

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 entrance of the
Area Agency on Aging 3

Accepted Medications

- Over-the-Counter Pills
- Prescriptions
- Opioids

Cannot Accept

- Needles
- Liquids

Please bring items to be
destroyed in a sealed bag.



LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE

Overview:

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.



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

UPCOMING VACCINE CLINICS

ALLEN COUNTY

LOCATION	DATE	TIMES
•AAA3, 2423 Allentown Road, Lima	Sept. 19, 2023	9:00-11:00
•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	Nov. 7, 2023	10:00-4:00
•Coleman's Health Services, 799 S. Main St., Lima	Nov. 14, 2023	10:00-4:00

AUGLAIZE COUNTY

LOCATION	DATE	TIMES
•Auglaize Health Department,	Tues & Thurs	Appointment Only

HANCOCK COUNTY

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

HARDIN COUNTY

LOCATION	DATE	TIMES
•Hardin Co Fair Vaccine Clinic	Sept. 8, 2023	9:00-12:00

PUTNAM COUNTY

LOCATION	DATE	TIMES
•Putnam Co Health Dept Flu Walk-in Clinic	Sept. 27, 2023	9-11:30 & 1-4
•Ottawa Public Library	Oct. 4, 2023	1:00-5:00

VAN WERT COUNTY

LOCATION	DATE	TIMES
•Van Wert Co Health Dept	Oct. 10, 2023	4:00-6:00
•Van Wert Co Health Dept	Oct. 17, 2023	9:00-1:00
•Van Wert Co Health Dept	Oct. 24, 2023	9:00-1:00
•Van Wert Co Health Dept	Oct. 31, 2023	9:00-1:00

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

UPCOMING CLASSES:

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 Senior Center

MARK YOUR CALENDAR

- August:
- 25: Veterans Day at the Allen Co Fair
 - 28-30: NAPSA Conference - AAA3 Presenting
 - 28: Disaster Preparedness Event @ 50 North

- September:
- 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 Day
 - 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
 - 5: Drug Take Back Day at AAA3
 - 6: Aging 101 Seminar with Vaccine Clinic
 - 7: Putnam Kiwanis Club Health Expo
 - 9: Columbus Day - Office Closed
 - 10: Coleman's Health Services Vaccine Clinic
 - 10: Van Wert County Health Dept Flu Vaccine Clinic
 - 14: 50 North Health Fair with Vaccine Clinic
 - 16: National Boss's Day
 - 17: Coleman's Health Services Vaccine Clinic
 - 17: Van Wert County Health Dept Flu Vaccine Clinic
 - 18-19: o4a Annual Conference
 - 19: Trinity Lutheran Church Lunch & Learn
 - 24: Van Wert County Health Dept Flu Vaccine Clinic
 - 24: Coleman's Health Services 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

Area Agency on Aging 3
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
- A1C 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

Vaccines for Older Adults

Know the facts, make a list, check it off, get vaccinated, stay healthy!

- ✓ Flu
- ✓ Shingles
- ✓ Pneumonia
- ✓ COVID-19

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 other muscle tissues. Because influenza (flu) viruses change both seasonally and annually, it is important to stay up to date with your immunizations. The influenza (flu) immunization is available through your healthcare provider.

PNEUMONIA

1-time immunization

Pneumonia is caused by a bacteria or virus that infects the lungs. Pneumonia can develop as a result of other illnesses and is especially common in older adults. The pneumonia vaccine is recommended as a one-time vaccine for adults 65 and older. This vaccine is available through your health care 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 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.

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 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 care provider.

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aaa3.org

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AGING & DISABILITY
Vaccination Collaborative
powered by USAging

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Become a Leader/ Coach

Join our team of committed, caring leaders and make a difference in your community. HEALTHY U & STEADY U are evidence-based programs empowering participants to make decisions and set individual goals toward enhanced well-being and improved health. No teaching experience is required!

Allison Stehlik
VP of Community Living Services

Allison has been with the agency for 9 years in multiple roles. Allison is a Licensed Social Worker and is the Vice President of Community Living Services. Allison works closely with delivery and oversight of services to the area's older adults as well as caregivers. Allison is passionate about helping others and enjoys being of service.

Dre White
Population Health Director

Within his role as Population Health Director, Dre oversees programming focused on assisting those served live active, healthy lives to maintain independence and continue to contribute to society. Population Health programs include Nutrition, Education, and Care Coordination Programs. Dre has been with AAA3 since January 2019.

Ashlin Toland
Health Education Coordinator

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 serves, striving to create healthier, happier communities.

Lacy Washam
CLS Project Coordinator

Lacy is originally from Findlay, Ohio and left to pursue a career in the Navy. After returning from the Navy, she received her bachelor's degree in Business Administration and has been at the Agency for six months. On her off time, she enjoys reading and playing with her two dogs, Thor and Kyo. Lacy also just recently married her husband, Brennen.

Melissa Erhart
Community Outreach Specialist

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 and Disability Vaccination Collaborative, and ensuring that the older adults in the communities AAA3 serves are staying healthy by receiving their vaccines.

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We are your senior resource connection in Allen, Putnam, Hancock, Hardin, Mercer, Auglaize, and Van Wert Counties

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