THE DIRECTOR...

I hope everyone had a wonderful Thanksgiving. As usual, I ate entirely too much turkey and dressing.

We said farewell to our neighbor AAA Director in the KIPDA/Louisville Region, Barbara Gordon. After many years working in different capacities within the Aging Network she decided to retire and spend some well-deserved time with her family. Barbara was a mentor to me and many others.

She will be greatly missed but has promised to continue to be an advocate for Aging and Disability Services. We wish her the best!

Stay warm out there. Happy Holiday wishes to all.

Sincerely,

*Celeste Collins*



Celeste Collins, BSW  
BGAAAIL Director

# Happenings Around the Region

Right: Lexington Senior Center celebrates Thanksgiving

Bottom left: Garrard County Adult celebrates National Cookie Day, December 4, 2019

Bottom Right: Gingerbread house at the Capital City Activity Center's Gingerbread House Competition



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