

Fall Newsletter



Welcome to our sixth edition of the APA Quarterly Newsletter! For this issue, we thought we'd try something a little different. This issue will focus on the APA, highlighting our member benefits and what you can do to get involved. We hope you find it helpful!

Welcome to our New Sponsors!

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WELCOME TO OUR NEW MEMBERS

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We'd love your input. Let us know what you think of our newsletter. Do you read it? Is it something you value? We'd really appreciate any insight as to whether you feel if the newsletter is beneficial to you. Email your comments to info@tristateapa.com. Thanks!

We Need Your Help!

Help! We need some bodies!

Apologies to the Fab Four, but we really could use your help. Our annual Awards Banquet is fast approaching (March 8!) and our committee could use your help with organizing the event!

We are also looking for a Membership/Sponsor Chair.

We'd love to hear from you, so email info@tristateapa.com if you're interested in helping out. What better way to get to know your fellow members and do some good for our organization than get involved!



Speaking of joining our Board...

One of the benefits may be getting to hang out at Board member David Flautt's house, as we did for our August board meeting!



We have had quite the busy past few months between our networking, advocacy and CE events, as well as getting out in the community and “showing the flag.”

Check out the photos to see just how busy we’ve been! And if you don’t see yourself in any of the photos, sign up for one of our upcoming events and maybe you’ll be here in our next edition!



Fall Networking Social

Thursday, October 19,
3:00 – 5:00 p.m.
Maple Knoll Village

Music, Movement & Dementia Educational Workshop

Friday, November 10,
8:30 a.m. – 4:30 p.m.
Colerian Senior Center

Networking Event with Guest Speaker Cheryl Popp

Thursday, November 16,
3:00 – 5:00 p.m.
Seven Acres Senior Living at Clifton

For a full list of events or to register visit www.tristateapa.com/events

MUSIC, MOVEMENT, & DEMENTIA EDUCATIONAL WORKSHOP

This program is intended for social workers, nurses, activity directors, local musicians, movement instructors, and the general community! **Approved for 6 Social Work CEU credits!**

A full-day of speakers discussing how to incorporate creativity into caring for a loved one with dementia.

Time: 9 a.m. - 4 p.m.
**Lunch not provided

**FRIDAY
NOVEMBER 10**

Location: Colerain Senior Center (4300
Springdale Rd, Cincinnati, OH 45251)

Cost: \$75/person (seeking CEU credit)
\$25/person (not needing CEU credit)



To register: <https://tristateapa.com/event-5380260>



EVENT BREAKDOWN

8:30 a.m. - 9 a.m.
Registration/Networking

9 a.m. - 11 a.m.
Shannon Braun, LISW-S, Director of Memory Support & Inclusion for Episcopal Retirement Services
Understanding Dementia: Basics, Challenges & Strategies for Communication
This presentation will discuss the definition of dementia, the diseases that contribute to it, and the stages of cognitive decline. The presentation will also review how communication is impacted by dementia and how changes in language and sequencing can impact a person's ability to communicate as dementia progresses. Strategies will be offered that can be employed to improve communication with those who have dementia and facilitate a more positive interaction.

11 a.m. - 11:30 a.m.
Mike Gelfgot, Physical Trainer & COO of Activate Brain & Body
Movement & Memory Impairment (Part I): The 4 Steps to Avoid Falling
The "Steps to Avoid Falling" presentation is a practical guide designed to help people, including those with dementia, stay safe and prevent falls. In this presentation, you'll learn how to assess fall risk and three strategies to minimize falls. We'll explore simple steps to reduce the risk of falling, including exercises to improve balance. Following these steps can increase your stability and independence, ensuring a safer and healthier life, even for those dealing with dementia.

11:30 a.m. - 12 p.m.
Nora Dashley, Community Transformation Director of Senior Services for YMCA
Movement & Memory Impairment (Part II): Getting to the Core
This presentation will focus on strategies to strengthen the hip, knee, and ankle joints to encourage core strength in a seated position. We will discuss how exercise can improve physical well-being and positive mental health.

12 p.m. - 1 p.m.
Brown Bag Style Lunch

1 p.m. - 2 p.m.
Sylvia Dwertman, Certified Laughter Yoga Leader & Marketing Liaison for Visiting Angels - Cincinnati West
Laughter Yoga
This session will use laughter exercises interspersed with deep yogic breathing and gentle stretches, resulting in physiological and psychological health benefits.

2 p.m. - 4 p.m.
Jude Jones, CBMT, M.Ed (Music Therapist)
In Tune with Dementia: Enriching Lives Through Music, Movement, and Improvisation
This session will provide an overview of the power of music and the rationale for using this art form in working with clients with dementia. It will also provide and discuss an approach checklist for facilitators conducting creative expression groups for clients with dementia. We will also define musical entrainment and discuss intervention techniques in working with clients with dementia. The presenter will also provide examples and demonstrate strategies for engaging and empowering clients with dementia through creative singing, movement, and improvisation.





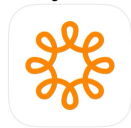
Check out these member benefits!

There's an APA app!

Our newest APA benefit. Current members can access APA information on your phones! Here's how:

Did you know?

- Download the "Wild Apricot for members" app from the Apple App Store or the Google Play Store. (See icon)
- Login by using the same username and password you use on the APA website.



Wild Apricot for Members app

The APA app lets you:

- See all upcoming APA events.
- Register for APA events from your phone.
- Add APA events to your online calendar.
- See which events you've registered to attend.
- **Gold members** can access the APA membership list and contact information of current members. You can even dial and email APA members right from the app!

To see more benefits available only to members, visit out our website, www.tristateapa.com.



3 Medicare Questions to Ask During Annual Enrollment

Kim Janky, RetireMed

Medicare's Annual Enrollment Period (AEP) is a window of time that happens every year in the fall from Oct. 15 through Dec. 7, which gives people who already have Medicare the opportunity to switch to a new plan or make changes to their existing plan. Those changes would take effect Jan. 1 of the coming year.

If you work with clients who have a Medicare plan, share this resource with them or their caregivers for three important Medicare questions they should keep in mind during AEP!

1. How well does my current Medicare plan meet my needs?

As you consider your current plan, have you thought about the following factors?

DOES MY MEDICARE PLAN WORK FOR MY BUDGET?

For example, are you paying high monthly premiums for a plan you barely use?

DOES MY MEDICARE PLAN WORK FOR MY HEALTH CARE NEEDS?

Consider your current prescriptions, providers, and preferred hospitals, as well as how often you visit the doctor. Do you have the coverage you want and need for these services?

Would you like additional coverage such as vision, hearing, and dental?

DOES MY MEDICARE PLAN MATCH MY CURRENT LIFESTYLE?

Your Medicare plan can (and should!) do more than cover your doctor's appointments. For example, would you prefer a plan that allows you to see any Medicare-approved provider in the United States, or are you happy with your current network?

2. What are my other Medicare plan options?

Your current health coverage may be working for your needs—and if that's the case, fantastic! There's no need to take action during AEP if you are happy with your plan.

On the other hand, if you're considering your options or your circumstances are changing, companies like RetireMed are here to help you find the right coverage for your needs.

Local advisors can help you figure out what questions to ask about Medicare, walk you through your options, and tell you about plans that offer...

Low or \$0 premiums

All-in-one coverage:

Medical, hospital, vision, hearing, dental, and prescription drugs

Budget-friendly benefits:

Grocery gift cards, flex-spending cards, and over-the-counter allowances

All of these benefits and more are available for Medicare beneficiaries in 2024.

3. Would I rather research Medicare plans on my own or with an advisor?

Whether you or a loved one needs help, there's no need to navigate Medicare alone. RetireMed's advisors can research your plan options, enroll you in coverage, and help you maximize your new benefits—all at no cost.

What are our members up to?



NOTES FROM “THE SUMMIT”

By Mary Mendel
Family Bridges Home Care
& Fellow Members of
“The Summit”

On Thursday, August 17th, 23 Professionals in the Non-Medical Home Care Industry met to discuss ideas on how to manage stress & be better partners. Over 30 companies have participated in “The Summit” in the last year. Several APA members attended, including our president, Sylvia Dwertman, Board of Directors member, Mary Mendel, Michelle Troutwine, Amy Antro, Heather Pigg & Jane Ripberger. **Here are some highlights:**

2 Rules: 1) Never use the word “Competition” when referring to your partners in the Summit. We are partners! 2) Don't use the words “Non-Skilled.” Most of our caregivers have unmatched skills.

- ✓ **How do I find work life balance when you are the owner of the company?**
 - Therapy. Be open to getting some support from a professional who will give you reminders that you need a life and to take time out. PUT YOUR PHONE DOWN. Silence your phone when you can.
 - Learn to delegate!! Trust your co-workers. You don't have to be in the office 24/7. It is all about TRUST!
 - Set boundaries. It takes discipline but get into this routine. Don't feel guilty about having your own life.
 - Don't ever put work above your own family.
 - It is important to say “No.” It might be only for a few weeks but be honest with your referral sources, if you are strained and cannot take cases for a limited time.
 - Turn off the notifications on your phone when you need to be present for yourself. Trust your team and remember that you can ALWAYS coach them later.
 - Do things that make you happy that force you to turn off your phone, like attend a worship service, walk in the park or take time for your hobbies.

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