



Powered by Connection

[ACL.gov/OAM](https://acl.gov/OAM)
#OlderAmericansMonth



POWERED BY CONNECTION: MAY 2024

POWERED BY CONNECTION 2024

61 YEARS OF CELEBRATION

In 1963, President John F. Kennedy and the National Council of Senior Citizens created a month-long theme dedicated to the older generation called Senior Citizen Month, which was honored for the entire month of May.

Then in 1980, it was renamed by President Jimmy Carter as Older Americans Month. Older Americans Month is a month dedicated to celebrating and paying tribute to citizens that are 65 years or older across the nation.

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- The background features a large, abstract geometric design. It consists of several overlapping triangles in shades of olive green, light green, and red. A solid dark blue circle is positioned on the right side, overlapping the red and light green areas. The text is arranged in a list format on the left side of the page.
- Established in 1963
 - Celebrated every May
 - Led by a Federal Agency/Administration for
Community Living
 - Time to recognize older Americans'
contributions
 - Reaffirms our commitments to serving older
adults in our communities
 - Highlighted aging trends

**IN 1961 THERE WERE
17 MILLION PEOPLE AGE
65 OR OLDER AND IN
2023 THERE WERE
72 MILLION PEOPLE AGE
65 OR OLDER IN THE
UNITED STATES**



**BY 2030 , FOR THE FIRST
TIME - SENIORS 65 AND
OLDER WILL OUT NUMBER
CHILDREN 18 AND UNDER
IN THE
UNITED STATES**

**THIS YEAR'S THEME
FOCUSES ON THE PROFOUND
IMPACT THAT MEANINGFUL
CONNECTIONS AND
RELATIONSHIPS HAVE ON
THE WELL-BEING AND
HEALTH OF OLDER ADULTS**

**OLDER
AMERICANS
MONTH**



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RELATIONSHIP

It's not just about having someone to chat with.

It is about the transformative potential of community engagement in enhancing mental, physical, and emotion well-being.



CONNECTEDNESS

We must recognize and nurture the role that connectedness plays.

Connectedness can mitigate issues like loneliness and social isolation, ultimately promoting healthy aging for more Americans.

HOW CAN COMMUNITY GROUPS, BUSINESS, AND ORGANIZATIONS MARK OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths

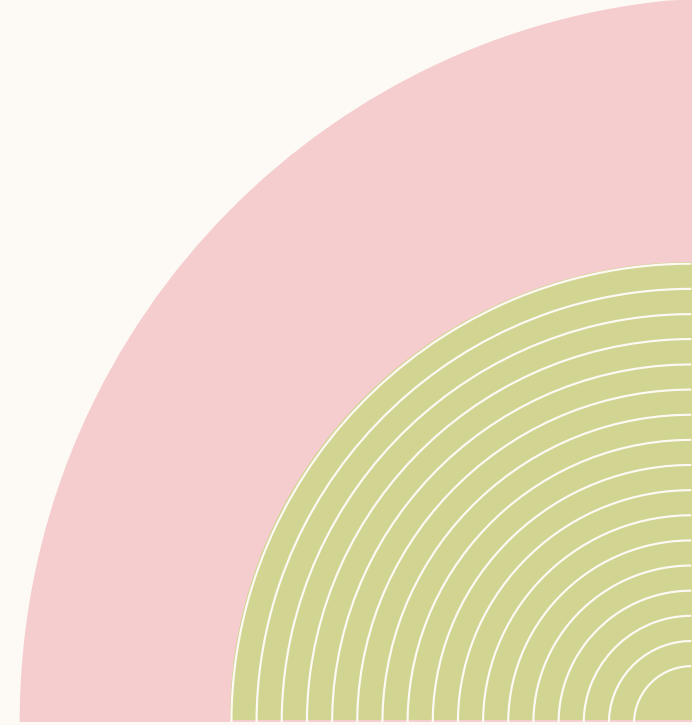
WHAT CAN INDIVIDUALS DO TO CONNECT?

1. Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community
2. Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring
3. Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors

IMPACT

Older Americans Month helps look at how our elders can remain independent. That's so crucial for so many of us. Being independent helps us keep a level of self-respect and confidence. To encourage this, especially with this year's Powered by Connection theme, there is a heavy emphasis to eliminate social isolation and loneliness.

While OAM is an opportunity to focus on the positive contributions of older people in our community, it also seeks to ensure that the Older American Act is adhered to by society.





OLDER AMERICANS MONTH

It's about more than just the 'history' of Older Americans Month; it is a celebration of all we can learn from our elders and their experiences. In that way, OAM aims to support building communities of strength and diversity – where young and old alike can enrich one another's lives through the

Power of Connection.

FINAL TIPS & TAKEAWAYS

- Recognize the contributions of older Americans
- Reaffirm our commitments to serving older adults in our communities
- Making meaningful connections and relationships impact the well-being and health of older adults
- Businesses, Community Groups and Organizations can help spread the word about OAM through social media and other events
- Individuals can help spread the work by involving themselves in their community through volunteering, work, teaching and mentoring. Also, investing time to build meaningful relationships
- OAM help us remember what all seniors have done in the past and how to help them later in life

EODD AREA AGENCY ON AGING



The mission of EODD AAA is to improve the quality of life for all persons age 60 and older and their Caregivers. We also strive to promote independence and dignity for all senior citizens in our service area through advocacy, education and support of community based services.

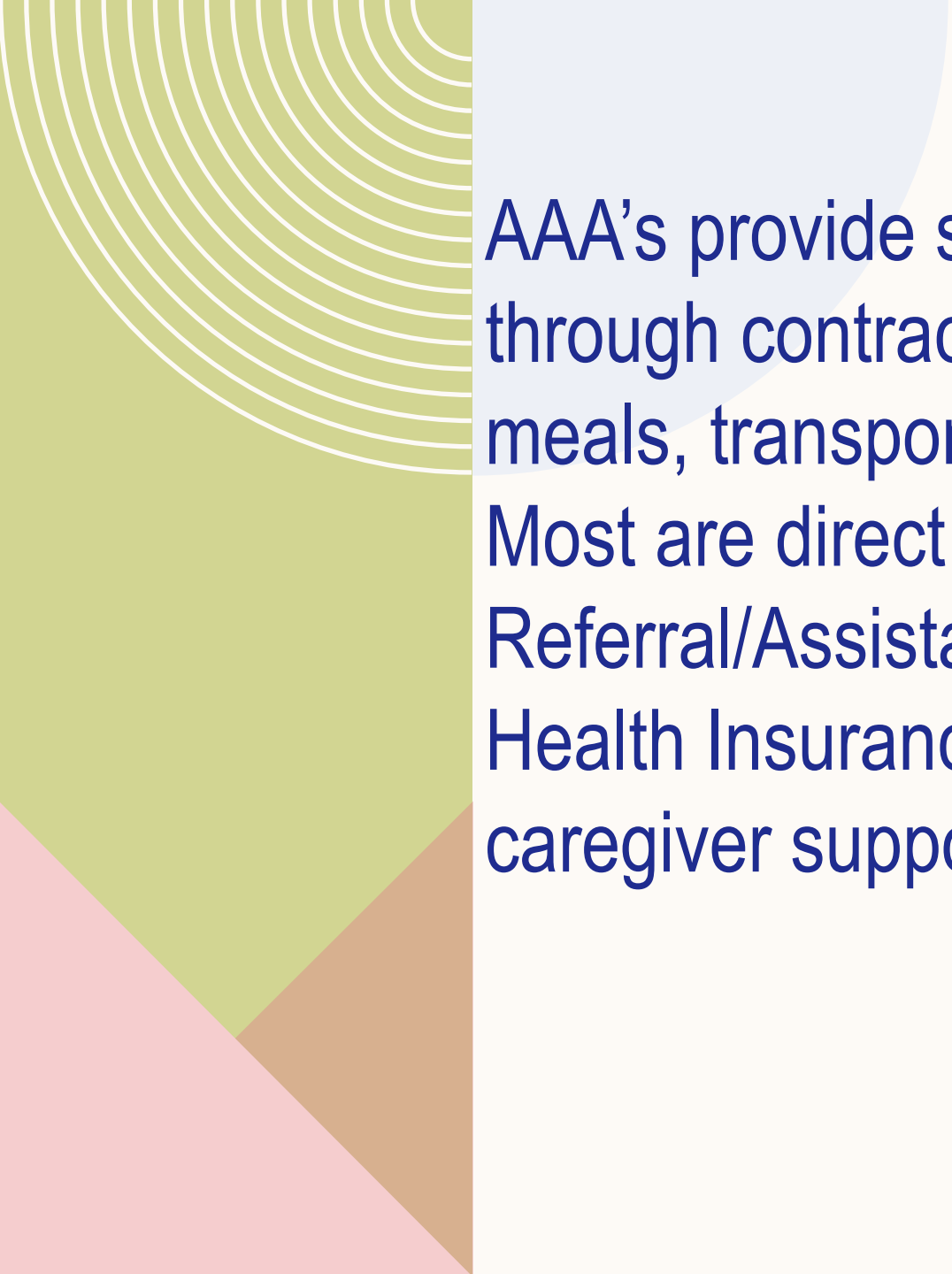
Area Agencies on Aging are all throughout the United States. They are housed within the development districts of an area and each are assigned a district.

Ours is *Eastern Oklahoma Development District* which serves *Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah and Wagoner Counties*

There are over 600 AAAs in the United States and 56 State Units on Aging.

HOME CARE BASED SERVICES

Because HCBS cost a fraction of the cost of institutional care options like nursing homes and skilled care facilities, bringing services to people where they live helps them save their own and government resources, making this a more sensible approach from a fiscal and human perspective. AAAs play a critical role in ensuring the development of HCBS options in every community! Here's how they do it . . .



AAA's provide some services directly and others through contracts with local service providers for meals, transportation, and in-home services.

Most are direct providers of Information and Referral/Assistance, Case management, State Health Insurance Program certified, and family caregiver support programs.

I & A SPECIALIST

Information and Assistance is the initial contact through the Caring Assistance Line 1-800-211-2116. There are I&A's in every Area Agency on Aging or AAA in each assigned district throughout Oklahoma and other states. I&A's assist senior adults age 60+ with questions, information on services in their area and provides referrals for services they may not be aware of and keeping an up to date resource directory.

Helping seniors stay safely in the home!



CAREGIVER

If you provide in-home care for a family member or loved one age 60+, or are a senior age 55 or older who is raising a relative child under the age of 18, you may be eligible for assistance through the Caregiver Program.

<u>Assistance may include</u>	<u>VOLUNTARY Recommended donation</u>
✓ Respite Vouchers (break for the caregiver)	(\$1 per hour)
✓ Caregiver Training	(\$5 per session)
✓ Support Groups	(\$5 per session)
✓ Information and Referrals	(\$5 per event)
✓ Access Assistance	(\$2 per contact)
✓ Supplemental Services	(\$2 per person)

OUTREACH

In-home assessments are conducted for referral of services such as home-delivered meals, caregiver, homemaker, transportation, nutrition counseling, health promotion and legal aid. Our goal is to connect seniors 60 years and older in the EODD AAA service area with service to meet their needs, now and in the future.

NUTRITION SERVICES

NUTRITIOUS MEALS ARE SERVED 5 DAYS PER WEEK (EXCLUDING FEDERAL HOLIDAYS) AT 21 TITLE III FUNDED NUTRITION CENTERS IN THE EODD SERVICE AREA. MOST CENTERS OFFER A VARIETY OF ACTIVITIES SUCH AS QUILTING, DOMINOES, TREADMILLS, BINGO, CARDS, MONTHLY HEALTH SCREENINGS AND WII VIDEO GAMING FITNESS PROGRAMS TO NAME A FEW.

EODD HAS COMMUNITY EXPANSION OF NUTRITIONAL ASSISTANCE (CENA) SITES ARE OPERATED THROUGH THE DEPARTMENT OF COMMERCE. UNLIKE THE TITLE III SITES, THEY CAN CHOOSE THE DAYS AND TIMES OF THEIR MEALS AND DON'T HAVE TO FOLLOW THE SAME MENU PLAN. WE HAVE 20 CENA SITES IN OUR DISTRICT.

HEALTH PROMOTION AND DISEASE PREVENTION FOR SENIORS

Health education and training through evidence-based programs is provided for seniors throughout the seven (7) county EODD service area and may include health screenings, organized physical fitness activities, home injury control, and /or prevention strategies for chronic disease and other conditions that hinder quality of life for seniors.

LEGAL AID SERVICES FOR SENIORS

Legal counseling and assistance is available to persons 60 and older without regard to financial circumstances.

Many types of representation for seniors may be available in cases such as: Wills, Debt Collection, Credit Problems, Medicare, Public Housing, Social Security, Veteran's Benefits, Guardianships and Power of Attorney.

LONG-TERM CARE OMBUDSMAN

The purpose of the Long-Term Care Ombudsman Program is to help improve the quality of life and the quality of care available to older residents living in Long-Term Care Nursing Homes, Assisted Living, and Residential Care Homes.

They advocate for the rights of residents in all facilities and attempts to resolve those complaints or issues of concern.

Seniors have the right to be free from neglect, exploitation, emotional or physical abuse.

Volunteers are always needed! Free training is provided!

MASONIC GRANT

Each January the Masonic Charity Foundation of Oklahoma awards each Area Agency on Aging (AAA) funding to distribute throughout the Calendar year to seniors age 55 and older to help them fill needs without other resources. Minor Home repairs could help them remain safely in their homes.

Seniors 55+ can apply for the grant and return the one page application with necessary documents based on the type of assistance requested.

For a minor home repair – application, pictures, proof of homeownership, and a repair estimate. (Roof and exterior damage is not included)

Applications are available to any senior 55+ regardless of income.

Funds are awarded first come, first served based on complete applications received.

Funding typically runs out well before year end.



MEDICARE ASSISTANCE PROGRAM

We are a State Health Insurance Plan (SHIP) certified agency

MAP assistance:

- ✓ Aging In to Medicare (three months before birth month, the month of, and three months after 65 birthday).
- ✓ Comparing Part D Prescription Plans during Open Enrollment (October 15-December 7 every year)
- ✓ Assisting Seniors 65+ who may have missed their initial enrollment period .

SENIOR MEDICARE PATROL (SMP):

2024 Premiums: Part A - Free to most, B - \$174.70

2024 Deductibles: Part A - \$1,690, B - \$240

- ✓ Helping seniors on Medicare read their Medicare Summary Notices (MSNs) or their Explanation of Benefits (EOBs) to help them better understand them.
- ✓ To affirm no charges were made to their Medicare plan by error or fraud and help in reporting them.

EXTRA HELP:

- ✓ Assist seniors in signing up for LIS/Extra Help and Medicare Savings Plan (MSP) to help them put additional monies they may qualify for back in their Social Security Checks.



THANK YOU

Janet Bowen, Information &
Assistance

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