



# The Beacon

Offering Hope, Support, and Services

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## Awakenings Service Spotlight: "Using Connections"

Local resources and connections are valuable in the work we all do. The less time it takes to find resources for an individual in need could mean more time for moving on, healing, or getting back on their feet. Recently, Awakenings was able to utilize multiple connections and resources to help keep a woman and her adult son with autism from being evicted from their home after she fell for a romance scam. Crime Victim Services, Adult Protective Services, Awakenings, Board of Developmental Disabilities, Silver Birch Foundation, and the court system were able to work together to advocate for this family in their unique ways to get the family to agree to accept services, talk to the mortgage company, and work with the bank. A referral to Silver Birch was able to defer her mortgage payments to allow her to remain living in her home. As this woman is her adult son's legal guardian, Board of DD and the court was able to assist with figuring out some of the intricacies that we were working with. Now, her bills are slowly being paid up to date and they are no longer at the same risk as they were before as we work to put in place additional services through each of the Agencies. Due to these connections, we were able to move quickly and make sure they were secure. Working with agencies such as these on a routine basis has allowed for continued success with Awakenings individuals, leading to positive outcomes for victims of abuse, neglect, and exploitation.

## Education: Tips to Manage Holiday Stress

The holidays can be exciting, and they can also be stressful. Crowded stores, cold temperatures, and the closing of another year can contribute to stress. Holiday gatherings can also feel overwhelming at times. So, here are some tips to handle holiday stress:

- Focus on one positive that is happening in the moment. It's automatic to notice negatives in our environment, so if you are feeling anxious or overwhelmed, identify one positive that is taking place in the very moment that you are experiencing.
- Give yourself a breather. If you find yourself feeling overwhelmed in a crowded area, allow yourself to take a moment, find a quiet space, and focus on your breathing.
- Set your boundaries. Generosity and kindness are positive attributes, yet it is important to remember that saying "no" can also be a healthy way to make sure you have time to "refuel" as an individual.
- Stay true to your favorite tradition or create a new one. Identify traditions that bring you happiness, such as displaying holiday decorations or listening to your favorite Christmas song. It can also be helpful to create a new tradition with a friend or family member.
- Reach out to an old friend or a new friend. Send a card to an old friend in order to reconnect or send a card to a new friend that you want to get to know better.



Also, remember that it is ok to reach out for added support during the holiday season. Sometimes talking with someone who is objective can help you manage holiday stress and focus on the positives.

## Adult Protective Services at Area Agency on Aging 3

Adult Protective Services (APS) coverage for Hardin County has been a part of AAA3 for a little over a year now. Since its inception, reported cases of elder abuse, neglect, self-neglect, and exploitation have increased exponentially. Unfortunately, the cases were always there. However, they were not reported due to the reporter's distrust, making one believe that nothing would be done to assist individuals in need. With AAA3, the perception of APS has changed as we work together relentlessly to create positive outcomes for the individuals we serve.

Prior to AAA3, APS cases reported for the previous year were in the single digits. We are now approaching 170 cases for this year.

"Nationally, an estimated one in eight older adults suffer from elder abuse. Given that rate, U.S. Census data suggests that more than 200,000 Ohioans ages 60 and older experience some form of elder abuse. Yet Ohio's county departments of job and family services received just 34,000 calls in 2020. This suggests that tens of thousands of instances of elder abuse went unreported" (Ursel J. McElroy, Director, Ohio Department of Aging).

AAA3 services include; APS to protect, Stages to provide mental health care, Awakenings to provide hope, CRC to provide nutrition, Benefit Enrollment services that cut through the red tape and confusion, Assessors in the field, Passport case managers and much more. Everyone has worked to create a successful, ever-expanding program at AAA3.



Area Agency on Aging 3  
Integrity. Independence. Quality of Life.

### 2023 Awareness Campaigns and Events

- January:**
- Glaucoma Awareness Month
- February:**
- Age-Related Macular Degeneration Awareness Month
  - American Heart Month
- March:**
- Senior Nutrition Month
- April:**
- 27: 5th Annual Silver Birch Dinner & Auction
- May:**
- Older Americans Month



## Awakenings



Awakenings Victim Outreach provided by Anna Hairston, MSW, LSW. Anna's concentration in gerontology provides a unique understanding of older adults' needs as they age within the community and how physiological and sociological factors play into perceived positive and meaningful aging.



## Stages



Stages Behavioral Health provided by Jacqueline (Jacqui) Carver, LISW-S. Jacqui has experience working with the older adult population and working in community mental health while utilizing a strength-based and person-centered therapeutic approach to foster positive change. Jacqui has been trained in trauma focused treatment modalities to assist individuals in moving forward from traumatic experiences.

## Hardin County Adult Protective Services



Adult Protective Services in Hardin County provided by Travis Hackworth. Travis is a 25 year law enforcement officer veteran and EMT. Travis uses his experience and skills to protect the older vulnerable adult population from abuse, neglect, self-neglect, and exploitation. Travis conducts APS investigations and utilizes resources to provide positive outcomes for the individuals he serves.