

AREA AGENCY ON AGING 3 COMMUNITY LIVING SERVICES

3rd Qtr 2023

Volume 1 · Issue 7

DRUG TAKE BACK DAY

Thursday, Oct. 5th from 9am-12pm

at the Area Agency on Aging 3 2423 Allentown Road, Lima next to Tom Ahl across from Walmart

Drive-thru collection will be done in front of the main entrace of the Area Agency on Aging 3

Accepted Medications Over-the-Counter Pills

- Prescriptions
- Opioids

 Needles Liquids

Cannot Accept

Please bring items to be







Ohio Departmen

TIMES

9:00-11:00

10:00-4:00

TIMES

TIMES

9:00-12:00

9-11:30 & 1-4

4:00-6:00

9:00-1:00

Bingo + Gentle Exercises = BINGOCIZE

BINGOCIZE® is an evidence-based 10-week health promotion

program that combines the game of bingo with health education. Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit! *Three program options:* Exercise focused Falls Prevention Focused **Nutrition Focused**

PRE REGISTRATION REQUIRED! For additional questions, please call Ashlin Toland, Health Education

Coordinator, at 567-204-6947.

Area Agency on Aging &

2423 Allentown Road, Lima, OH, 45805 419-222-7723 — www.aaa3.org

ALLEN COUNTY

UPCOMING VACCINE CLINICS

LOCATION

MAK

DATE

·AAA3, 2423 Allentown Road, Lima Sept. 19, 2023

·Coleman's Health Services, 799 S. Main St., Lima Sept 19, 2023 10:00-4:00 ·Bluffton Senior Center, 132 N Main St, Bluffton

Sept. 25, 2023 9:00-12:00 ·Coleman's Health Services, 799 S. Main St., Lima Sept 26, 2023 10:00-4:00 ·Lima Senior Center, 3400 West Elm St, Lima

Oct. 2, 2023 9:00-12:30 ·Coleman's Health Services, 799 S. Main St., Lima Oct 3, 2023 10:00-4:00 ·Lima Senior Center, 3400 West Elm St, Lima

Oct. 6, 2023 9:00-12:00 ·Coleman's Health Services, 799 S. Main St., Lima Oct. 10, 2023 10:00-4:00 ·Coleman's Health Services, 799 S. Main St., Lima Oct. 17, 2023 10:00-4:00 ·Coleman's Health Services, 799 S. Main St., Lima

Oct. 24, 2023 10:00-4:00 ·Coleman's Health Services, 799 S. Main St., Lima Oct. 31, 2023 10:00-4:00 ·Coleman's Health Services, 799 S. Main St., Lima

·Coleman's Health Services, 799 S. Main St., Lima Nov. 14, 2023 10:00-4:00

DATE

DATE

·Auglaize Health Department,

Now. 7, 2023

AUGLAIZE COUNTY LOCATION

Appointment Only Tues & Thurs **HANCOCK COUNTY**

LOCATION

DATE **TIMES** ∙50 North, 339 E Melrose Ave, Findlay Oct. 14, 2023 1:00-3:00

·Hardin Co Fair Vaccine Clinic

HARDIN COUNTY

LOCATION

PUTNAM COUNTY LOCATION DATE TIMES ·Putnam Co Health Dept Flu Walk-in Clinic

Sept. 8, 2023

·Ottawa Public Library Oct. 4, 2023 1:00-5:00 **VAN WERT COUNTY** LOCATION DATE TIMES

Oct. 10, 2023

Oct. 24, 2023

Sept. 27, 2023

·Van Wert Co Health Dept ·Van Wert Co Health Dept

Oct. 17, 2023 9:00-1:00 ·Van Wert Co Health Dept

·Van Wert Co Health Dept Oct. 31, 2023 9:00-1:00

Visit www.aaa3.org/vaccines for a complete listing!

UPCOMING CLASSES:





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

AREA AGENCY ON AGING 3'S

FALL PREVENTION **AWARENESS DAY & HEALTH FAIR**

Tuesday, September 19, 2023 9 - 11 a.m. Join us to learn about fall risks and ways to prevent falls among

older adults. Several community partners will be in attendance to educate, increase awareness, and help provide resources on falls and fall prevention for older adults.

WHAT TO EXPECT • Medical Equipment Loan Program

- Vision Screening Information
 - Fall Risk Assessments
- **Bone Density Scans Blood Pressure Testing**
- **Medication Education**
 - AlC Checks Vaccines
- - Fitness Opportunities Health Education Classes
- **Caregiver Support**
- **Hearing Assessments**
- Fall Prevention Education
- Freebies
- and MORE!
- **FOOD TRUCKS**

• Sun-E-Side Up breakfast and more

- Curbside Escapes coffee and specialty drinks





Goodwill easterseals **Total Health Care Pharmacy**

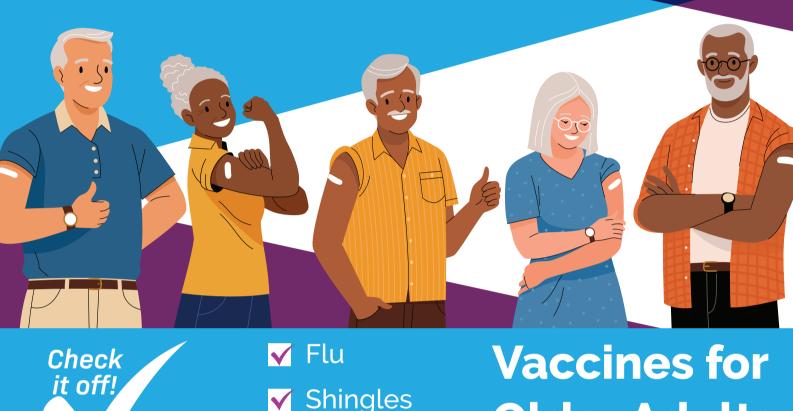
OHIO NORTHERN UNIVERSITY ALZHEIMER'S \\\ ASSOCIATION











accinated, Stay Healthy!

- ✓ Pneumonia
- **✓** COVID-19
- Know the facts, make a list, check it off, get vaccinated, stay healthy! **PNEUMONIA**

Pneumonia is caused by a bacteria or virus that infects the

lungs. Pneumonia can develop as a result of other illnesses

vaccine is recommended as a one-time vaccine for adults 65

and older. This vaccine is available through your health care

COVID-19 IMMUNIZATION

Consult your physician for eligibility

It is recommended by the World Health Organization that anyone who is eligible for the COVID-19 vaccination should

take it. The complete vaccination series of two doses and all

and is especially common in older adults. The pneumonia

1-time immunization

provider.

Older Adults

INFLUENZA (FLU) IMMUNIZATION Needed annually Getting an annual influenza (flu) immunization can prevent your risk of developing complications such as pneumonia, ear and sinus infections, and inflammation of the heart, brain and

available through your healthcare provider. SHINGLES IMMUNIZATION Consult your physician for eligibility Shingles are a reoccurrence of the chickenpox virus. While it may present mildly in younger children, the virus can be

other muscle tissues. Because influenza (flu) viruses change

with your immunizations. The influenza (flu) immunization is

both seasonally and annually, it is important to stay up to date

severe and potentially fatal in older adults. The immunization is recommended for people age 50+ even if you have had a previous infection. The vaccine is given in a two-dose series, with the second dose given 2-6 months after the first. 419.222.7723

aaa3.org 2423 Allentown Road, Lima, OH 45805

Collaborative powered by US/aina

eligible boosters are effective in preventing serious complications from the COVID-19 infection. This immunization is available through clinics set up for this purpose or through your health **AGING & DISABILITY** Vaccination



PUBLIC

Area Agency on Aging 📦 This handout is supported by the Administration for Community Living (ACL, U.S. Department of Health and Human Services (HHS)) through USAging as part of a financial assistance award to USAging totaling \$74,999,835 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by USAging, ACL/ HHS, or the U.S. Government.

Read and listen to books FREE

that either has difficulty getting to the local library or is unable to read due to failing eyesight.

Get the Libby App

Would they love to have access to eBooks, digital audiobooks, digital magazines, and videos? Introduce them to the Libby

Do you know of an avid reader



Reading! Bingocize - Tuesdays & Thursdays | Sept. 5 - Nov. 9, 2023 | 2-3 pm | Zion Lutheran Church, Allen County Tai Chi for Arthritis - Tuesdays & Thursdays | Oct. 3 - Nov. 22, 2023 | 9:30-10:30 am | Bluffton Senoir Center

MARK YOUR CALENDAR

· 25: Veterans Day at the Allen Co Fair

· 28-30: NAPSA Conference - AAA3 Presenting

·28: Disaster Preparedness Event @ 50 North

September:

August:

- · Healthy Aging Month · Pain Awareness Month
- · Falls Prevention Awareness Month · 4: Labor Day - Office Closed · 4-10: National Suicide Prevention Week

• 5-10: Hardin County Fair - APS/ADVC Booth

- · 8: Flu Vaccine Clinic at Hardin Co Fair · 11: National Day of Service · 16: Hancock County Community Health Fair
- · 17-23: Falls Prevention Awareness Week · 18: All Staff Meeting

· 19: Falls Prevention Awareness Day at AAA3

- · 19: Coleman's Health Services Vaccine Clinic · 22: Falls Prevention Awareness Dav
- · 25: Bluffton Senior Center Vaccine Clinic · 26: Coleman's Health Services Vaccine Clinic
- · 27: Lima Senior Center Vaccine Clinic · 27: Putnam Co Health Dept Flu Walk-in Clinic

· 29: Chicken/Rib Dinner at AAA3

- October:
 - · Breast Cancer Awareness Month · Domestic Violence Awareness Month
 - · 1: International Day for Older Persons · 2: Lima Senior Center Vaccine Clinic 9-12:30
 - · 3: AAA3 Staff Biometric Screenings 8AM-1PM · 3: Coleman's Health Services Vaccine Clinic · 4: Ottawa Public Library Vaccine Clinic
 - · 6: Aging 101 Seminar with Vaccine Clinic · 7: Putnam Kiwanis Club Health Expo

· 5: Drug Take Back Day at AAA3

· 9: Columbus Day - Office Closed

· 16: National Boss's Day

· 18-19: o4a Annual Conference

- · 10: Coleman's Health Services Vaccine Clinic · 10: Van Wert County Health Dept Flu Vaccine Clinic · 14: 50 North Health Fair with Vaccine Clinic
- 17: Coleman's Health Services Vaccine Clinic · 17: Van Wert County Health Dept Flu Vaccine Clinic

· 24: Coleman's Health Services Vaccine Clinic

- · 19: Trinity Lutheran Church Lunch & Learn · 24: Van Wert County Health Dept Flu Vaccine Clinic
- · 24: 50 North Presentation: Holiday Loneliness · 26: Van Wert YWCA Silver Sneakers Vaccine Clinic
- · 31: Coleman's Health Services Vaccine Clinic · 31: Van Wert County Health Dept Flu Vaccine Clinic

HEALTHY U & STEADY U are evidence-based programs

VP of Community

Become a Leader/ Coach

empowering participants to make decisions and set individual goals toward enhanced well-being and improved health. No teaching experience is required! **Allison Stehlik**

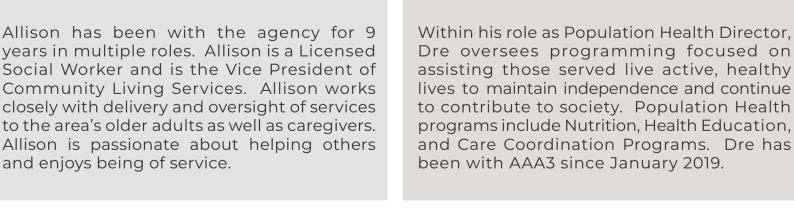
and enjoys being of service.

Join our team of committed,

caring leaders and make a

difference in your community.



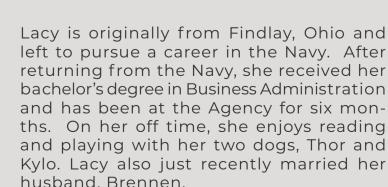




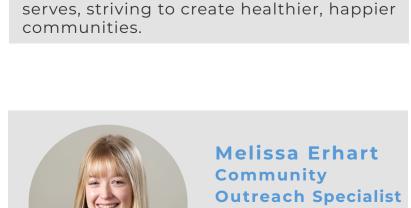


Ashlin has her bachelor's degree in Health and Wellness from Purdue University. She is certified from the American Council on Exercise in both personal training and health coaching. Ashlin enjoys all things health related and loves to educate and

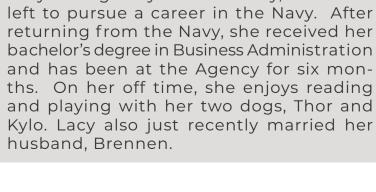
share her passion with the individuals she



Lacy Washam **CLS Project** Coordinator



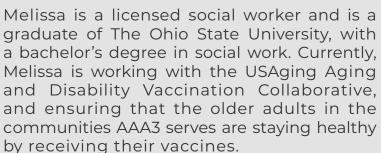
Melissa is a licensed social worker and is a graduate of The Ohio State University, with a bachelor's degree in social work. Currently, Melissa is working with the USAging Aging



ths. On her off time, she enjoys reading and playing with her two dogs, Thor and Kylo. Lacy also just recently married her

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

and Van Wert Counties 2423 Allentown Road, Lima, OH 45805 419-222-7723 • 1-800-653-7723



We are your senior resource connection in Allen, Auglaize, Hancock, Hardin, Mercer, Putnam.

www.aaa3.org