SENIOR NEWS 2021
Tips, resources and facts from local resources you can trust
Who we are:

The Collaboration Against Abuse, Neglect and Exploitation (C.A.A.N.E.) is a multidisciplinary team in Montgomery County, OH focused on elder abuse issues. C.A.A.N.E. develops community partnerships to prevent and eliminate elder abuse, neglect and the exploitation of older and vulnerable adults through education, advocacy, intervention and services.

This Collaboration is highlighted throughout the pages of this newsletter. The resources found are available to seniors in the Greater Dayton Area and can be used to help seniors like you remain self-sufficient within the community.

What’s inside:

C.A.A.N.E

Advanced Care Planning
Fraud & Scams Protection
Extra Help and Resources
Signs of and How to Avoid Exploitation
PROTECTING OHIO ELDER AND DISABLED CITIZENS:

A WORD FROM THE MONTGOMERY COUNTY SHERIFF

What is financial exploitation?
Financial exploitation is the most common type of abuse among elderly and disabled adults.

Avoid These Scenarios
- You've won a contest you've never heard of or entered.
- You're pressured to "act now!"
- Your personal information is requested.
- A large down-payment is requested.
- The company refuses to provide written information.
- The company has no physical address, only a P.O. Box.
- You're asked to wire money to a stranger.

Protect Yourself
- Research businesses and charities
- Read the fine print
- Remember your rights
- Reconsider the purchase
- Report scams and unfair practices

Reporting Abuse
Any person who has reason to believe that an elder or disabled adult is being abused, neglected, or exploited must immediately notify the nearest law enforcement agency or contact the Montgomery County Sheriff's Office at (937) 225-HELP (4357).

What are some other signs of abuse?

Signs of Abuse and Neglect Lacerations; bruises; black eyes; older adult reports being: hit, kicked, raped, or mistreated. Sudden change in behavior – withdrawn, emotionally upset, or agitated. Caregiver blocking care or visitors, refusing to let others see the older adult alone. Disheveled, dehydration, malnutrition, untreated bed sores or poor hygiene. Unsafe living conditions (no heat, no running water, improper wiring, extreme clutter, trash piling up). Unpaid bills despite adequate resources. Improper or inadequate clothing. Lack of medical aides (hearing aides, eyeglasses, dentures, walker, etc.).

Signs of Financial Exploitation Changes in banking practices, large withdrawals when someone accompanies elder. Abrupt changes in will, other legal or financial documents. Unexplained disappearance of valuable resources or possessions. Sudden transfer of assets, discovery of elder’s forged signature.
COMMUNITY SENIOR PROTECTION

ADULT PROTECTIVE SERVICES-Ensuring Personal Safety for the Elderly

Adult Protective Services (APS) works to ensure the personal safety and well-being of older adult citizens in Montgomery County. We investigate suspected abuse, neglect, self-neglect and exploitation of individuals primarily age 60 and over.

APS strives to help people remain independent in their homes by preventing, reducing or remedying potentially dangerous conditions. Our Intake Line is available 24 hours a day, seven days a week. Call (937) 225-4906 to report suspected abuse or neglect.

Part of the Montgomery County Department of Job and Family Services, APS investigates reports of elder abuse. Adult Protective Services may also make referrals to health care organizations, social services, legal services, law enforcement, housing or other services.

Report suspected elder abuse to Adult Protective Services at 937-225-4906.

LEGAL AID OF WESTERN OHIO

Legal Aid of Western Ohio, Inc. (LAWO) is a non-profit regional law firm that provides high quality legal assistance in civil matters to help eligible low-income individuals and groups in western Ohio achieve self reliance, and equal justice and economic opportunity.

Legal Aid helps people who are 60 years old or older with legal issues that affect their quality of life. LAWO's Elder Law attorneys and paralegals provide assistance with elder law issues including legal advice, providing referrals, document preparation, and full representation in limited cases. Service areas include:

- Housing (Landlord and Tenant problems, primarily eviction cases involving public, subsidized or private housing);
- Durable Powers of Attorney, Advance Directives, and some guardianships and conservatorships;
- Divorce and some post divorce;
- Nursing home issues including transfer and discharge, conditions, and evictions;
- Government benefits (Social Security, SSI, Medicaid, and Medicare, bankruptcies, and consumer issues);
- Community Legal Education (Attorneys often provide presentations to senior groups on legal topics of particular interest to elders).

LAWO can be reached at www.lawolaw.org or by calling 888-534-1432
TIPS TO AVOID GETTING CAUGHT IN A SCAM

Scammers usually follow the headlines to see how they can change their scams based on current events. This means they may use the heightened emotions that follow natural disasters, economic uncertainty, and other news items to take advantage of people. Watch for these similar red flags often used by scammers: requests for wire-transfers, prepaid money cards, gift cards, keeping conversations secret, guarantees to make money, and sending money out of the country.

By employing the few simple tips below, people can better protect themselves from getting caught in a scam.

- Always seek the advice of a trusted family member or friend before giving out personal or financial information online, over the phone, or in person.
- Never give your social security number, credit card numbers or bank account numbers over the phone to anyone.
- Remember that your financial institution and health care providers will never call and ask you for information that they already have.
- Ask for a call back number and name until you can verify the agency or person calling.

Following these tips will help to better protect you from scammers. However, remember that scammers are always developing new tricks to try and get to your money and information – so always be aware and be vigilant about protecting your personal information. If you think your personal information may have been compromised, it is suggested that you go to IdentityTheft.gov. The site will let you report identity theft to the IRS and FTC simultaneously and develop a recovery plan.

ADDITIONAL RESOURCES TO PROTECT AGAINST FRAUD SCAMS:

- Investments and securities- www.com.ohio.gov or call (877) 683-7841
- Legal assistance- www.proseniors.org or call (800) 488-6070
- Mortgage problems- www.savethedream.ohio.gov
- Researching businesses- www.ohioattorneygeneral.gov or call (800) 282-0515
  www.bbb.org or call (800) 759-2400
- Stop unwanted calls- www.donotcall.gov or call (888) 382-1222; (866) 290-4236, TTY
- Stop unwanted mail- www.dmachoice.org or call or call (212) 768-7277, Ext. 1500
A Message From Your Local Healthcare Partners To Help Protect You:

Decide to Be Heard: Advanced Care Planning Is Important for Everyone!

Advance care planning is making decisions about the healthcare you would want to receive if you become unable to speak for yourself. The decisions are yours to make, regardless of what you choose for your care, and are based on your personal values, preferences, and discussions with your loved ones. Our mission is to create a culture that embraces advance care planning and increases conversations between providers, the people we serve, and their families by educating and transforming our community. Our shared vision is to ensure that every person in Greater Dayton is empowered to have advance care planning conversations that reflect their personal values and beliefs. Want more information?

Contact Lisa Henderson at 937-424-2362 or lhenderson@gdaha.org

Primary Health Solutions (PHS) is a non-profit, safety-net healthcare provider serving Southwest Ohio with centers in Hamilton, Fairfield, Middletown, Oxford, Dayton, and Trenton. Our approach to care is patient-centered. This means that with technology and our expanded resources we can, together with you, effectively coordinate your healthcare needs. Our goal is to offer a comprehensive range of healthcare services, on a sliding-fee scale, to all members of the community, regardless of income or insurance coverage. Due to their economic situations, many patients served by PHS would otherwise go without much-needed healthcare.
MEDICATION SAFETY IS IMPORTANT

DID YOU KNOW—Adverse drug events are harms resulting from the use of medication and include allergic reactions, side effects, overmedication, and medication errors? Adverse drug events are a serious public health problem.

The Center for Disease Control and Prevention Reports:

- 82 percent of American adults take at least one medication and 29 percent take five or more;
- Adverse drug events cause approximately 1.3 million emergency department visits and 350,000 hospitalizations each year;
- $3.5 billion is spent on excess medical costs of adverse drug events annually;
- More than 40% of costs related to ambulatory (non-hospital) adverse drug events might be preventable.

Below are local resources that can help you keep your medications safe.

A word from Goodwill Easter Seals Miami Valley about Medication Disposal:

We encourage all community members to go through their homes to locate medications you no longer use including prescription medications, over the counter medications, medications for pets, and vitamins.

For medication drop box locations, please go to www.ohiorxdisposal.com

Another way to dispose of medication in a safe way is to use a medication disposal pouch. We encourage community members not to flush their medication or to throw them in the trash. If you are not able to dispose of your medication at an area dropbox, using a medication disposal pouch is another great solution. Medication disposal pouches can be found at area pharmacies, police stations, or can be requested by the Prevention Team at Goodwill Easter Seals Miami Valley. The pouches deactivate the medication when all the instructions are followed and can safely be thrown in the trash after completing the steps.

Please call Gail Dafler at the Goodwill Easter Seals Miami Valley office at 937-461-4800 to request a medication disposal pouch.

DID YOU KNOW THAT ZIKS FAMILY PHARMACY OFFERS SERVICES TO HELP KEEP YOUR MEDS SAFE?

- Secure Home Delivery
- Prepackaged bubble packs to help prevent medication mistakes
- Friendly staff to answer your medication questions

1130 W Third Street, Dayton OH 45402
937-225-9350
DID YOU KNOW THAT EXTRA HELP IS A PHONE CALL AWAY?

SEE BELOW FOR LOCAL RESOURCES THAT CAN KEEP YOU INDEPENDENT:

Jewish Family Services of Greater Dayton (JFS) is a social service agency which, guided by Jewish traditions, provides individuals and families within the Miami Valley with the tools and services to lead happy and healthy lives. Our primary services, information & referral and case management, are available to anyone who lives in the Miami Valley whether Jewish or not; we also offer educational programming to help our community members proactively plan for their futures. Our services are offered, regardless of age, to meet the needs of those who are often invisible to the community-at-large. JFS exists as a Jewish response to those who feel grief, isolation, overwhelmed, frustrated, heart-ache, lost, alone, or confused. We respond to the needs of the community with kindness, compassion, respect, and expertise. JFS meets people where they are, both emotionally and physically, bringing our services wherever they are needed, including, when possible, into the community and into people’s homes. We connect our clients to vital resources to offer help over both the short and long term.

You can reach Jewish Family Services staff by calling 937-610-1555.

The Area Agency on Aging matches individuals and caregivers with the proper services to make their lives easier. We give you the opportunity to confidentially speak with a nurse or social worker who can answer your questions and schedule a free assessment in your home so that we better understand your needs.

Enjoy the comforts of your own home while remaining independent and safe. Our experienced, caring staff will help you find the best services to meet your individual needs through our network of service providers and community support. Your needs might include help with personal care, housekeeping, preparing meals, transportation, adult day service, medical equipment, and more.

You can reach Area Agency on Aging by calling (937) 223-HELP.
Dayton Offices: 922 W. Riverview Ave. (Food Pantry, Utility Assistance and Administration); 1046 Brown St. (Center for Families); and 40 S. Perry St., Suite 130 (Senior Services and Guardianship) (937) 223-7217

Need companionship for an elderly loved one? Our Senior Outreach program can work with your family to provide visiting and caregiver respite. Our goal is to keep seniors safe and happy at home as they age in place. We have trained volunteers who can provide friendly interaction for several hours a week. Call us at (937) 223-7217 x 2143 for more information.

Know someone who needs guardianship? Our Life Essentials program provides guardianship services for wards who are not capable of making life decisions and have no family to speak for them. Appointed by the Probate Court, a guardian is entrusted to be a surrogate decision maker, advocate, and “watchdog” to keep the ward free from neglect, dependency, and exploitation. If we can help, call us at (937) 223-7217 x 2143.

Community Action Partnership
Montgomery County
719 S. Main Street
Dayton, OH 45402
(937) 341-5000

Programs
- Benefit Bank
- Legal Clinic
- Computer Literacy Training
- Emergency Services
- Home Counseling Assistance
- Emergency Home Repair
- Micro-Enterprise Business Development & Training
- Utility Assistance (HEAP/PIPP+)
- Volunteer Income Tax Assistance Program (VITA)
- Weatherization
- Transportation
- Getting Ahead
MENTAL HEALTH MOMENT

Did you know that older adults are at higher risk for suicide than any other age group in America? The University of Rochester Center reports that several risk factors contribute to thoughts of suicide:

- Feelings of hopelessness
- Some major physical illnesses
- Relational or social loss
- Lack of social support
- Alcohol or substance use disorder

What you can do…

- Establish structure and routine in daily life.
- Maintain social connectedness and sense of belonging.
- Incorporate ways to experience relaxation and calm.
- Engage the mind and keep active.
- Engage the body.
- Maintain a healthy diet.
- Sleep well.
- Limit exposure to traditional and social media.
- Get professional help to manage stress or changes in mood, if needed.

How you can help others:

- Do not assume physical illness is the reason for depression and suicide.
- Know that untreated depression is the major risk factor, coupled with hopelessness and despair.
- Statements of fear of becoming a “burden” to others should trigger a warning sign.

There are resources available:

Miami Valley Warmline (937) 528-7777
Samaritan Crisis Care (937) 224-4646
National Suicide Prevention Line 1-800-273-8255
www.daytonheals.org
www.gethelpnowmc.com
ClearCaptions® Optimizes Mobile App for iPad® Users

New iPad-optimized app brings call-captioning service to larger screens, increasing accessibility

Roseville, Calif., May 4, 2020 – ClearCaptions, a leading provider of call-captioning services that enable and enhance senior citizens’ lives, today announced call-captioning support for iPad® users, allowing for the display of captions on the popular tablet devices. Previously, the ClearCaptions Mobile app had been optimized for iPhone® devices and has now been extended to support calls made and received using iPads, giving mobile device users ever more options for call-captioning service. “Our goal is to allow people to live their lives how and where they choose by enabling easy and effective communication methods that keep them connected wherever they are,” says ClearCaptions CEO, Robert Rae. “In the current situation of social distancing and cautious separation, we want to ensure our solutions are enabled for the devices seniors have adopted. Tablet technology has become a mainstay in the modern senior lifestyle given its larger form factor and the options to fine tune display size while providing dexterity assistance. By adapting our captioning service for the iPad, our customers are able to utilize larger caption fonts and larger function displays that simplify the call process, keeping users comfortably connected with family, friends, doctors or others.”

How ClearCaptions works

ClearCaptions enables the near real-time transcription of a spoken phone conversation into text captions. Through use of the service, a caller’s words are converted into text for easy reading and reference. The service is free, made possible by Title IV of the Americans with Disabilities Act (ADA), and is available for a variety of technology platforms including specially-designed home telephones as well as a mobile app that now supports both iPhone and iPad devices. With the ClearCaptions service, we’re able to change folks’ lives in a very meaningful way.”

CareSource Invests $6 Million in Housing and Digital Equity for Ohio’s Appalachian Counties

Ohio Capital Finance Corporation and the Ohio Capital Impact Corporation to distribute the funds.

(DAYTON, OH – February 24, 2021) – CareSource, a nonprofit multi-state managed care plan, announced today the creation of a $5 million affordable housing investment fund, the CareSource Fund for Appalachia with the Ohio Capital Finance Corporation (OCFC). Additionally, CareSource is donating $1 million to the Ohio Capital Impact Corporation (OCIC) to promote digital equity in southeast Ohio’s Appalachian counties. Both OCFC and OCIC are affiliates of Ohio Capital Corporation for Housing, a nonprofit financial intermediary based in Columbus, Ohio.
The Federal Trade Commission recommends ways you can stay safe online

- Avoid phishing emails (like winning a prize or inherited money).
- Be wise about WiFi (look for secured sites before sharing information).
- Don’t overshare on social networking sites.
- Secure your social security number.
- Keep passwords private.
- Beware of online dating scams.

Thank You to Our Sponsors

Our Partners Make a Difference!!

We are so grateful for the support of our partners, who are committed to protecting seniors, strengthening the community and building stronger relationships among organizations:

- Montgomery County Sheriff Department
- CareSource
- GDAHA
- ClearCaptions
- MVCAP
- Excel Home Health Care
- Day Air Credit Union
- Area Agency on Aging PSA2
- Jewish Family Services of Greater Dayton
- Primary Heath Solutions
- Ziks Pharmacy