



## Pennyrile AAAIL Hosts Scam Alert Event

The Pennyrile Area Agency on Aging and Independent Living was honored to host “Mission Veterans Protected” scam alert initiative event on Thursday, August 16, 2018 in partnership with Attorney General Andy Beshear and AARP KY.

Speakers also included Lori Farris with the Office of the Attorney General, Charlotte Whitaker, AARP KY President and Cindy Stonebraker, MIA Daughter/Nation League of POW/MIA Families.

The event provided education on how to combat the findings in the recent AARP study which determined more veterans are targeted by scammers and fall victim to fraud when compared to nonveterans.

To learn more about programs available through the Pennyrile Area Agency on Aging and Independent Living, contact Jill Collins at [jill.collins@ky.gov](mailto:jill.collins@ky.gov) or call 1-866-844-4396.



LtoR: Lori Farris, Office of Attorney General, Attorney General Andy Beshear, Charlotte Whitaker, AARP KY President, Jill Collins, AAAIL Director and Cindy Stonebraker, MIA Daughter

## AAAIL Staff



Congratulations to PADD staff member, Payton Kidd on his acceptance into the 2018-2019 Leadership Hopkinsville-Christian County Program. The goal of the program is to develop a source of informed, civic-oriented volunteer leaders who are interested in helping direct the future of Hopkinsville and Christian County.

Congratulations Payton!

## Mark Your Calendars

Pennyrile Senior Games

September 17-19

Hopkinsville-Christian County Recreation Department

Thomas Street, Hopkinsville, KY

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Advocacy. Action. Answers on Aging.



Kentucky Association For Gerontology

# Family Caregiver Support Program

## Walk to End Alzheimer's



The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease - the nation's sixth-leading cause of death.

Walk to End Alzheimer's unites the entire community — family, friends, co-workers, social and religious groups and more in a display of combined strength and dedication in the fight against this devastating disease. Team registration and fundraising is well underway for the 2018 Walk to End Alzheimer's in the Pennyriple Area. If you are interested in starting a team, joining a team or making a donation, please feel free to contact Belinda Babb at 270-886-9484.

When you participate in the Walk your actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness throughout the Pennyriple. At this event, you can learn more about Alzheimer's disease and the support programs and services offered in Hopkinsville and surrounding communities. You will also have unique opportunities to get involved with the cause through advocacy initiatives and clinical trial enrollment. These experiences help each participant connect to their reason for walking.

### 2018 Pennyriple Walk to End Alzheimer's

**Date: Saturday, September 29, 2018**

**Time: Registration at 9am | Ceremony at 9:45am | Walk at 10am**

**Location: Christian County Justice Center**

**100 Justice Way**

**Hopkinsville, KY 42240**

## Ombudsman Corner

2018 - October is "Residents' Rights Month," an annual event designated by Consumer Voice to honor residents living in all long-term care facilities. It is an opportunity to focus on and celebrate awareness of dignity, respect and the rights of each resident. The federal Nursing Home Reform Law guarantees residents' rights and places a strong emphasis on individual dignity, choice, and self-determination. The law also requires nursing homes to "promote and protect the rights of each resident". Residents' Rights Month is a time to raise awareness of these rights and celebrate residents.

This year's theme is "Speak Up: Know Your Rights and How to Use Them." The theme emphasizes the importance of residents being informed about their rights; being engaged partners in achieving quality care and quality of life; and feeling confident in speaking up about what is important to them.

If you want more information about Resident Rights, the Consumer Voice or resident concerns, contact your local Pennyriple District Ombudsman, Cindy Tabor 270-886-9484 or [cindy.tabor@ky.gov](mailto:cindy.tabor@ky.gov)



**SPEAK UP:**  
**Know Your Rights**  
**And How To Use Them**  
National Consumer Voice For Quality Long-Term Care

# Kentucky Veterans Directed Care Program



Veterans Directed Home Community Based Services offers eligible veterans a flexible budget to purchase services that help them to live independently at home in the community rather than in an institution. VA Medical Centers (VAMC) purchase and utilize the VDHCBS. VDHCBS includes a functional assessment, home-based services, options counseling, support services, and financial management services. VDHCBS does not duplicate any services already provided by the VAMC.

Currently, veterans in Pennyriple, Purchase and Green River are being served. The veterans program has also added an additional Area Development District in the state of Kentucky and five Tennessee Area Development Districts under the Pennyriple's hub & spoke model. Currently, veterans are being served through East Tennessee Human Resource Agency, Greater Nashville Regional Council, Lake Cumberland Area Development District, South Central Tennessee Development District, Northwest Tennessee Development District and Southeast Tennessee Development District. Pennyriple is now able to serve veterans that are not only enrolled at the Marion, IL VAMC but also the Nashville, TN VAMC.

For additional information about the program, please contact Payton Kidd or Jill Collins at 1-866-844-4396.

## Participant Directed Services –PDS

Participant Directed Services/Home and Community Based Waiver version 2 is an alternative to the traditional service delivery model under the Medicaid Waivers. The PDS program is designed to allow clients to have more choice, flexibility and options regarding their in-home waiver services. Services available through the PDS/HCB2 Program includes attendant care, home modifications, and Goods & Services. The PDS service option is available to Medicaid waiver members of any age including children. Pennyriple also offers case management services for the Traditional/Home and Community Based Waiver version 2 clients. For additional information, please contact Payton Kidd or Harley Nittler at 1-866-844-4396.

## News in Health

### Wise Choices - Tips to Help With Trauma Recovery

- Talk with others about how you feel. Don't isolate yourself.
- Calm yourself. Try meditation or deep breathing exercises. Do physical activity, like walking or yoga.
- Take care of yourself. Get plenty of sleep. Eat a healthy diet. Drink enough water.
- Avoid using alcohol, drugs and tobacco.
- Get back to your daily routine. Do the things you would normally do, even if you don't feel like it.
- Get involved in your community. Volunteering is a great way to create a sense of meaning.
- Get help if symptoms persist. Talk with a mental health professional.



## MIPPA

### MEDICARE BENEFICIARIES!

Are you currently receiving Medicare and paying for your Part B monthly premium? If so, there is a program that may be able to assist you with that premium cost. If your income is under \$1,357/single or \$1,827/married and your resources/assets are under \$7,390/single or \$11,090/married, then you may qualify to receive assistance through the state with a program called the Medicare Savings Program. This program may help pay for your Part B premiums and *potentially* assist in also paying for Part A premiums, deductibles, coinsurance, and copayments, depending on your income level. To see if you are eligible and to apply for the program, contact Ali Jones with the Pennyriple Area Development District at 1-866-844-4396 or (270) 886-9484.

**Pennyrile Area Development District**



300 Hammond Drive  
Hopkinsville, KY 42240

*A publication of the Pennyrile Area Development District  
serving Caldwell, Christian, Crittenden, Hopkins,  
Livingston, Lyon, Muhlenberg, Todd and Trigg Counties.*

**Calendar of Events**

**September 2018**

- 5 - Hopkins/Muhlenberg EAC Meeting - 9 am - Hopkins Co. Senior Center, Madisonville, KY
- 11 - Alzheimer’s Support Group - 10 am - PADD Office
- 12 - Pennyrile AAAIL Advisory Council Meeting - 10 am - PADD Office
- 12 - Pennyrile LTCO Advisory Council Meeting - 11:30 am - PADD Office
- 12 - Tri-Co. EAC Meeting - 12 noon - Bank of Cadiz, Hopkinsville, KY
- 19- Pennyrile Grandparent Support Group - 10 am - PADD Office
- 25 - Trigg Co. Caregiver Support Group - 12 noon - John L. Street Library, Cadiz, KY
- 25 - Caldwell County Caregiver Support Group - 2 pm - Central Presbyterian Church, Princeton, KY

**October 2018**

- 3 - Hopkins/Muhlenberg EAC Meeting - 9 am - Hopkins Co. Senior Center, Madisonville, KY
- 9 - Alzheimer’s Support Group - 10 am - PADD Office
- 10 - Tri-County Elder Abuse Council Meeting - 12 noon - PADD
- 10 - Pennyrile Elder Abuse Board of Director’s Meeting - 1pm - PADD
- 17 - Pennyrile Grandparent Support Group - 10 am - PADD Office

**AREA AGENCY ON AGING STAFF**

- Jill Collins .....Director, Pennyrile Area Agency on Aging & Independent Living*
- Amanda Stokes.....In-Home Services Manager*
- Belinda Babb.....Family Caregiver Coordinator*
- Cindy Tabor ..... LTC Ombudsman*
- Payton Kidd.....Participant Directed Services Coordinator*
- Ray Ann Blake.....Social Services Case Manager*
- Harley Nittler.....Social Services Case Manager*
- Miranda Bivins.....Social Services Case Manager*
- Ali Jones..... Aging & Disability Resource Center Coordinator*
- Angela Gore.....Administrative Assistant*
- Heather Meeks.....Case Manager*
- Charlene Johnson ...Case Manager*
- Paula Jones.....Case Manager*
- Cynthia Peach .....Case Manager*
- Doris Phillips.....Case Manager*

**Pennyrile Aging & Disability  
Resource Center  
1-866-844-4396**

