

Kerr Tar

Area Agency on Aging
Newsletter

January 2017



Kerr Tar Area Agency Of Aging— We're Here For You

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Our Vision: The Kerr Tar Area Agency on Aging (AAA) will be the source for leadership, advocacy, planning and information to ensure the provision of services to build livable and senior friendly communities that are prepared to meet the challenges of a growing aging population.

The scope of the program is broad and flexible to enable and maintain the quality of life for our seniors. We provide assistance for older adults age 60 and better who need information, desire the benefits offered by a certified multipurpose senior center, need assistance to remain in their own homes, or who need advocacy if living in a long-term care facility.

In addition, we are a resource center offering assistance or training support for their caregivers or other family members.

Kerr Tar AAA is guided by a four-year Regional Area Plan on Aging, and supported by the Regional Aging and Advisory Council.

“There is a fountain of youth. It is your mind, your talents, the creativity you bring to your life and to the lives of your loved ones. When you learn to tap this source- you will truly have defeated age.” -Sophia Loren

Important Dates:

- 01/05 Person County Aging Plan Steering Committee Meeting
- 01/17 Project Care Outreach at Granville County Senior Center in Oxford
- 01/18 Project Care Outreach at Vance County Senior Center

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Serving Franklin, Granville,
Person, Vance and Warren
Counties.



Warren County Senior Center—Senior Center of Excellence

Congratulations!! As a result of the hard work and dedication of the staff and volunteers, the NC Division of Aging and Adult Services has recertified the Warren County Senior Center as a **Center of Excellence**. The certification is valid for five years, October 1, 2016 to September 30, 2021.

Commendations cited by the review team included how having the Retirement Activities Programs for Individuals with Developmental Disabilities (RAPIDD) onsite contributed to increased diversity at the center. Also, it was noted that the staff is sensitive and responsive to the concerns and interest of the participants.

Participation rates continue to rise every year at the senior center. This is a testimony of the outreach and activities they are doing to continue to attract more participants.

Keep up the good work!



Center of Excellence

Kerr Tar AAA Assists SHIIP -Senior Health Insurance Information Program with Open Enrollment

Medicare Part D Open Enrollment ended in December. The Kerr Tar AAA assisted the Franklin County Department on Aging with its first Open Enrollment Event. Medicare beneficiaries came to the Louisburg Library to research and enroll in new prescription drug plans. Every year, starting in October through December 7, beneficiaries can choose plans that are cheaper, have little to no premium costs or they can continue to remain in their current plan. This matters because older adults often take more than one prescription drug, prescriptions may change and drug insurance plans often change how they pay for medications.

As of December 6, we have assisted nearly 57 Medicare beneficiaries within the Kerr Tar Region, with a total savings of \$6,274. Eight seniors in Franklin County saved \$791 in drug plan costs, 27 Vance County seniors saved \$4,241 and Granville County serviced 23 beneficiaries with a costs savings of \$1,234.





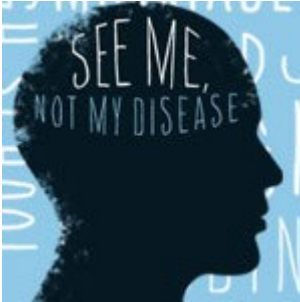
Melissa's Journey on the Virtual Dementia Tour

In May of 2014, the AAA used extra funds for the Virtual Dementia Tour. I had only heard about the program and knew very little about it. It was a dementia simulation, and I figured that it would have an impact on family and professional caregivers.

I contacted the owner of the program, Second Wind Dreams, to order a kit for our agency to use. Second Wind Dreams had changed their requirements and in order to buy a kit, I had to attend facilitator training in Rock Hill, SC. I went to the training and was amazed. In all of the dementia trainings I had been through, none of them affected me like the Virtual Dementia Tour. I came back from my training very excited to put a tour together and see if others felt the way I did about it. The first group I sent through the tour consisted of my co-workers. The results were amazing! Every time I conducted a tour, I felt like I was truly making a difference in how people treat their loved ones and patients living with dementia. When we had three employees from the Henderson Dispatch come take the tour, my co-worker, Sheila Brown said that we were turning sympathy into empathy. "Turning Sympathy Into Empathy" was the headline of the article in the paper the next day. I still use that phrase when I conduct tours today.

"Turning Sympathy into Empathy"

In the summer of 2015, a grant was written to expand the Virtual Dementia Tour in our region. After many successful tours, I had the desire to become a Certified Trainer with Second Wind Dreams so I would be able to train more facilitators to conduct the tours. A personal goal of mine was to get this program into the nursing facilities, so staff would better understand their residents with dementia. With a grant from Triangle North Healthcare Foundation, I was able to send 71 individuals through the tour, which is quite a few more than anticipated. Of these 71, 62 were either professional or family caregivers, two were Law Enforcement Officers, three were EMS providers, two were just interested in the tour, and five were facilitator trainees. The goal was to train two facilitators and purchase the kits for them. We were able to train five facilitators and buy each one a kit. The new facilitators are planning to set up tours in two nursing facilities in the region: Kerr Lake Nursing and Rehabilitation in Henderson, and Brantwood Nursing Facility in Oxford. It is my hope that this program will touch every family in our region living with this disease and ultimately improve the care that people with dementia receive.



-Melissa Catlett
Family Care Giver Specialist





Monitoring Hot Topic: Nutrition Monitoring

Kerr Tar AAA has entered monitoring season and several senior centers will be monitored for the Nutrition Program. The NC Division of Aging and Adult Services expects local programs to maintain the highest quality of service delivery possible with a sanitation grade of "A" or 90%. We will assist and train to help you meet these standards when deemed necessary but please make sure you are doing all that is required to ensure compliance. Temperature control is a part of the risk management procedures that an agency undertakes to protect all parties. There are clear challenges in maintaining temperatures in Older Americans Act nutrition programs. Challenges include the length of time between preparation and serving, the adequacy of equipment for maintaining temperatures, the number of people involved in handling and distributing meals, and the distance between drop-off points and clients. Sometimes a lapse in procedures may lead to unpalatable food, and other times it may lead to foodborne illness. For this reason, all nutrition programs are required to document food temperatures and adhere to other risk management procedures, including the following:

- ⇒ End of preparation time for food not prepared on-site and arrival time at the drop-off location must be documented. Even though there are no time requirements between end of food preparation and meals being dropped off, this is basic documentation for the line of control and responsibility for meals should there ever be a question related to foodborne illness in connection to the nutrition program meals.
- ⇒ Packaging and transport equipment must maintain appropriate food temperatures.
- ⇒ If congregate sites use warming or refrigeration equipment prior to serving food, then temperatures must also be taken and recorded at the time food is delivered.
- ⇒ All hot food must be at least 135°F and all cold food 40°F or below at the time it is delivered or served to a participant.
- ⇒ Time and temperatures must be taken just prior to serving congregate meals.
- ⇒ Temperatures must be recorded for each food item on a menu, except bread products, crackers, cake, fresh fruit, and fruit cobblers.
- ⇒ Home-delivered meals packaged at nutrition sites must be packaged before congregate meals are served, placed in insulated containers, and transported immediately. All home-delivered meals pre-plated by a caterer must be individually packaged, packed, and transported immediately.
- ⇒ Temperatures must be taken at least once per month on each nutrition route. The nutrition program should evaluate whether it is more feasible to order an extra meal for the temperature check or to train staff to take the temperature from a participant tray without contaminating the food.
- ⇒ All temperature records must be maintained for audit.
- ⇒ If food temperatures are out of compliance at the time it is delivered to a home-delivered meal participant, corrective action plan must be implemented and documented. Possible solutions may include redesigning shorter routes, using heat stones, or using better equipment. Food must be served to the public within two hours of completing the cooking process or when food is otherwise removed from required temperature controls. With prior approval from the Health Department, this provision allows a specified food item to be served below 135°F or above 40°F as applicable, but all of the unserved food must be thrown out after two hours.



Person County Aging Plan Steering Committee

Kerr Tar Area Agency on Aging is assisting Person County Senior Center staff in developing its Person County Aging Plan. Two public meetings were completed in August and September and some interesting data has been collected.

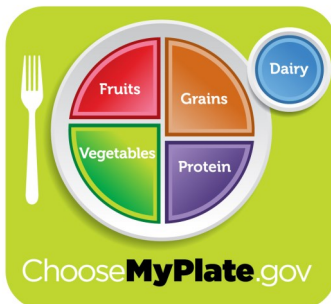
We are now forming a Steering Committee for some much needed guidance in proceeding with a strategy that is useful to the Person County community. We have reached out to leaders in Person County from our Regional Aging and Advisory Council, aging service providers, as well as AAA staff. If you know additional leaders who are willing to serve on this committee, please let us know!

We would appreciate the whole community of Person County to come together to help build a strong community for all. Our first Steering Committee meeting is scheduled for Thursday, January 5, 2017 from 3:30p.m. - 5:00p.m. at the Roxboro Senior Center, 309 Long Avenue, Roxboro.



Healthy Eating

Kerr Tar Area Agency of Agency was awarded with a \$2,500 Triangle North Health Foundation Grant for Healthy Eating For Older Adults. Healthy Eating™ is a program for seniors age 60 and better who want to learn more about how nutrition and lifestyle changes can promote better health. The program focuses on heart and bone healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression.



Healthy Eating™ uses the USDA's MyPlate™ as a framework. The main components of the program include:

- Self-assessment and management of dietary patterns by each participant
- Goal setting, problem solving, group support, self-monitoring and other behavior change strategies
- Education through both group interaction and the expertise of a Registered Dietitian/Nutritionist, when needed
- Group support



Brochures regarding this program will be available at the area senior centers. Melissa Catlett and Jillian Hardin will facilitate the training and workshops. Workshops begin in May. If you are interested in this FREE workshop, contact the AAA. We are registering for workshops in May and June 2017.



Director's Corner

We hope you all enjoyed a Merry Christmas and Happy New Year! The AAA team is looking forward to a happy, healthy and productive 2017! We are officially fully staffed. Suja Jacob serves as Program and Marketing Manager. You will also see her during our monitoring visits this season. In addition to marketing programs and initiatives, Suja also prepares our AAA press releases and coordinates our newsletter.

Colleen Puceta serves as the Aging Projects Coordinator. In this role, Colleen will coordinate the Evidence Based Health Promotion programs, these include Living Healthy, Living Healthy with Diabetes, Pain Self Management and A Matter of Balance. If you are interested in being trained or would like to host one of these great workshops, call Colleen! In addition, Colleen is getting certified as an Options Counselor and will coordinate the Local Contact Agency (LCA). In this role, she will respond to referrals from long term facility residents who want to transition back into their community. We plan to provide more education and outreach about the LCA this year.

We are in monitoring season! Melissa, Suja and I plan to monitor Home and Community Care Block Grant funded programs such as Nutrition, In Home Aide and Transportation. It is my goal to schedule quarterly service provider meetings to educate, discuss and learn about how you all manage and implemented change to your new and older services. I'm excited about the provider meetings as it's a time where you can share your knowledge with other providers throughout the region as well as our staff.

Please be sure to attend, and encourage your county RAAC/STHL representatives to attend, the February 8th RAAC/STHL meeting. Our guest speaker will be Mary Bethel. Mary will present on How to be an Effective Advocate! She has a wealth of knowledge and experience as a former employee at the Division of Aging and Adult Services, AARP and recently the President of the North Carolina Coalition on Aging.

We ended the year on a high note. The AAA received a grant from Triangle North Healthcare Foundation to implement a new Evidence Based Health Promotion program called Healthy Eating for Successful Living in Older Adults. This nutrition program is designed for diverse community-dwelling adults age 60 and better. The overall goal of Healthy Eating is to increase self-efficacy and general well being by improving participants' knowledge of nutritional choices that focus on heart and bone healthy foods as well as supportive physical activities. Goal setting, problem solving and self-monitoring are used to optimize individual behavior change. If you want to be trained in this program contact Melissa Catlett.

Finally, the AAA received a National Association of Development Organizations (NADO) Innovations in Aging Award for the Elder Abuse Awareness Walk. The walk, held in Person County last year, serves to educate the community about elder abuse, scams and abuse prevention. More than 150 individuals walked 80 laps for Elder Abuse Awareness. We look forward to the walk this year. For more information call Kim Hawkins.

We thank you for all that you do to serve the older adult population in your counties and we look forward to working with you in 2017!

Jillian Hardin



North Carolina Senior Tar Heel Legislature



Vacancies in Senior Tar Heel Legislature (STHL) and Regional Aging Advisory Committee Council (RAACC)

The purpose of the Senior Tar Heel Legislature is to advise and inform the North Carolina General Assembly regarding issues impacting the lives of persons aged 60 and over in North Carolina. Senior Tar Heels attend regional meetings and state meetings. It is during these meetings where members become knowledgeable about the needs of older adults in their respective counties, and advocate with local and state public officials on behalf of older adults.

One delegate and one alternate represent each county in North Carolina.

Franklin County - Alan Greer, Delegate
Alternate, Vacant

Granville County - Delegate, Vacant
Alternate, Vacant

Person County - Robert Allen, Delegate
Alternate, Vacant

Vance County - Leslie Baskerville, Delegate
Sandra Butler Tubbs, Alternate

Warren County - Charles Jefferson, Delegate
Alternate, Vacant

The purpose of the Regional Aging and Advisory Committee (RAAC) is to assist the Area Agency on Aging (AAA) staff to provide direction for programming and services for the population aged 60 and over, their caregivers and individuals with disabilities throughout the nine county region. If you would like to nominate yourself or someone you know, please contact Kerr Tar Area Agency on Aging for consideration. The 2017 RAAC/STHL Quarterly meeting schedule is as follows:

Wednesday February 8
Wednesday May 10
Wednesday August 9
Wednesday November 8

Meetings times: 2:00 p.m. - 4:00 p.m.
Location: Kerr Tar COG, Graham Avenue, Henderson

Why Advocate?

“Unless someone like you cares
a whole awful lot, Nothing is
going to get better. It's not.”
- Dr. Seuss, *The Lorax*





Local Contact Agency

The Local Contact Agency (LCA) is a local community organization responsible for providing community support options counseling to nursing home residents. The Kerr Tar AAA serves as a Local Contact Agency. Jillian, Melissa and Colleen can coordinate face to face conversations with persons living in a long term care facility, their point of contact or family members as appropriate once a referral has been made. Nursing facilities can make a referral when a person residing in a nursing facility indicates an interest in speaking to someone about the possibility of returning to the community. They should call the toll free state referral line and the call center staff will forward the facility's referral to the appropriate local agency for a face-to-face follow up meeting with the interested person.

Who Could Benefit from Options Counseling? Someone who:

- * Plans to retire and wants to discuss options to sustain health, wellness, and independence.
- * Returns home from a rehab center following a spinal cord injury.
- * Has increased difficulty managing household tasks such as cooking, cleaning, shopping, but wants to remain at home.
- * Must decide whether to move in with family, move to an apartment, or move to an assisted living.
- * Supports an adult with a disability, and wants to make plans in the event of being unable to continue providing care.
- * Wants to begin planning for the future personal and family needs after a recent diagnosis of early-onset Alzheimer's disease.

Options counseling uses person-centered practices rooted in listening to what the person wants and provide decision-support so that an individual can make informed decisions about appropriate long-term services and supports options. The State Referral Line is 866-506-6223.



Respite Vouchers Available for Caregivers in Need

Duke Family Support Program and Kerr Tar Area Agency on Aging are teaming up for two events in January to distribute respite vouchers to families caring for individuals with dementia. The first event will be held on Tuesday, January 17th at the Oxford Senior Center, 107 Lanier St, Oxford, NC. The second event will be on Wednesday, January 18th at the Vance County Senior Center, 126 S. Garnett St, Henderson, NC.



Janeli Smith and Bobbi Matchar from the Duke Family Support Program will meet with caregivers of loved ones with dementia and offer counseling, education and/or respite vouchers. Funding for these events are provided by Project C.A.R.E. Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is the only state-funded, dementia-specific support for families who take care of individuals with Alzheimer's disease or related dementias.

Respite vouchers are issued in amounts up to \$500 per voucher. Caregivers receive a reimbursement for respite services upon receipt of completed signed record of respite (time sheets). Respite services may include in-home care, adult day care, group respite, institutional care, companion care or other emergency respite. Call Melissa Catlett, Family Caregiver Specialist at 252-436-2040 to make an appointment for one of these events.

Upcoming Events

January 4	1st Wednesday of every month Caregiver Support Group, 12:00 behind Granville Medical Center in the Educational Classroom. Bring your lunch!
January 5	Person County Aging Plan Steering Committee Meeting
January 10	2nd Tuesday of every month Caregiver Support Group, 5:00pm Warren County Senior Center
January 17	Project Care Outreach at Granville County Senior Center in Oxford
January 18	Project Care Outreach at Vance County Senior Center
January 23-27	Monitoring Visit for Warren County DSS
January 30-February 3	Monitoring Visit for Person County Senior Center Services
Coming Soon!	Senior of the Month Feature in every future newsletter. Please forward nominations to Suja Jacob at sjacob@kerrtarcog.org .
Coming Soon!	Senior Center of the Month. One Senior Center will be highlighted in each newsletter.