

[Draft] Fw: The Advocate - Inspire, Educate, and Empower - Keep Informed

From

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**From:** Area Agency on Aging 3 <jmolaski@psa3.org>  
**Sent:** Monday, September 23, 2024 5:51 PM  
**To:** Allison Stehlik, LSW <astehlik@psa3.org>  
**Subject:** The Advocate - Inspire, Educate, and Empower - Keep Informed




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



**Fall Prevention Day**

AREA AGENCY ON AGING 3'S  
**FALL PREVENTION AWARENESS DAY & HEALTH FAIR**  
TUESDAY, SEPTEMBER 24th | 9-11AM  
2423 Allentown Rd. Lima, OH 45805

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.



## 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, applesauce, 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](#)

## Shred A Thon

**SHRED A THON**

**Friday, Sept 27th**  
**9:00 a.m. - 12:00 noon**  
at the Area Agency on Aging 3  
2423 Allentown Road, Lima  
(across from Walmart next to Tom Ahl)

Open to the public. Anyone living in the community is invited to drive-thru and dispose of any personal documents, check stubs, credit card offers, receipts, or any other paper materials that might contain personal information.

Secure Onsite Shredding Provided by:  
**WILTON KECK**  
INFORMATION DESTRUCTION  
RECYCLING

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

## 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!



Ohio Falls Prevention  
AWARENESS MONTH

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



[CLICK TO DOWNLOAD](#)

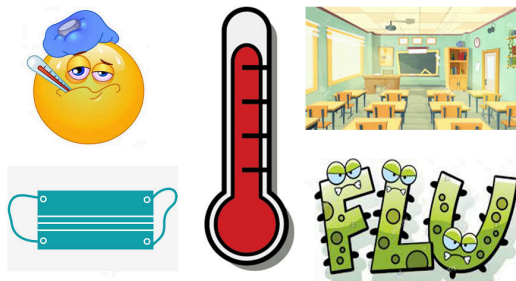
Accelwell is also doing a Step Challenge and doing a drawing. Download the Accelwell steps tracker here!

[Click to Download AccelWell Tracker](#)

## 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.

### *Seasonal Sicknesses*



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 6<sup>th</sup> at Family Fall Fest! Those attending the FAMILY FALL FEST will vote for their favorite!

The winner will be announced on Monday, October 7<sup>th</sup> 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 50<sup>th</sup> Anniversary Open House on October 9<sup>th</sup>.

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 16<sup>th</sup>!!

**Family Fall Fest @ AAA3**



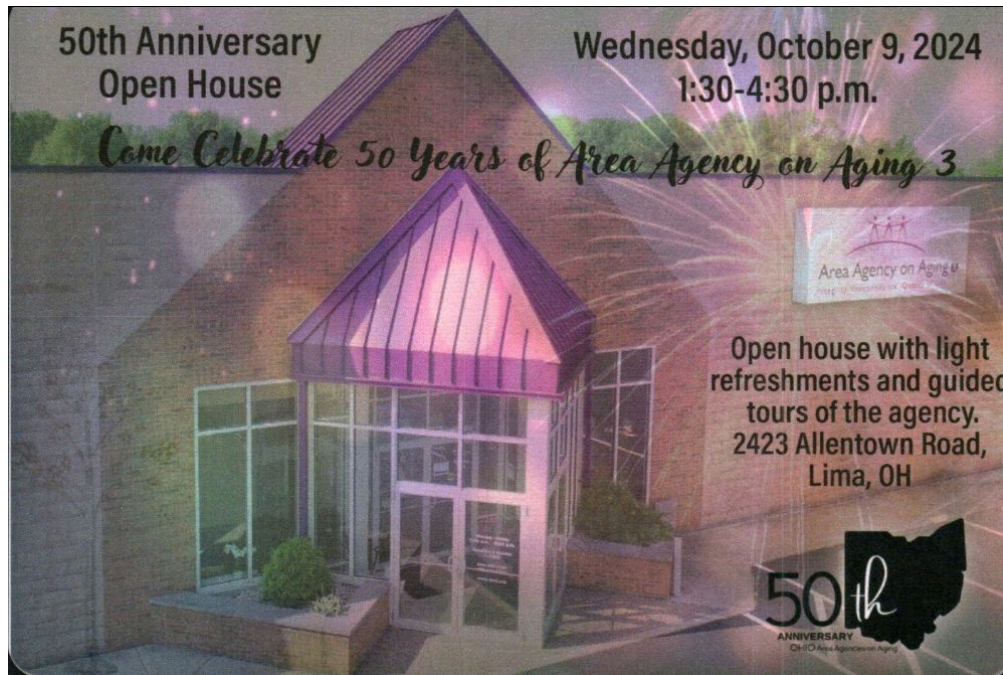
**Area Agency on Aging 3 will be having a Family Fall Fest on Sunday, October 6<sup>th</sup> from 1-4PM at the agency!**

**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.cognitofrms.com/AAA313/FamilyFallFest202>

**50th Anniversary Celebration**



We will be hosting a VIP luncheon for around 60 guests that have RSVP'd 11:30am – 1:30pm

Agency Open House will follow 1:30pm – 4:30pm. We have invited 150-200 guests and community members

Tours of the Agency will be given at the Open House so October 1st -8th if you are "In-Person" at the Agency we are doing Clean Up Days, please make sure your area and those around you are picked up and HIPPA items are not out or can be seen and desk areas are neat/organized!

## Coins for a Cause

10/1/2024 – 10/31//2024

Whichever team collects the most change wins a pizza party for your department!

- Administration will be left with Steph Lane
- CLS will be left with Allison Stehlik
- Aging in Place will be left with Beca Sheidler
- Fiscal will be left with Chris Karcz
- Compliance and Oversight will be left with Mary Steele
- Passport/Assisted Living/Assessors will be left with Ashley Lehmkuhle
- OHC/SRS will be left with Marianne Jahnz



Every penny counts so start collecting and drop them off when in the office. Even a penny could help change a life.....

**Free CEU from AAA3**

# The Intersection of Opioids, Stimulants, and Co-occurring Disorders with Older Adults



Registration is required. Space is limited!

For more information about the presenters or to register, go to [www.aaa3.org/intersection](http://www.aaa3.org/intersection) or scan the QR Code below.

Presented by:



Stages Behavioral Health



Area Agency on Aging  
Integrity. Independence. Quality of Life.  
419-222-7723 • [www.aaa3.org](http://www.aaa3.org)



CEUs are pending. Certificates will be emailed at the conclusion of the seminar within 7-10 days.

Funding for this conference was made possible (in part) by SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government. (Grant #5479T008a783-02 Program Name: State Opioid and Stimulant Response, Awarded from SAMSHA and CSAL, with pass thru entities of OhioMHAS and COA)

## Agenda:

- 8:30AM Registration
- 9:00AM Welcome
- 9:10AM Older Adults and Substance Use  
**Chuck Klevgaard**, CSPS Consultant Education Development Center
- 10:00AM Mental Health and Wellness with Older Adults – Part 1  
**Valerie Connoly Leach**, OCPC, Ohio Department of Mental Health and Addiction Services Manager of The Office of Community & Family Resiliency  
**Steven C. Gregory**, M.A., OCPSA, Project Manager and Adjunct Professor, St Mary Development Corporation  
**Sara Morman**, Elder Connections Division, Ohio Department of Aging
- 11:00AM Break
- 11:15AM Mental Health and Wellness with Older Adults – Part 2
- 12:00PM Lunch
- 1:00PM Multi-disciplinary Panel
- 2:00PM Break
- 2:15PM Action Planning  
(Landscape, Gaps, Partners, Goals and Action Steps)
- 3:15PM Reporting Out
- Closing

## Volunteers Needed

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

**September 27th** - Shred A Thon @ AAA3

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

**Wednesday, October 9:** Tour Guides for 50th Celebration Open House @AAA3 - 1-4:30PM

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





## Networking



### *Eat, Drink & Be Scary* OPEN HOUSE

**Thursday, October 17th • 4:00-6:00 pm**

Join us for spectacularly spooky drinks and appetizers.

Fantastic Door Prizes including the  
"Primrose Gift Card Tree" valued at over \$250.

Prize award for the best costume!

Meet our Management Team and current residents.

The office who has the most members of their team attend  
will win breakfast for their team.

The first 6 guests will receive a pan of our Signature  
Primrose Cinnamon Rolls.

Contact Cortney at (419) 233-3338 for more information.



**PRIMROSE.**

RETIREMENT COMMUNITIES

*Townhome Villas, Independent & Assisted Living*

Located next to the Senior Center • 3500 W. Elm St, Lima, OH

*this is living!*

PrimroseRetirement.com

**Register Now!**

## Trainings & CEUs

# SAVE THE DATE

# NO WRONG DOOR NETWORK

REGISTRATION COMING IN  
SEPTEMBER



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



THURSDAY  
OCT 3, 2024

8:30AM-NOON

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](#)



## BROOKDALE CONTINUING EDUCATION SERIES

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.

<b>OCTOBER</b>	<b>Loneliness and Social Isolation Interventions for Older Adults: Discovering Individualized Engagement Strategies</b> Camille Jordan, MSN, APRN, FNP-C, CDP, Senior Vice President of Clinical Services at Brookdale Andrea Henry, Divisional Director, Resident Engagement at Brookdale
<b>DECEMBER</b>	<b>Understanding Vicarious Trauma: Cultivating Healing and Resilience in Healthcare Professionals</b> 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](mailto:ahess@brookdale.com)**

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[brookdale.com](http://brookdale.com)

 **BROOKDALE**  
SENIOR LIVING

# 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. 23<sup>rd</sup>, 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](https://Cornerstoneofhopelima.org/Workshops)



**A PLACE OF HOPE FOR CHILDREN, TEENS AND ADULTS.**

2963 Blue Jacket Court, Lima, Ohio 45806 | 419-581-9138 | [cornerstoneofhopelima.org](https://cornerstoneofhopelima.org)

**Great Job - Kudos to you!**

-Kudos to Jessie Roberts! I received a Silver Birch request from CM Lisa Hayes requesting help with purchasing needed pain medications. For some reason when her clients spouse died, somebody at Social Security failed to update her file incorrectly and she lost her coverage for her prescriptions. I requested that Jessie reach out to her contacts to see if there is something that OSHIP could assist with on their end. Within a week of collaboration with OSHIP, SSA, and the Local JFS we were able to assist Lisa's client in getting everything fixed after she was told that it could take months! Goes to show that when there is a team behind you, you can move mountains! Way to go! Jessie showed initiative and again proven why she is the Medicaid and Medicare GURU!

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!

The logo for "The Advocate" features a stylized purple flower with three leaves and a yellow banner across its center containing the text "The Advocate".

The Advocate

## Congratulations

Congrats to Elizabeth (Liz) Bower on receiving her ODA Certification!



## New Addition



Marie Wohlgamuth welcomed a new grandbaby!

Beau Michael Burke was born Monday 9/9/2024 at 5:56pm. He is beautiful and was 6lbs / 19 <sup>3</sup>/<sub>4</sub> inches long.

## Wedding Bells



Kayla Croft, Nutrition Care Manager married Randy Wells on Saturday, September 21, 2024!

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Jacqi Lucke, CEO married Mickey Vanmeter on Saturday, September 7th, 2024!



Jolene Molaski, Director of Marketing & Communications married Dean Highley on Sunday, September 1st, 2024!

**Let's Celebrate**



**Happy belated birthday to:**

- 9/11 Vicki Ewing
- 9/13 LeAnn Rolland
- 9/14 Julie Mohler
- 9/15 Julie Rhodes
- 9/16 Michelle Kuhlman
- 9/17 Christine Schmerge
- 9/20 Dara Teasley
- 9/21 Ashley Reynolds

9/22 Kendra Patterson

**Upcoming birthdays:**

9/24 Steph Lane

9/26 David Luersman

9/26 Amy Gabringer

9/29 Beca Sheidler

9/29 Lena Renneker

10/2 Shelly Casey

10/4 Alissa Gremling

10/5 Jillian Domino

10/7 Tara Shaver



**Happy belated work anniversary:**

9/11/2023 Rae Snare - 1 year

9/25/2023 Jennifer Roberts - 1 year

9/25/2023 Shelly Casey - 1 year

9/25/2023 Meghan Meyers - 1 year

9/25/2023 Julie Mohler - 1 year

9/25/2023 Lauryn Mason - 1 year

**Upcoming anniversaries:**

10/1/1999 Amber Adkins - 25 years

10/1/1999 Amy Craig - 25 years

10/3/2016 Emily Ball - 8 years

10/3/2022 Taira Williams - 2 years

10/4/2021 Julia Mason - 3 years

10/11/2022 Cindy Obermyer - 2 years

10/11/2022 Kimberly Birkemeier - 2 years

## On the Calendar

**September:**

- Healthy Aging Month
- Falls Prevention Awareness Month
- National Suicide Prevention Month
- 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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Area Agency on Aging 3  
2423 Allentown Rd  
Lima, OH 45805-1711

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