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May 2023

ISSUE 7

# THE SCOOP

## FROM GREEN RIVER AREA AGENCY ON AGING & INDEPENDENT LIVING

### Upcoming Meetings ◆ Open to All



#### Family Caregiver Support Group

The Family Caregiver Support Group will meet Thursday, May 4<sup>th</sup> at 1:00 p.m. at the GRADD office. For more information and to register before coming the first time, please call (800) 928-9094.



#### Mental Health & Aging Coalition

The Green River Mental Health & Aging Coalition will meet **March 25<sup>th</sup>** at 10:00 a.m., at the GRADD office.



#### Aging Council

The Green River Area Council on Aging will meet **Tuesday, June 6<sup>th</sup>** at **10:00 a.m.** at the GRADD office.



FEED SENIORS NOW<sup>®</sup>



GRADD and Independence Bank employees delivered groceries from the annual food drive on April 19<sup>th</sup>. A total of 444 seniors were served throughout the district, with the county breakdown as follows:

Daviess - 274

Hancock - 13

Henderson - 87

McLean - 55

Webster - 15

Jeannie Quattrocchi & Dana Garret, GRADD Community & Economic Development Staff



Learning on the go: Trualta's 5 minute caregiving modules can be opened on any device - no app required!

Register Now!  
**1-800-928-9094**

Nancy Williams & Lee Ann Edmonson, GRADD Social Services Staff



Atmos Energy Employees



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

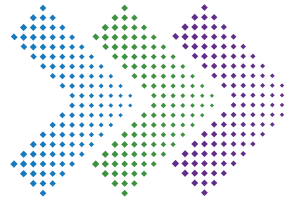
This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

In addition to senior centers, local libraries may offer an opportunity to connect with others through fun and educational activities, as well as provide volunteer opportunities.



# Activities Celebrating OAM



## Daviess County

- May 5 Tea Party
- May 19 OAM Brunch

## Hancock County

- May 16 Bingo & Live Music with Kelley Turley

## Henderson County

- June 1 Music, Dancing, & Refreshments

## McLean County

- May 3 Island Senior Center - Honk for Seniors
- May 16 Livermore Senior Center - Walk with Seniors
- May 23 Carnival at Livermore City Hall

## Ohio County

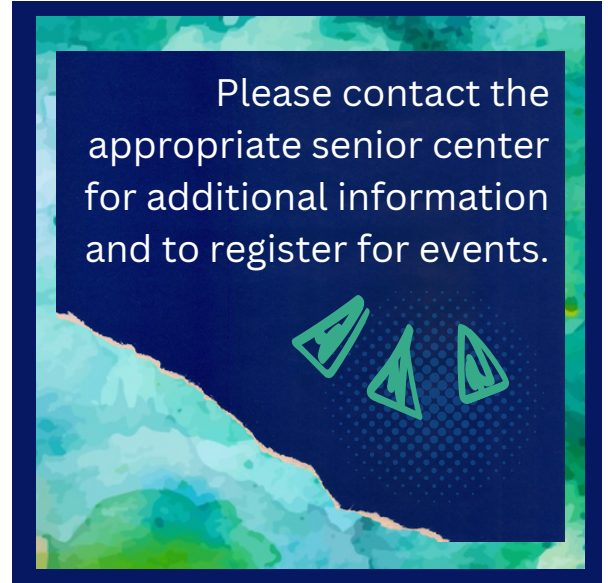
- May 4 Pot Luck & Movie
- May 10 Health Fair

## Union County

- May 2 Older Americans Month Celebration
- May 5 Health Fair
- May 12 Moffit Lake Picnic

## Webster County

- May 19 Health Fair
- May 31 Older Americans Month "Grill & Chill" at Baker Park



### **Senior Services by County**

Daviess County  
270-687-4640

Hancock County  
270-927-8313

Henderson County  
270-827-2948

McLean County  
270-499-8989

Ohio County  
270-298-4460

Union County  
270-389-4550

Webster County  
270-639-5394

**GRADD**  
Green River Area Development District

300 GRADD Way  
Owensboro, KY 42301

1-800-928-9094  
www.gradd.com





As Americans, we believe in justice for all. Yet, every year an estimated **5 million**, or **1 in 10** older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

**World Elder Abuse Awareness Day (WEAAD)** commemorated on June 15th every year is an

opportunity for people or organizations to take action to protect older people by raising awareness about elder abuse, why it occurs, and what we can do to stop it. We can act collectively to support justice for all.

### What is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including:

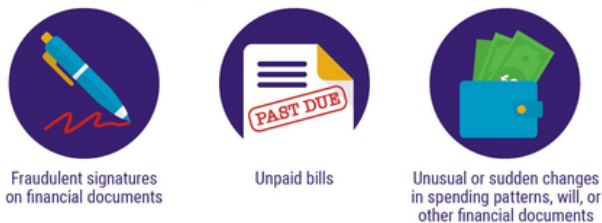
- Neglect or Isolation
- Physical abuse
- Sexual abuse
- Financial abuse and exploitation
- Emotional or psychological abuse (including verbal abuse and threats)

#### Physical Signs of Elder Abuse



To learn more, visit [ncea.acl.gov](http://ncea.acl.gov)

#### Financial Signs of Elder Abuse



To learn more, visit [ncea.acl.gov](http://ncea.acl.gov)

#### Emotional/Behavioral Signs of Elder Abuse



To learn more, visit [ncea.acl.gov](http://ncea.acl.gov)

To report abuse/neglect/exploitation or request services call:



Toll Free: (877) 597-2331

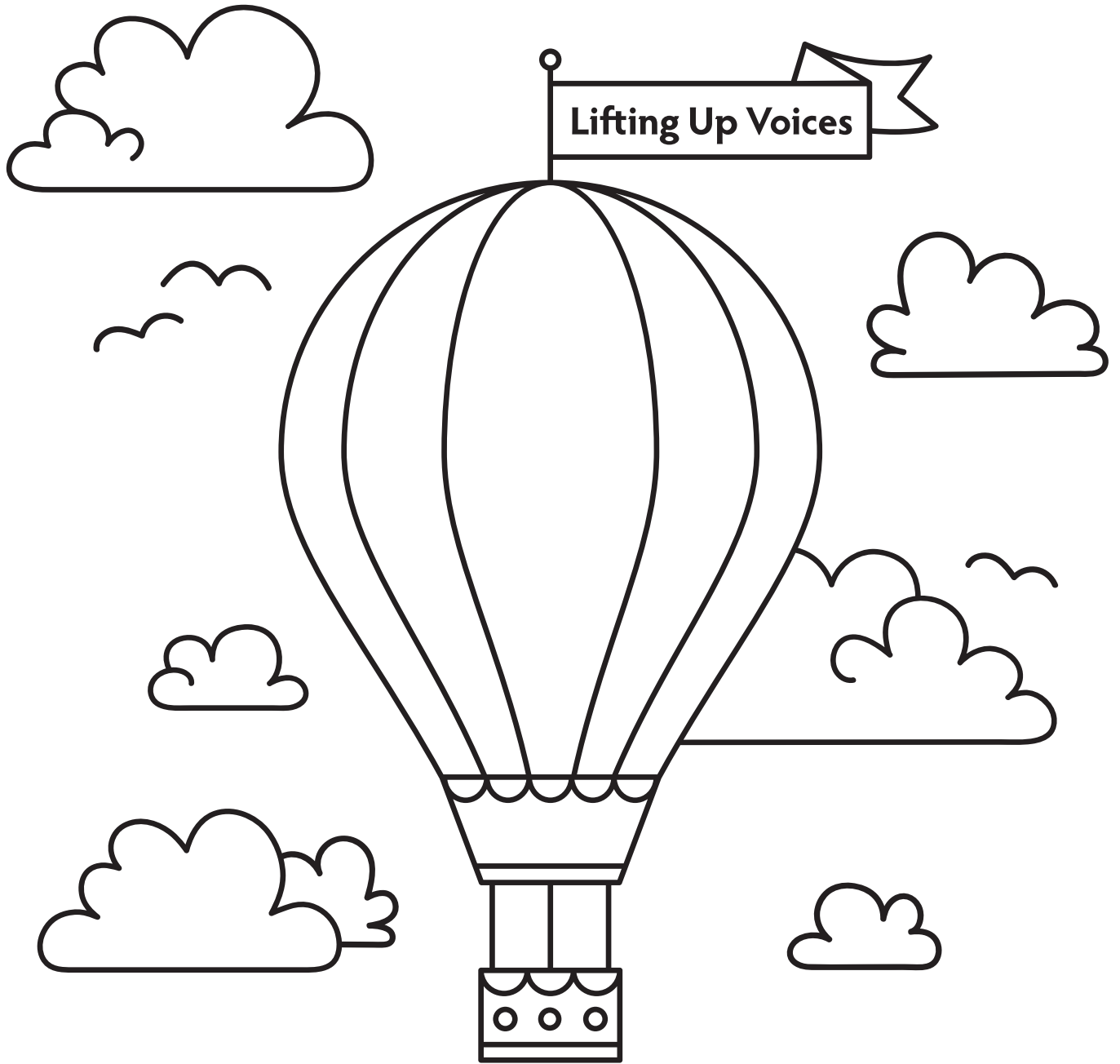
For more resources visit

*KY ESTEAM*

Kentucky Empowering Solutions to End Adult Maltreatment

at

<https://prd.webapps.chfs.ky.gov/kyesteam/>



# WORLD ELDER ABUSE AWARENESS DAY

June 15

Contact Eldercare Locator at **1-800-677-1116**  
for information, support, and referrals.

# MAY IS MENTAL HEALTH MONTH



**Look Around, Look Within:** Your surroundings say a lot about your mental health.

Take a moment to consider your surroundings. Do you feel safe? Do you have access to health care and grocery stores? Does your home support you, both physically and mentally?

This Mental Health Month, challenge yourself to look at your world and how different factors can affect your mental health.

## THE OUTDOORS & NATURE

Spending time in nature is linked to many positive mental health outcomes – improved focus, lower stress, better mood, and reduced risk of developing a mental health condition.

### **Don't discount the little things.**

While being in the wilderness is especially nice, even city parks, a small garden, or sitting under a tree can support your mental health.

**Bring the outdoors in.** Adding greenery to your space can have a similar effect to seeing plants outdoors – and some, like snake plants and bamboo palms, can purify your air.



**Scavenger** Find a seat near a window with a good view of the outdoors.

## **Hunt**

Try to find something...

- orange
- that looks smooth
- that looks bumpy
- round
- that looks fluffy
- a bird would eat
- blooming
- that holds water
- hanging (from a pole, porch, tree, etc.)
- Polka-Dot or Striped
- that begins with the first letter of your name.

