



Silver Threads

THE UPPER ARLINGTON COMMISSION ON AGING SERVES AS THE INFORMED VOICE FOR EMPOWERING, EDUCATING, AND ENRICHING THE LIVES OF UPPER ARLINGTON RESIDENTS AS WE AGE.



From the UACOA Executive Director

HELLO!

Welcome 2024!

While we are still working on wrapping up the final details from 2023, we thought that you'd like to know some of what we accomplished:

- UACOA messaging and branding refresh from our logo to our website to the words we use;
- Resource Directory (RD) was produced and sent to all of the 14,500+ households in UA with an additional 1,500 printed for distribution. The investment for last RD was \$11,000, for 2023 it was \$20,439. Of the 29 advertisers in the 2023, only 8 were in the previous edition. Nearly \$22,000 of advertising was sold
- Increased engagement by UAHS students: over the summer, nearly every request for assistance with weeding and yard help was met! Discussions are taking place around the creation of a "Student Seat" to the UACOA board. Several UAHS students are now UAV volunteers as well.
- Increased ed events: The UACOA hosted 7 education events in 2023. In 2022, the "This is Medicare" event had 4 people (according to the trainer). For 2023, we had 42. We will hold more in 2024!
- Increase in the number of seniors served. Through the end of 3Q23, more than 451 seniors from 19 zip codes were served (more than 395 from 43212/20/21). In 2022, through the 3rd quarter, that number was 272. These numbers represent only those for which we have an individual's name and contact information. We have touched many more than those listed here.

Our Board will be having a strategic planning retreat in February. We are excited to have this

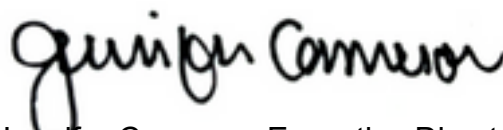
time to focus on the future of the UACOA and how we can continue to grow our outreach and impact on the lives of UA's older residents and their families.

There are several ways you can support the Upper Arlington Commission on Aging

- **Make a donation** by sending us a check.
- **Donate online** — securely— on our website at www.AgingInUA.org.
- **Shop at Kroger** through Kroger's Community Rewards program and donations will be made to UACOA!
- **Volunteer** for our Senior Service Days, as a trained OSHIIP Medicare counselor, or for UA Village.
- **Eat @ ____** - who doesn't like a night off from cooking? This is a new series of fundraisers for us. Stay tuned for opportunities to eat at area restaurants who will donate a percentage of your bill back to support our work to serve the older residents of UA! **The next one is coming up January 10 at Chipotle Kingsdale!**

Thank you for the opportunity to serve the most valued members of our community. We can't - and wouldn't want to - do it without you.

With gratitude,



Jennifer Cameron, Executive Director

EMPOWER



Welcome New UA Village Members!

We are excited to be welcoming new members to UA Village on a monthly basis! Word is getting out that if you want to age-in-place, UAV is here to help!

UAV Members get FREE coffee!

UAV members, if you take your UAV travel mug to either Colin's Coffee or The Coventry, and you'll get a free cup of coffee! We are grateful to those in our community who link arms with us to serve!

Gear Up for Winter with UA Village!

When you join UA Village, you gain access to volunteers - your own private Winter Warriors - who will assist you during the snow season by taking care of your shoveling! Stay safe and warm and let someone else mess with the snow. *WE COULD USE A FEW MORE WARRIORS TO HELP SHOVEL!*

Be a UA Village Volunteer!

Lets face it, good people make all the difference. If you consider yourself a good person, we'd love to have you join us as a UA Village Volunteer. Do you like to visit with people? Are you handy with a screwdriver? Like to organize, pitch, and toss? We need you!

For more information about any of the above, reach out to Abby Reichenbach at (614)427-3920 or areichenbach@uavillage.org.



**Community Assistance,
Referrals and
Education Services**
(614) 583-5352

UA CARES- Winter Safety Tips Focus: Carbon Monoxide

With the cold come new challenges and the use of different appliances and tools. Our heaters are cranking this time of year and thus it makes it that much more important to protect our most important presents from hazards... family and friends!

What is Carbon Monoxide? It is a tasteless, colorless and odorless gas that is made when fuels such as Gasoline, Kerosene, and charcoal are burned.

How can I protect my family(pets) and friends from Carbon Monoxide?

- Maintain and have fireplaces and wood stoves cleaned and serviced when needed.
- Gas appliances serviced and cleaned appropriately.
- Running our gas engines in open air not in basements and small garages.
- Warming our cars up outside and not inside, even if the garage door is open.
- Make sure you have Carbon Monoxide detectors within date and functioning properly. Outside sleeping areas and one on each level of your home.

Please have a safe Winter and recognize the symptoms of Carbon Monoxide poisoning. C.O. Poisoning symptoms: Headache, nausea, dizziness, weakness, confusion, anxiety/ depression, disorientation, impaired vision. If you or a loved one is experiencing ongoing symptoms get out in fresh air and call 911.

The UA CARES team can provide home safety assessments. Call 614-583-5352 to schedule.

For more information, please contact UA CARES at cares@uaoh.net or call (614) 583-5352.

EDUCATE

Create a Vision for Your Encore Years!

Are you living the life that you desire in your “encore years”? What do you want to experience more of as you travel on this journey called aging? Spend some time creating a vision board - a collage of images, words, photos, and symbols - that represent your dreams and goals. After some reflection time to get your creative juices flowing, you'll start the fun process of finding just the right images in magazines gluing them on your board. You'll take your vision board home to inspire you as you live your life in 2024 and beyond!

Space is limited for this event, so don't wait to register!! Walk-in registration may not be available.

(614)583-5326 or ed@AgingInUA.org or <http://tinyurl.com/CreateAVision>

< or via QR code!

Thursday, January 18, 2024

10:30-11:30AM

**Upper Arlington Library
Meeting Room B
2800 Tremont Rd.**



Tuesday, February 20, 2024

1:00 - 2:00PM

**Upper Arlington Library
Little Theater
2800 Tremont Rd.**

The U.S. Department of Health and Human Services, through the Administration for Community Living, sponsors a program called the Senior Medicare Patrol (SMP). In Ohio, this program is administered by a non-profit called Pro Seniors, Inc. headquartered in Cincinnati.

The SMP mission is to empower and assist Medicare beneficiaries, their families, and caregivers, to prevent, detect, and report suspected healthcare fraud, errors, and abuse through outreach, counseling, and education.

Join us as a member of the SMP shares tips, tricks, and things to be on the watch for!

Please register: <https://tinyurl.com/stopmedicarefraud>

or by phone: (614) 583-5326

or email: ed@AgingInUA.org

or via the QR code >>>>



We are grateful for our partnership with the UA Library and their provision of space and help with publicity!

EDUCATE

Must Haves for your Emergency Binder!

Join the UACOA and Kimberly Roberts of Evergold at Home as we discuss how to make a grab and go binder and being prepared for the “what ifs” in life.

(614)583-5326 or ed@AgingInUA.org or <http://tinyurl.com/ImportEmergencyBinder>

or via QR code!

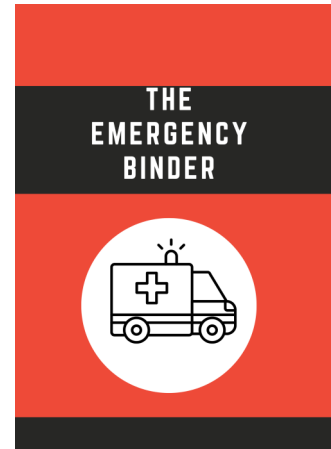


We are grateful for our partnership with the UA Library and their provision of space and help with publicity!

Tuesday, March 5 2024

1:30 - 2:30 PM

Upper Arlington Library
Little Theater
2800 Tremont Rd.



ENRICH

Eat at.... Chipotle!

Eat at.... City BBQ!

COMMUNITY STARTS HERE... 55% TASTE
- WEDNESDAY
- DNE
- ROUS
- CAN CHANGE
- THE
- OP
- KINGDALE CTR, COLUMBUS, OH, 43221

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR

**UPPER ARLINGTON
COMMISSION ON AGING**

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, JANUARY 10TH | 4-8PM
3090 KINGSDALE CTR, COLUMBUS, OH, 43221

ORDER ONLINE FOR PICKUP USING CODE **C9TWLDH**
OR SHOW THIS FLYER IN RESTAURANT



WHERE

CITY BARBEQUE
2111 W Henderson Rd, Columbus



WHEN

11:00 AM - 8:00 PM
03.07.24



PROMO CODE

FundA

ENRICH

Caregiver Support Group

Are you a family or volunteer caregiver? Connect with others in your community to learn and share experiences. This group will be led by clinicians with years of experience in supporting caregivers.

Wednesday, January 24, 2024
Wednesday, February 28, 2024
Wednesday, March 27, 2024

1:00-2:00PM

2800 Tremont Road,
Meeting Room B

Please contact the UA Commission on Aging at (614) 583-5326 if you are attending for the first time.

Pop Up Help/Resource Desk

Have questions about resources for aging in Upper Arlington? Stop by our pop-up desk at the UA Library on the days listed below and we'll help you find the right answer! No appointment necessary!

Wednesday, January 24, 2024
Wednesday, February 28, 2024
Wednesday, March 27, 2024

12:00AM-1:00PM

2800 Tremont Road,
Meeting Room A

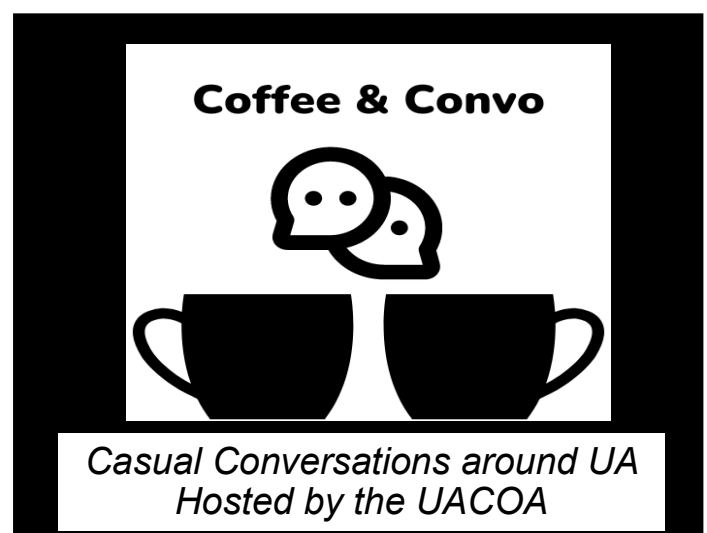
Questions? Contact us at (614) 583-5326.



Wednesday, January 18 - 10-11 AM
The Coventry - 3240 Tremont Rd.

Join us as our we're hosted by our friends at The Coventry! Learn more about UACOA, share your ideas, and talk about whatever is on your mind! Find out about resources available to you as you age in UA.

This is a free event but registration is requested: jcameron@aginginua.org or call (614) 583-5326.



Tuesday, February 22 - 10-11 AM
Colin's Coffee - inside The Daily Growler,
2812 Fishinger Rd.

We'll buy the coffee! Join us and learn more about UACOA, share your ideas, and talk about whatever is on your mind! Find out about resources available to you as you age in UA.

This is a free event but registration is requested: jcameron@aginginua.org or call (614) 583-5326.

ENRICH

The FREE home-delivered meals program of the Franklin County Office on Aging has been extended for 2024!

Franklin County residents aged 60 & older can receive FREE home-delivered meals through the Senior Options program. No income verification required.

Call them at (614) 525-6200 to learn more



City of UA Information on Electric Aggregation

By now you've heard about the City Council's September 25, 2023 approval to move forward with the electric aggregation proposal.

Following City Council adoption, SOPEC and the City have reviewed market rates and terms from AEP Energy bids and locked in pricing starting in January of 2024 through June of 2025. The three options for eligible households and businesses are:

- Default 100% Renewable Energy at 7.203 cents per kWh.
- Brown Energy step down priced at 6.823 cents per kWh.
- Opt out of the program altogether.

As a reminder, the AEP Ohio standard service offer rate is currently 10.910 cents per kWh.

Households and businesses that are eligible to participate in the program received a joint notice from SOPEC and the City towards the end of November, detailing the terms of the program. If they did not wish to participate, these prospective customers had 21 days to opt out of the program; there is also an option to leave the program any time for free.

Additional information can be found at: <https://upperarlingtonoh.gov/electric-aggregation/>

KNOX BOX

Knox Box is a mini, lockable steel vault that provides firefighters and paramedics access to keys for entry to a residence or business in an emergency. Only the UA Fire Division can access boxes in Upper Arlington. The vault is installed by the resident on the structure's exterior near the entry. In an emergency, the dispatcher tells first responders if a Knox Box is onsite for easy building access, without forcing a door or damaging the building

If you would like to purchase a Knox Box, or would like more information, contact the UA fire department at (614) 583-5100.



UACOA Programs and Services At-a-Glance



Coffee & Convo

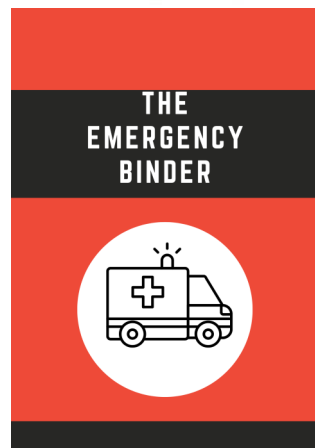
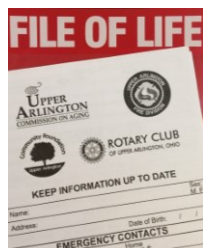


UA Village

a program of the Upper Arlington Commission on Aging



Medicare Ed Events & Counseling



Information & Resources

- Calls
- Resource Directory
- Pop-Up Resource Desk

& Other Ed Events

...and more!

Later in the year...

- April - Senior Service Days
- April - Coffee & Convo
- April/May/June/August/September/October/November - Caregiver Support Group
- May - Welcome to Medicare!
- June - Coffee & Convo
- August - Coffee & Convo
- September 2 - Labor Day Art's Festival
- September - Medicare Check-Up!
- October - Medicare Counseling
- October - Coffee & Convo
- October/November - Senior Service Days
- November - Coffee & Convo

...and more!



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Upper Arlington, OH 43221

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Comments and suggestions are welcome by contacting the Commission at (614) 583-5326. The Upper Arlington Commission on Aging is supported by grants from Franklin County Office on Aging, the City of Upper Arlington, Central Ohio Area Agency on Aging and private contributions.



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