



# 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!

Back by popular demand—and with gratitude for the financial support of a very generous community member—Seniorpalooza is scheduled for September 25 and will once again be hosted at Saint Marks Episcopal Church. See page 2 for more details!

Did you know that you can stay in touch with us more than through this quarterly newsletter?

Website: [www.AgingInUA.org](http://www.AgingInUA.org)

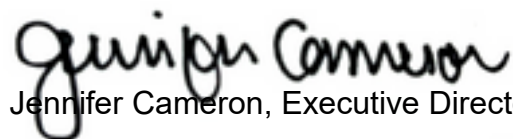
Facebook: [www.Facebook.com/uacoa](https://www.Facebook.com/uacoa)

Instagram: [www.instagram.com/aginginua](https://www.instagram.com/aginginua)

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.

At this time, communication with the UACOA can be directed to the Board: [board@aginginua.org](mailto:board@aginginua.org).

With gratitude,



Jennifer Cameron, Executive Director

Dear UACOA Community,

We want to share the news that Jennifer Cameron will be transitioning out of her role with the UACOA. While we are certainly sad to see her go, we are also incredibly excited for the wonderful opportunity that has come her way. It's a meaningful next step for her and her family, and we support her wholeheartedly.

On behalf of the UACOA Board, we extend our deepest gratitude to Jennifer for her tremendous contributions over the years. Her passion,

dedication, and tireless work have made a lasting impact on the organization and the community we serve. We are sincerely thankful and wish her all the best as she embarks on this new chapter.

As we look ahead, we want to assure you that we remain committed to the work of the UACOA. While we navigate this transition, the Board will be stepping in as needed to ensure continuity, stability, and excellent service. We anticipate some changes this fall and will keep you updated as they unfold.

Below is a heartfelt message from Jennifer herself. Please take a moment to read her words:

*"For the last 3 years, I have had the gift of being both behind the scenes and in the forefront of the work being done by the UACOA. In that time, we have launched new programs and increased both the number of individuals we have served and the services performed. We moved to UA when I was 4, so to have the opportunity to serve and give back to so many who played a role in raising me has been a blessing to my heart. I have had an opportunity present itself to me (still within the UA community) that I consider to be a God-wink and to which I have said YES. My final day with the UACOA is (or was, depending on when you read this) June 30—although you may still see me show up here and there. Thank you for the honor of serving you."*

Thank you for your continued support of the UACOA and the work we do together,

Warmly,



Chair, UACOA Board

# EDUCATE



**Thursday, September 25, 2025**

**9:30AM - 4:00PM**

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

**Back by popular demand—and with gratitude to a generous UA resident for underwriting the event—it is time for Seniorpalooza! An explosion of education, connection, and resources 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.

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.

The theme of Seniorpalooza '25 is “Debunking Aging Myths.” We are finalizing some fantastic speakers who will tackle topics that our world often gets wrong about aging! At the time of *Silver Threads* printing in June, speakers and resource providers were still being finalized, so stay tuned to [www.AgingInUA.org](http://www.AgingInUA.org) and [www.Facebook.com/uacoa](https://www.Facebook.com/uacoa) for more details as they become available!\*

September is Emergency Preparedness Month, so attendees will have the opportunity to take home with them (as quantities permit) a home fire extinguisher as well as the extremely valuable File of Life.

Based on feedback from the 2024 event, we are working on scheduling a few food trucks to be parked out front for purchase of lunch.

\*If you received this newsletter in your mailbox, you'll be receiving a mailing about Seniorpalooza. If you picked up this newsletter, be sure to email us at [board@aginginua.org](mailto:board@aginginua.org) and request to be added to our mailing list!

# 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 23 2025**  
**Wednesday, August 27, 2025**  
**Wednesday, September 24, 2025**

**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, July 23, 2025**  
**Wednesday, August 27, 2025**

**12:00-1:00PM**

2800 Tremont Road,  
Meeting Room A

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

### Coffee & Convo



*Casual Conversations around UA*  
*Hosted by the UACOA*

**Tuesday, August 12 - 10-11 AM**  
**Bitty & Beau's, 3110 Kingsdale Center**

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:** [board@aginginua.org](mailto:board@aginginua.org) or  
or call (614) 583-5326.

### Coffee & Convo



*Casual Conversations around UA*  
*Hosted by the UACOA*

**Wednesday, September 18 - 10-11 AM**  
**Panera - 3278 Tremont 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:** [board@aginginua.org](mailto:board@aginginua.org) or  
or call (614) 583-5326.

# ENRICH

## Medicare Check-Up



**Tuesday, September 18, 2025**

**1:00 - 2:00PM**

**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/MedicareCheckup25>

or by phone: (614) 583-5326

or email: [medicare@AgingInUA.org](mailto:medicare@AgingInUA.org)

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

## One-on-One Medicare Counseling



**Department of  
Insurance**

Senior Health Insurance Information Program

**Wednesday, October 29, 2025**

**at**

**Northwest Christian Church  
1340 Fishinger Rd.**

**BY APPOINTMENT ONLY!**

### Medicare Counseling

Meet one-on-one 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.

To schedule your appointment, visit: <https://tinyurl.com/MedicareCounseling2025>

Spaces are limited so don't wait!

# EMPOWER

## Blood Pressure Checks & CPR Practice!

UA CARES team is providing monthly blood pressure checks and hands-only CPR practice at the Bob Crane Community Center. Stop in the Public Safety Office, located next to the Cafe, during designated times to have your blood pressure checked. Dates will be promoted each month and you can always contact the CARES office for the next date and time (614-583-5352).



**Community Assistance,  
Referrals and  
Education Services**

**(614) 583-5352**

The American Heart Association recommends normal levels of blood pressure to be less than 120/80. Uncontrolled high blood pressure, or hypertension, can lead to increased risk of: stroke, heart attack, vision loss and kidney disease. It is important to know what your blood pressure should be and to keep it at that level. Being physically active, eating a heart-healthy diet, avoiding smoking and limiting alcohol are all steps you can take to lower your risk.

As always, feel free to stop in or reach out to connect about these or other needs and opportunities at [cares@uaoh.net](mailto:cares@uaoh.net) or 614-583-5352.

## Stay Cool This Summer!



Franklin County  
Board of Commissioners  
**OFFICE ON AGING**



# FREE BOX FANS!

Stay cool this summer by ordering yourself a **FREE** box fan from the Franklin County Office on Aging.

### Eligibility Requirements:

- Franklin County resident
- Aged 60 or older

### Ordering Options:

- Pick up & delivery (Available Tuesdays and Thursdays from 10AM - 1PM)

*\*Delivery is only available for homebound seniors and may take up to 3 weeks after the order is placed. Please call the number below to confirm if you qualify.*

**Ready to Order Your Box Fan?**

Scan the QR code, call **(614) 525-6200**  
or visit [officeonaging.org/boxfan](http://officeonaging.org/boxfan).



Order Here



# EMPOWER & ENRICH

## Older Adult Day at the Columbus Clippers!



Join the Franklin County Office on Aging for their 23rd Annual Clippers Day! Cheer on the Columbus Clippers as they take on Buffalo and enjoy a summer tradition filled with sunshine, community, and ballpark fun!

### TICKETS:

Reserved Seating: \$6

Bleacher Seating: \$5

\$2 order processing fee applies

Handicapped seating available. Based on availability; seating is limited.

LUNCH provided for fans 60 and older with orders received by July 17, 2025.

Phone Orders: 614-462-5250 (tickets are ordered directly through the Clippers)

Tickets must be ordered by July 17, 2025, for mail delivery. Later orders will be held at Will Call (located at the Center Field Entrance).

## Senior Farmers Market Nutrition Program

A part of the Ohio Department of Aging, the Senior Farmer's Market Nutrition Program provides older Ohioans access to locally grown fruits, vegetables, fresh-cut herbs, and raw honey, through the Senior Farmers Market Nutrition Program (SFMNP).

Qualified individuals will receive \$50 (accessible via their app or a "gift card") to be utilized at participating farmers markets—of which the UA Farmers Market is one.

To qualify you must:

- Be 60 or older
- Life in one of the 80 counties that participate (Franklin does!)
- You have a household income that falls within 185% of the Federal Poverty Level. For 2025, the 185% of the Federal Poverty Level is:
  - \$0-\$28,953 for a 1-person household
  - \$0-\$39,953 for a 2-person household
  - \$0-\$48,303 for a 3-person household

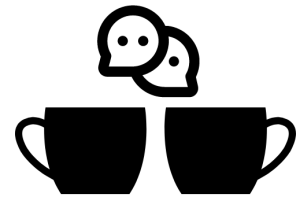


To apply, visit: <https://portal.homegrownbenefits.com/apply/ohio>

# UACOA Programs and Services At-a-Glance

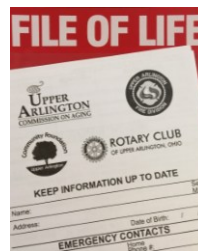


Coffee & Convo

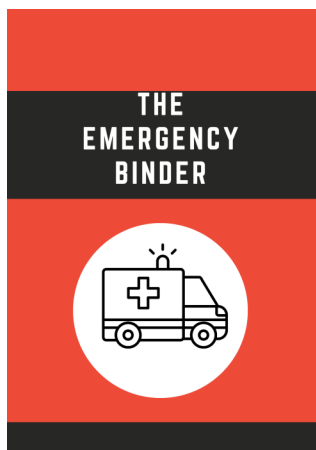


**WELCOME** *to* **MEDICARE**

Medicare Ed Events & Counseling



a program of the Upper Arlington Commission on Aging



- Calls
- Resource Directory
- Pop-Up Resource Desk



& Other Ed Events



...and more!



3200 Tremont Road, 2nd Floor  
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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](http://www.AgingInUA.org)**