

**AGING & DISABILITY
Vaccination
Collaborative**
powered by **USAging**

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

Check it off!

**Get Vaccinated,
Stay Healthy!**

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

Vaccines for Older Adults

- Flu
- COVID-19
- Pneumonia

Allen County Health Department is offering walk-in clinics on Monday, Wednesday, and Fridays from 8-9 am and 3-4 pm for flu, COVID, and pneumonia vaccines. Homebound vaccinations available by appointment call 419-228-4457 Ext 110.

219 E. Market St., Lima OH
419-228-4457



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“GET INVOLVED. STAY SAFE. COMBATING FINANCIAL EXPLOITATION.”

WEDNESDAY, FEBRUARY 28, 2024

2:00-3:00 PM

HARDIN COUNTY
COUNCIL ON AGING
100 MEMORIAL AVE., KENTON

PRESENTED BY:



SPONSORED BY:



Attend the seminar to gain valuable information and learn about:

- What is Financial Exploitation
- Why older adults are targeted
- Risk factors of financial exploitation
- Abuse later in life
- Forms of abuse
- How forms of financial abuse occur
- Scams
- Who are the abusers
- What you can do



HARDIN COUNTY
COUNCIL ON
AGING, INC.



Now Offering!

One-on-One Health Education Consultations

Not sure where to go or how to start? AAA3 is committed to helping you maintain your health and independence! Schedule an appointment today!




NO COST!

- Identify wellness needs
- Set goals
- Learn about community resources available to you
- Sign up for workshops

Cold Weather/Winter Safety

(National Institute on Aging):

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as you can.
- Keep outside walkways clear of snow and ice with an ice melt product or sand.
- Ask for help! Avoid shoveling snow yourself when possible.
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear.

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.

UPCOMING CLASSES:

Matter of Balance - Wednesdays | March 20 - May 8, 2024 | 10am-12pm | Mercer County CoA, 217 Riley St, Celina, OH

Tai Chi for Arthritis - Tuesdays/Thursdays | March 19 - May 9, 2024 | 9:30-10:30am | Bluffton Senior Center, 132 N Main St, Bluffton, OH

Bingocize - Tuesdays/Thursdays | April 2 - May 23, 2024 | 1-2pm | Primrose Retirement Community, 3500 W Elm St, Lima

MARK YOUR CALENDAR

February:

- Age-Related Macular Degeneration Awareness
- American Heart Month
- 19: LACNIP Seminar - Shannon Hadding to presenting on Benefits Enrollment
- 19: Presidents' Day - Office Closed
- 27: Get Involved. Stay Safe. Combating Financial Exploitation Seminar

March:

- Senior Nutrition Month
- Social Work Month
- 6: Noon Optimist Guest Speaker - Shannon Hadding Presenting from AAA3
- 10: Tai Chi -Bluffton Senior Center - Tues/Thurs
- 20: Matter of Balance - Mercer Co CoA - Wed.
- 23: Lima VFW Post 1275 Reverse Raffle Table
- 25-29: American Society on Aging Conference

April:

- Alcohol Awareness Month
- Medicaid Awareness Month
- Child Abuse Prevention Month
- Sexual Assault Awareness Month
- 2: Bingocize - Primrose - Tues/Thurs
- 13: Bridging the Gap Health and Wellness Expo
- 17: Disaster Preparedness Event - Delphos Senior Citizens Inc. - 11:30-1:00
- 18: Silver Birch Dinner & Auction
- 23: DISH Dining Club Hancock County - 50 North
- 27: Parkinson's Empowerment Walk & Expo at 50 North

May:

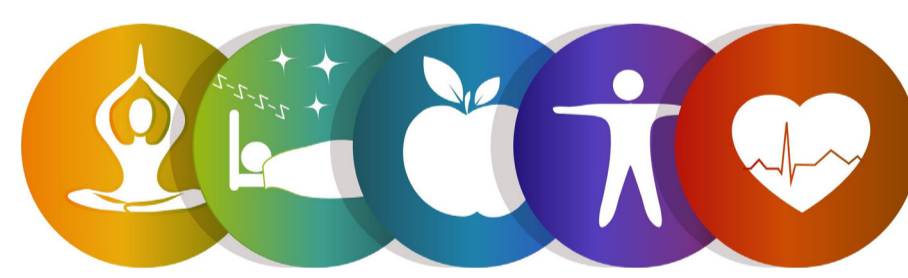
- Older Americans Month
- National Stroke Awareness Month
- National Nurses Month
- Mental Health Awareness Month
- Arthritis Awareness Month
- 9: Disaster Preparedness @ Wapak Library
- 9: Shred A Thon @ AAA3
- 23: Hardin Co Shred A Thon & Drug Take Back Day
- 27: Memorial Day - Office Closed

June:

- Elder Abuse Awareness Month
- Alzheimer's & Brain Awareness Month
- 3: Putnam County Shred A Thon
- 14: DISH Dining Club Putnam County
- 19: Juneteenth - Office Closed

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, Health Education, and Care Coordination Programs. Dre has been with AAA3 since January 2019.



Ashlin Magrum
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 Kylo. Lacy also just recently married her husband, Brennan.



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.



We are your senior resource connection in 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 Kylo. Lacy also just recently married her husband, Brennan.

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