



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!

I am so excited that I can barely contain myself! On September 26, we are going to host our first ever **SENIORPALOOZA!** More info can be found on page 3. Some of the details are still being finalized, but needless to say, you won't want to miss out!

Stay Cool! As I'm typing this, we're in the midst of a crazy hot week. Did you know that the Franklin County Office on Aging wants to help keep seniors safe this summer during the heat waves? They have **FREE** box fans for residents over the age of 60, no income verification required. Call 614-525-6200 during business hours or visit officeonaging.org/boxfan to schedule your pick up.

VOLUNTEERS NEEDED! Do you have some spunk in your step and enjoy helping others? Do you know of high school students who have community service hours that they are looking to fill? During the summer months we receive an increased number of calls from UA's older residents seeking assistance with weeding and other yardwork. We also have year-round volunteer needs associated with UA Village. Please reach out if you or someone you know is able to lend a hand! Thank you in advance for helping us serve others!

We are always looking for ideas for our ed events. If there is something that you would like to hear/learn about, please send an email to ed@AgingInUA.org to tell us. All of our session topics are planned in response to feedback from people like YOU!

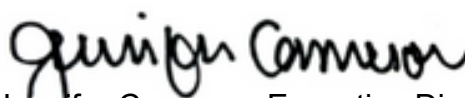
There are several ways you can support the Upper Arlington Commission on Aging

- **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? 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 August 19, 20, and 21 at Carsonies!**

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
jcameron@AgingInUA.org
 (614) 583-5326



EMPOWER



a program of the Upper Arlington Commission on Aging

Meet Cecilia!

On May 13, the UACOA and UA Village welcomed Cecilia Glancy to the team!



Cecilia comes to us with an educational background in Health Science and Aging. While at The Ohio State University, she sat on the Student Advisory Board for the Office of Geriatrics and Gerontology. Her heart for seniors was developed early and led to her receiving her STNA (State Tested Nursing Assistant) while still in high school. She has a passion for making sure that older residents have the access to the resources and connections they need to successfully age in place.

As the point person for UA Village, Cecilia will be sharing the opportunity for membership and volunteer growth and engagement, helping to connect member needs with volunteers, and developing programming and social opportunities.

UA Village Block Party!

Many of us have fond memories of neighborhood block parties and connecting with those around us. Just because UA Village is a virtual “neighborhood” doesn’t mean that we should miss out on the fun! UA Village members...stay tuned for the details on a fun new event coming your way!

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 Cecilia Glancy at (614) 427-3920 or cglancy@uavillage.org.



Safety Snippets for Seniors from the UAPD

As we head into the summer months, it is a great time to share these tips from the Upper Arlington Police Department:

- Lock your vehicle and roll up all windows.
- Lock items in the trunk of your car or keep them out of view.
- Ensure your garage door is closed when not in use.
- Illuminate the outside of your home at night.
- Remove packages from your porch promptly.
- Consider installing surveillance cameras.
- Report suspicious activity immediately!
The Non-Emergency Line is 614-459-2800



EDUCATE, EMPOWER & ENRICH!

It's coming! It's coming!

It's not a symposium. It's not a health fair. It's **Seniorpalooza '24!**

An explosion of education, resources, and connections to support the health, wellness, safety, and belonging of UA's older residents!

We dream big dreams for the bright futures of our older residents. Every day we have conversations with those who feel alone, who have questions about whether or not they will be able to stay in their homes, or are feeling overwhelmed in caring for a loved one. They wonder if their health challenges are "normal" or if they need to find a specialist; they don't know who to call to find out if an email they received is real or a scam, or what to do if there is an emergency. They are lonely. We dream of UA's seniors knowing how to connect with the people and resources that will bring them peace in this season of life.

We see this as an event where you can come for one speaker, or (our vote) stay for all; where you can get some of your vitals checked and make connections with other valuable resources.

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September is Emergency Preparedness Month, so attendees will have the opportunity to take home with them (as quantities permit) Emergency Preparedness Kits (created in partnership with UA CARES) as well as the extremely valuable File of Life.

At the time of *Silver Threads* printing in June, speakers and resource providers were still being finalized, so stay tuned to www.AgingInUA.org and www.Facebook.com/uacoa for more details as they become available!

This first-time event is made possible in part by a grant from Leadership UA & the Upper Arlington Community Foundation!



UPPER ARLINGTON
COMMUNITY FOUNDATION

Thursday, September 26, 2024

10:00A - 3:30PM

**Saint Mark's Episcopal Church
2151 Dorset Rd.**

parking on street and in the Tremont Center & Library parking lots

EDUCATE

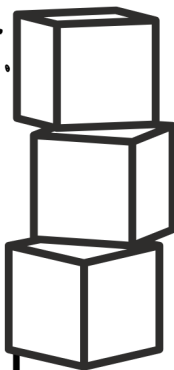
Thursday, August 15, 2024

11:00AM - 12:00PM

Upper Arlington Library
Little Theater
2800 Tremont Rd.

DECLUTTERING
VS. DOWNSIZING:

WHAT'S RIGHT FOR YOU &
HOW TO DO IT IN UA

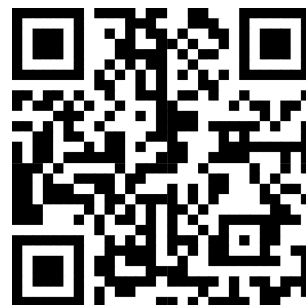


Most of us have too much stuff. Sometimes overwhelmingly so.

Join us as Tabi Berkey (they/them) of Organization Pending LLC shares tips, tricks, and thoughts to consider when evaluating what (including yourself) should stay and what should go.

Please RSVP to: <https://tinyurl.com/DeclutterDownsize>

or: 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!

**Medicare
Check-Up**



Tuesday, September 17, 2024

1:30 - 2:30PM

Upper Arlington Library
Little Theater
2800 Tremont Rd.

Find out how the Oct 15 - Dec 7 Medicare Open Enrollment Period can work for you.

Get unbiased tips on how to enroll for 2025 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare Health plan. See if you qualify to SAVE an average of \$5,000 on your prescription drug costs. OSHIP is a program of the Ohio Department of Insurance and does not sell, recommend or endorse insurance products.

Please register: <https://tinyurl.com/MedicareCheckup20224>

or by phone: (614) 583-5326

or email: medicare@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!



EMPOWER & ENRICH

One-on-One Medicare Counseling!



One-on-One Medicare Counseling

Our Annual One-on-One Medicare Counseling event has been scheduled and we don't want you to miss out!

Meet with an OSHIP Medicare Counselor and get your individual questions answered!

Bring your Medicare Card (Red, White & Blue), any other health insurance cards and a list of your prescription drugs (or the bottles). We will need all this information in order to assist you.

Contact the UACOA to schedule your appointment: Spaces are limited to don't wait!

(614)583-5326 or medicare@AgingInUA.org.

Wednesday, October 30, 2024
at the
Upper Arlington Senior Center
BY APPOINTMENT ONLY!

Eat at Carsonies!



Join us
August 19, 20, and 21!
ALL DAY! ALL NIGHT!
Dine-In and Take-Out!
at Carsonies
1725 W. Lane Avenue

Let them know that you're there to support the *Upper Arlington Commission on Aging* and **15%** of the price of your meal will be donated back to benefit our programs and projects.

This is good for **both** dine-in and carry out orders.

ENRICH

Caregiver Support Group

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

Wednesday, July 24, 2024
Wednesday, August 28, 2024
Wednesday, September 25, 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, August 28, 2024
Wednesday, September 25, 2024

12:00-1:00PM

2800 Tremont Road,
Meeting Room A

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



Tuesday, July 9 - 10-11 AM
Whole Foods Coffee Café, 1555 W. Lane Ave

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.



Tuesday, August 27 - 10-11 AM
La Chatelaine - 1550 W. Lane Ave.

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.

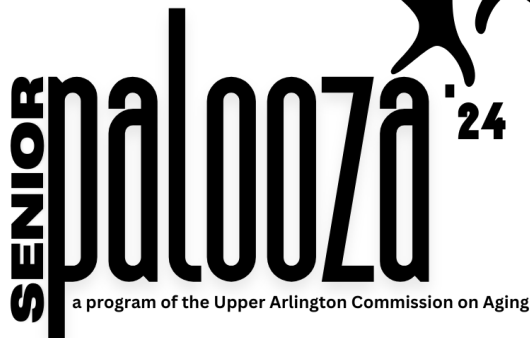
UACOA Programs and Services At-a-Glance



Coffee & Convo



Medicare Ed Events & Counseling



- Calls
- Resource Directory
- Pop-Up Resource Desk



& Other Ed Events



Later in the year...

- October 30 - Medicare Counseling
- October - Coffee & Convo
- October/November - Senior Service Days
- November - Coffee & Convo

...and more!



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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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Silver Threads is available online www.AgingInUA.org