

The Advocate - Inspire, Educate, and Empower - Keep Informed

Area Agency on Aging 3 <jmolaski@psa3.org>

Tue 8/27/2024 8:11 AM

To:Jolene Molaski <jmolaski@psa3.org>



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Inspire, Educate, and Empower
Keep Informed



Reminder



All Staff Meeting



Just a reminder we will have an All Staff Meeting at the Axis Building of Lima Community Church, 2945 N Cole St, Lima, OH 45801, on Monday, September 16th starting at 9AM.

This will be a dress down day! We ask that you wear a t-shirt or shirt that best describes you! It can be something funny, about your hobbies, about your personality or just about your likes or even dislikes! But remember to keep it clean and work appropriate!

Growing with Us

Reminder for your chance to win up to \$100 ends Friday 8/30/24!!!

You have the chance to win one of 4 prizes by making a donation and "Leafing" your legacy. For every \$25.00 you donate to the "AAA3 - Grow with Us" Campaign from

Thursday 8/15/2024, thru and including Friday 8/30/2024, you will be entered into a drawing!



You could win:

- \$100 - Cash (Donated by a community member from Warren County)
- Kota's Koner \$50.00 gift certificate for manicure
- Lox Salon and Spa of Lima \$40.00 gift certificate for 1 hr. pedicure courtesy of Nicole Harvath
- AAA3 merchandise

We are excited at the Agency to say that needs over the years have us growing. We are expanding to help take care of the greater needs of our community and you can be a part and help "LEAF" a Legacy.

We are giving our staff and community members, as well as our providers, a chance to be a part of something big. You could leave your legacy with a beautiful leaf on our Giving Tree which will be located on the front wall of the training center for all to see when they come in.

[Click to purchase your Leaf](#)

Annual Chicken & Rib Dinner

Tickets will be going on sale on August 1st for Area Agency on Aging 3's Annual Chicken and Rib Dinner! The Chicken and Rib Dinner will be once again be prepared by Ahh! Sweet Caroline's and will be from 11AM-1:30PM at the agency on Friday, September 27th! Chicken dinners will be \$13.00 and comes with 1/2 chicken, green beans, apples sauce, roll and butter. Rib dinners will be \$16.00 and comes with a 1/4 rack of ribs, green beans, apple sauce, roll and butter. You will have the option for payroll deduction, check or cash.



[Purchase Tickets Now](#)

10 Million Steps Challenge

The Ohio Department of Aging is once again doing the 10 Million Steps to Prevent Falls campaign. You can take part and be a winner! You can download either tracker attached and keep a running total of your steps! At the end of the month you can enter your steps into the form by scanning the QR Code below and be entered into Area Agency on Aging 3's drawing!



Track your steps with this form or scan the QR code to enter your total!



[CLICK TO DOWNLOAD](#)

Accelwell is also doing a Step Challenge and doing a drawing. Download the Accelwell steps tracker here!

[Click to Download AccelWell Tracker](#)

Annual Biometric Screenings

Save the date for AAA3 onsite annual Biometric screenings. Scheduling slots will come in further communication closer to the event on Tuesday, September 10th in the Board Conference Room!

Testing included in a biometric screening:

- Height
- Weight
- Body Mass Index (BMI)

- Body Fat Percentage
- Waist Circumference
- Blood Pressure
- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose (*Fasted*)



**Testing concludes with a coaching session with an explanation of all testing results.*

*The screening is not a means to diagnose or a substitute for seeing your regular physician, but rather a starting point to become better educated and encourage discussion about diet, exercise, stress, and sleep habits with your physician.

[Download the Signup Instructions](#)

Flu Shots at AAA3 for staff

Get the
FLU  **SHOT**
not the flu!

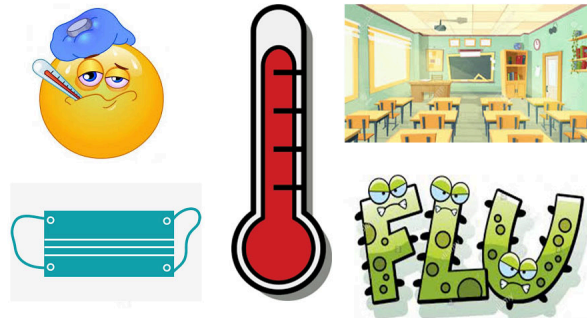
We will be holding a vaccine clinic on September 10th from 9:00am - 1:00pm, this is the same time as the biometric screening. Total Healthcare Pharmacy here in Lima will be offering Flu vaccines for anyone interested. They do ask that you bring your insurance card.

The sign up is simply so we can have an approximate number so the pharmacy knows how many vaccines to bring that day.

[Click to register for your Flu Shot](#)

Cold and Flu Season

With the warm weather coming to an end, just a reminder as we are entering into the season of cold weather and increased seasonal illnesses shortly. We want to make sure that everyone continues to be safe and healthy during this time. First and foremost, we want to maintain a safe workplace and encourage protecting the health of employees, customers, visitors, or others. Therefore, if you are sick or experiencing symptoms, please work from home to allow for continuity of business operations or utilize sick time as needed.



Many times, with the best of intentions, employees report to work (office or out within the community) even though they feel ill. Employees who report to work while sick will be sent home in accordance with these health and safety guidelines. Please reference CDC guidelines for prevention tips and guidelines for fall and winter seasonal illnesses that could occur.

Please contact your supervisor or me for any specific questions you may have.

It's the Pink Pumpkin Charlie Brown



To celebrate Breast Cancer Awareness, we are going to have some fun and decorate pumpkins! Decorate a pumpkin honoring Breast Cancer Awareness! Bring your pumpkin to the office anytime before Sunday, October 6th at Family Fall Fest! Those attending the FAMILY FALL FEST will vote for their favorite!

The winner will be announced on Monday, October 7th and receive a gift card!

We will be posting pictures of the pumpkins on social media. They will also be on display for anyone attending the 50th Anniversary Open House on October 9th.

If you want to participate and won't be able to bring your pumpkin to the agency - you can bring it to the all staff meeting on Monday, September 16th!!

Family Fall Fest @ AAA3



Area Agency on Aging 3 will be having a Family Fall Fest on Sunday, October 6th from 1-4PM at the agency!

Everyone will receive a ¼ chicken dinner, applesauce, dinner roll and a choice of one additional side: mac & cheese, green beans or potato salad.

**There will also be a bouncy house, games, door prizes, and cotton candy!
Click on the link to RSVP!!!**

<https://www.cognitoforms.com/AAA313/FamilyFallFest202>

Volunteers Needed

We have some upcoming community outreach events! If you would like to volunteer please let Jolene (jmolaski@psa3.org) know!

September 12th - Hancock County Senior Expo @ Owens Community College

September 14th - Multicultural Expo @ Lima YMCA

September 21st - Activate Allen Co Block Party - Central Lima Neighborhood Assoc Reading Park



September 21st - Harvest & Herb Festival – Ada – 9AM-4PM

September 27th - Hardin County Senior Expo - 9AM-1PM

September 27th - Annual AAA3 Chix And Rib Dinner

September 27th - Shred A Thon @ AAA3

Sunday, October 6: Family Fall Fest @ AAA3 12-4PM

Thursday, October 17: Shred A Thon/Drug Take Back Day/CarFit @ VW CoA 10:30AM-1PM

Trainings & CEUs

Webinar on Younger-Onset Alzheimer's Disease and Community Support

Monday, September 16, 2024 | 2:00-3:00 p.m. ET

Join the ACL-funded National Alzheimer's and Dementia Resource Center (NADRC) for "The Experience of Younger Onset Alzheimer's Disease



and the Importance of Community Support." The webinar will focus on lessons learned from the delivery of Without Warning, a support program for those living with younger-onset Alzheimer's disease from the Rush Alzheimer's Disease Center.

Living with this disease brings about changes that can make adjusting to it difficult, including challenges with communication, changes in relationships, and difficulty with everyday tasks. Along with these adjustments, people living with younger-onset Alzheimer's disease describe the loneliness that this disease brings about. This webinar will draw on the experiences of Without Warning initiatives, including support groups and other tools that can help reduce feelings of isolation.

Presenter:

- **Susan Frick, MSW, LSW**, Rush Alzheimer's Disease Center

NADRC webinars are free of charge and open to the public, although registration is required. The webinars are recorded and will be available for

future viewing on the [NADRC website](#). Closed captioning is available during the webinar and will be included in the recording.

If you have questions, please email NADRC-Webinars@rti.org.

[Click to Register!](#)

**O4A VIRTUAL WORKSHOP SERIES:
SOCIAL SECURITY FOR
AGING INDUSTRY
PROFESSIONALS**

**SEPTEMBER 10, 2024
9 AM TO 12:15 PM
\$75 INCLUDES 3 CEU'S**

REGISTER NOW

OHIO ASSOCIATION OF AREA AGENCIES ON AGING 

Registration is Now Open For A New Webinar! The o4a virtual workshop series has a new webinar; Social Security for Aging Industry Professionals. This webinar will be held on September 10, 2024, from 9 am to 12:15 pm via Zoom. The cost is \$75, including CEU's.

America's largest domestic program is the financial foundation for our older adult community. Both personally and professionally, you cannot afford to not understand the benefits and options available for you, your consumers, and your family.

For more information and link to registration:

[Click Here to Register](#)



SAVE THE DATE

NO WRONG DOOR NETWORK

REGISTRATION COMING IN SEPTEMBER



**THURSDAY
OCT 3, 2024**

8:30AM-NOON

No Wrong Door is an opportunity to network with local agencies & learn about current Hancock County Resources

Questions
Contact The United Way
419-423-1432



Celebrating 30 Years: Looking Back and Moving Forward

The evolution of services and programs for the aging and disability community is here! The 2024 Northeast Ohio Aging & disABILITY Summit, coming September 27th. This year's Summit --



open to aging network professionals, caregivers and older adults across northeast Ohio – will be held in-person at [Cleveland Marriott East](#) campus. The Summit is presented by the [Cuyahoga County Division of Senior and Adult Services](#) (DSAS), [The MetroHealth System](#) and the [Western Reserve Area Agency on Aging](#).

This year's theme – Celebrating 30 Years: Looking Back and Moving Forward – will continue the dialogue as we progress with more savvy, inclusiveness, and resiliency. Topics for this year's Summit include:

- The Evolving Care of Older Adults: Looking Back and Moving Forward
- Cleveland's Public Health
- Can You be 40 Again after Age 90
- Patient Autonomy, Public Safety and Drivers with Cognitive Decline
- The Affects of Aging with a Developmental Disability: Advances in Resources and Technology for Independence
- Aging in the Context of Cardiovascular Disease! Living Well, Long, and Strong

[Click for more information about the Summit](#)

[Click Here to Register](#)



Join us for our upcoming Brookdale Continuing Education (CE) Series for healthcare professionals.

For more than 10 years, our CE series has been committed to sharing and educating health professionals with the latest knowledge in senior care and well-being. This recorded webcast series provides 1.0 CE credit (one hour) per session for nurses, social workers and case managers. Participants can also have their questions answered by our content experts.

OCTOBER

Loneliness and Social Isolation Interventions for Older Adults: Discovering Individualized Engagement Strategies

Camille Jordan, MSN, APRN, FNP-C, CDP, Senior Vice President of Clinical Services at Brookdale
Andrea Henry, Divisional Director, Resident Engagement at Brookdale

DECEMBER

Understanding Vicarious Trauma: Cultivating Healing and Resilience in Healthcare Professionals

LaTonya P. Washington, MSW, LICSW-S, PIP, Owner & Therapist, Changing Seasons Therapy and Consulting, LLC

This event is by reservation only. To RSVP or for more information, see below.

Brookdale Findlay

Assisted Living

725 Fox Run Rd
Findlay, OH 45840

■ The Last Wednesday of the Month


12:00 p.m. To 1:00 p.m.

To RSVP, call or email.

(419) 889-4541

ahess@brookdale.com

96800 .JH

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Register for Upcoming Webinars from the Brain Health Academy

[Brain Health Academy](#) by UsAgainstAlzheimer's offers free, evidence-based courses designed to equip health and community providers with the knowledge and resources to reduce the risk of dementia and Alzheimer's and improve health outcomes. Each 1-hour course offers 1 CE credit. In 2024, UsAgainstAlzheimer's is offering six courses.



[UsAgainstAlzheimer's](#) exists to conquer Alzheimer's disease. They take on the toughest problems, bring all of "Us" together to break down barriers, advocate for research that will speed treatments to market, and drive changes that matter most to people living with the disease. UsAgainstAlzheimer's will not rest until brain-span equals lifespan—for everyone.

Each of the webinars will be recorded and available for viewing for up to 60 days after the live presentation. Pre-registration is required to attend the live or the recorded webinars.

Brain Injury and Dementia

Thursday, Sept. 12

1–2 PM Eastern | 10–11 AM Pacific

Studies have shown a significant relationship between brain injury and dementia. Researchers have learned that a history of traumatic brain injury (TBI) increases the risk of developing dementia later in life. This course will address the impact of brain injuries on cognitive function and how to mitigate the risk of cognitive decline in individuals with a history of brain injury.



Also available on demand Sept. 15–Nov. 11, 2024.

[Click to Register](#)

Healthy Leader Workshop & Lunch

When the leader is healthy, the team gets healthier, and the whole community benefits!

Topic: Courageous Leadership-Facing the Hard Things

Date: Wednesday, Oct. 23rd, 2024

Time: 11:45AM-1:00PM

Location: Lima Community Church | Chapel Room

Located in the Main Building | 2945 N Cole St, Lima

Cost: \$25 per person | Lunch provided



It's inevitable that leaders will face hard things. From difficult decisions, challenging interactions with people and aspects of the job that fall outside their comfort zone, leaders often face moments that feel unsettling. When leaders begin to face these difficult moments in courageous ways, they become more effective, their team's respect for them increases, and their confidence as a leader grows.

Leaders will learn:

- What is happening in the brain and body when leaders face something difficult, uncertain, or challenging
- Methods to overcome barriers of internal messages, emotions, and physical reactions that keep leaders in fight, flight or freeze (defend/accuse, distract, avoid) when faced with hard things
- How to respond internally and externally when receiving difficult feedback
- The tools to equip and invite teams to lean into hard things and the benefits in the work environment
- The gift of modeling "doing hard things" for your team

Registration

Cornerstoneofhopelima.org/Workshops



A PLACE OF HOPE FOR CHILDREN, TEENS AND ADULTS.

2963 Blue Jacket Court, Lima, Ohio 45806 | 419-581-9138 | cornerstoneofhopelima.org

Great Job - Kudos to you!

~Kudos to Jolene Molaski for jumping in and volunteering to help me upload the confidentiality notice to all of our pictures! It was a large task and so helpful for her to volunteer to help out!

~Kudos to Ann Carroll for setting up the Cincinnati Reds game for the agency. It was a great time and great food!

Don't forget you can send kudos and shout outs to team members who have went above and beyond to help out in some way! You can submit via email (be sure to send to that person and copy their supervisor and Michele Gibson). You can also send via the intranet!



[Submit Kudos](#)

Reminder

Just a quick reminder that if you have someone in your department that has something to celebrate - birth, marriage, new home, etc - don't hesitate to send it to me so I can share in The Advocate. If you can include a picture even better!

The Advocate is sent out every two weeks on Monday. Feel free to share your team members' good news - with their permission of course!



Wedding Bells

Carrie Bryan's daughter, Kiersten Sheridan and Joseph Mosely were married at Springbrook Gardens on Saturday, August 10th. Both graduated from Bath High School with full scholarships. Joe is enrolled in the engineering program at Grob Systems and Kiersy will be completing her RN degree through Lima Memorial Hospital.



Let's Celebrate

*Welcome
Aboard*

8/26 - Jennifer Foster

- APS Case Worker Hancock County

9/3 - Kim Hiatt, LSW - PP/AL Care Manager



8/28 Caryn Wagar
8/28 Lori Clapsaddle
9/7 Jaime Wagner
9/8 Jessie Roberts



8/28/2023 Kayla Croft - 1 year
8/30/2021 Brenda Link - 3 years
8/31/2020 Dave Luersman - 4 Years
9/1/1994 Lori Clapsaddle - 30 YEARS!
9/5/2023 Emmanuel Boateng - 1 year
9/5/2023 Shayla Dugger - 1 year
9/5/2023 Lorri Johnson - 1 year
9/8/2020 Amanda Guerra - 4 Years

On the Calendar

August:

- **31: AAA3 Day at Scene 75 Dayton - 10AM-3:30PM**

September:

- Healthy Aging Month
- Falls Prevention Awareness Month
- National Suicide Prevention Month
- Sweet September Fundraiser with Sara's Sweets
- 2: Labor Day - Office Closed
- 5: DISH Dining Club - Putnam County - 11AM-1PM
- 6: Next Steps: Outreach For Senior Safety At AAA3 12:30-2P
- 8: Grandparents Day
- **8: AAA3 Day at Toledo Mudhens leaving AAA3 @ 12 Noon**

- **10: Annual Biometric Screening @ AAA3 - 9AM-1PM**
- 14: Multicultural Expo @ Lima YMCA
- **16: AAA3 All Staff Meeting 9AM-12PM**
- 21: Activate Allen Co Block Party - Central Lima Neighborhood Assoc Reading Park
- 21: Harvest & Herb Festival – Ada – 9AM-4PM
- 24: Fall Prevention Day
- 27: Hardin County Senior Expo - 9AM-1PM
- 27: Annual AAA3 Chix And Rib Dinner
- 27: Shred A Thon

October:

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- **Coins For A Cause**
- 1: Disaster Preparedness Event @ Wapak Village Apartments
- 3: No Wrong Door Hancock County
- **6: Family Fall Festival 1-4PM at AAA3**
- 9: VIP 50th Anniversary Luncheon 11:30AM-1PM
- 9: 50th Anniversary Celebration Open House 1:30-4:30PM
- 11: DISH Dining Club - Van Wert County
- 14: Columbus Day - Office Closed
- 17: Shred A Thon/Drug Take Back Day & CarFit Event @ VW CoA
- 24: Annual Wapak Halloween Parade at 6:30pm - AAA3 Sponsor Only
- 25: Caregiver Appreciation Event @ AAA3
- 29: Hardin Co DTBD/Shred A Thon 11AM-2PM

Items in **bold** are AAA3 staff events only!

Garage Sale Board

GARAGE SALE BOARD IS MOVING! It is now available to post on within the Announcements section of the intranet!

Garage Sale Team Board - Share items that you have for sale or giveaway. Please be honest about condition and quality. AAA3 is not responsible for any money, sales or

exchange of goods. This is between individuals, this is just a simple way to



share with one another. Start a new conversation for each item for sale. Once item is sold or given away, please mark it as sold in the conversation of that item. It is your responsibility to make arrangements for payments and pickups. This is not part of AAA3, therefore is not anyone's responsibility but your own. Have fun and happy selling! If you have a home-based business feel free to share it on there as well!

Spiritual Inspiration

This is now part of the intranet! If you would like to have access to the forum please contact Jolene Molaski to be added to the member's only section of the intranet.



This offers prayers, kind thoughts, and unconditional support when needed. "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." - Ephesians 6:18



Area Agency on Aging 3

Integrity. Independence. Quality of Life.



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You are receiving this email because you opted in via our website.

Our mailing address is:

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Lima, OH 45805-1711

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