



**Inside this
issue:**

| | |
|------------------------------------------------|----------|
| Keeping Physical Activity in your Routine | 1 |
| Medicaid Awareness Month | 2 |
| Medicaid Awareness Month Continued | 3 |
| Recipe | 3 |
| Exercise Series! : Occupational Therapy Month! | 4 |
| April Coloring Page | 5 |
| Senior Spot Light | 6 |

Keeping Physical Activity in Your Routine

Adults, including seniors, are encouraged to get 30 minutes of physical activity at least 5 times a week. This time does not have to be completed at one setting; it can be broken up in different sections.

There are 3 types of physical activity: strength training, aerobic (cardio) and balance.

Strength training is where weights are used to build muscle and strength. If you do not have any hand-held weights at home, you can use filled water bottles or canned goods in their place. Strength training should be completed 2 times per week.

Aerobic or cardio is where you are working your heart muscle. This activity helps complete different everyday tasks, like walking, cleaning and gardening.

Balance consists of walking backwards or sideways or being able to stand on one foot. This type of exercise helps prevent falls and fall related injuries. If you need assistance with these activities, you should hold on to the back of a chair.

Stretching is also im-

portant to incorporate throughout your physical activity routine because stretching helps promote flexibility. Flexibility is important to help put on socks and tie shoes as well as getting items from cabinets. Stretching is important to do on a regular basis, especially at the end of your other physical activities.

If you are not currently physically active, you should talk with your doctor to make sure it is okay before starting a new routine. Physical activity should be slow at the beginning and expanded gradually. Do not do activity that causes pain or major discomfort.

Physical activity should be something you enjoy. If you enjoy it, you are more likely to stick with it for a longer period of time rather than giving up after a few short weeks. Physical activity can be fun and including friends and family into your routine can be more motivating and provide long-lasting memories.

[How can I stay active as I get older? \(health.gov\)](https://www.health.gov)

Medicaid Awareness Month

When you think of healthcare for seniors, Medicare may come to mind, but did you know Medicaid can play an important role as individuals age as well? April is Medicaid Awareness Month. According to the Centers for Medicare and Medicaid Services, there are 7.2 million seniors who are “dually eligible” meaning they qualify for both Medicare and Medicaid. Kentucky Medicaid offers several options for dually eligible individuals who need extra support as they age.

Home and Community Based (HCB) Waiver Program: The HCB waiver provides support services to individuals aged 65 and older who need the level of care provided in a nursing facility but want to continue living at home. These services can include Adult Day Health Care, Attendant Care, Home Delivered Meals, and Respite.

Programs of All-Inclusive Care for the Elderly (PACE): PACE is another option for individuals aged 55 or older who need the level of care provided in a nursing facility but want to remain at home. When an individual enrolls in PACE, a single PACE organization provides all their care. This includes primary and acute medical care, social services, therapeutic care, medications, meals, and more. Care can be provided in-home or at the PACE organization center.

Nursing Facilities: For individuals with conditions that require rehabilitation or around-the-clock care, Medicaid covers the cost of a nursing facility. This in-

cludes room and board, all individualized care, social services, and activities.

Kentucky Transitions: This is a one-time service that helps individuals move out of nursing facilities and into the community. A transition coordinator helps the individual figure out their medical, personal care, and social needs and helps plan for meeting those needs in the community by identifying available resources. Kentucky Transitions also employs housing coordinators to find safe, accessible, and affordable housing for individuals. Individuals using Kentucky Transitions also have the option to receive waiver services when they leave the nursing facility.

Other services that may be helpful to seniors include:

Private Duty Nursing: Provides in-home services to individuals with conditions that require continuous care.

Home Health: Provides in-home services to individuals who need short-term care due to a medical condition or injury.

Hospice: Provides end-of-life services to individuals and their families.

These programs are administered by the Kentucky Medicaid’s Division of Long-Term Services and Supports. To learn more about each program, who is eligible, and how to apply visit <https://bit.ly/KYMedicaidLTSSInfo> or reach out to the appropriate contact listed below:

(continued)

Medicaid Awareness Month, Continued

| | |
|----------------------------------------------------------------|---------------------------------------------------------------|
| HCB Waiver | (844) 784-5614 1915cWaiverHelpDesk@k |
| PACE | (888)804-0884 |
| Nursing Facilities, Private Duty Nursing, Home Health, Hospice | (502)564-7540 |
| Kentucky Transitions | (502)564-0330 or (877)564-0330 Kentucky.transitions@ky.gov |

Seniors enrolled in the above programs may also be able to receive services provided through the state's traditional Medicaid program such as non-emergency medical transportation, pharmacy services, and simple vision, dental and hearing benefits. To learn more about what traditional Medicaid can offer, call (502) 564-6890 or email DMSweb@ky.gov.

Taco Salad for One

- 1 TBSP olive oil
 - 4oz ground beef
 - 1/4 tsp salt
 - 1/8 tsp pepper
 - 1/4 tsp cumin
 - 1/4 tsp smoked paprika
 - 1/8 tsp garlic powder
 - 2 cups lettuce
 - 1 medium Roma tomato, chopped
 - 1/4 cup canned black beans, drained
 - 1/2 avocado, chopped
 - 2 TBSP shredded cheddar cheese
 - 1 TBSP onion, chopped
 - 2 TBSP Salsa
 - 1 TBSP sour cream
1. Heat the olive oil in medium-sized skillet over medium heat.
 2. Add ground beef to the pan and break

up with spoon. Add salt, pepper, cumin, paprika, and garlic powder and cook, stirring occasionally until the beef is browned, about 5-6 minutes.

3. Transfer the ground beef to a paper towel-lined plate to drain.
4. Place the lettuce in a bowl and top with all the other ingredients. Enjoy.

Tips:

1. Could switch out ground beef for ground chicken or turkey
2. Could switch sour cream for plain Greek yogurt
3. Add any additional toppings you may like on your taco salad

Source: <https://onedishkitchen.com/taco-salad-recipe/>

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275 E. Main St. 3E-E
Frankfort, KY
40621

Phone: 502-564-6930

Email:
DAILAging@ky.gov

Website:
[chfs.ky.gov/
agencies/dail](http://chfs.ky.gov/agencies/dail)

Exercise Series!

Only perform exercises you feel comfortable doing. Do not do anything that causes pain. Always consult your doctor before beginning any exercise regimen.

April is Occupational Therapy month and to celebrate, our exercise series will focus on some of the exercises and activities Kentucky's fantastic OTs and COTAs work on everyday! These may be helpful if you experience stiffness and/or pain in your hands. You will need a few items from around your house to help you, so gather your supplies and let's start our workout!

Supplies Needed: A Button Up Shirt

Work on buttoning and un-buttoning your shirt.



Supplies Needed: Coins

Lay your coins on a table or other flat surface. Try picking up the coins one at a time. Do this with both hands.



Supplies Needed: String/Yarn, Beads or Macaroni

Work on stringing the beads/macaroni on your string/yarn. Remove the beads/macaroni one at a time. Use both hands.



Supplies Needed: None

Touch each of your fingers to your thumb, starting with your first finger and moving to your pinky. Do both hands. Repeat 5 times each hand.

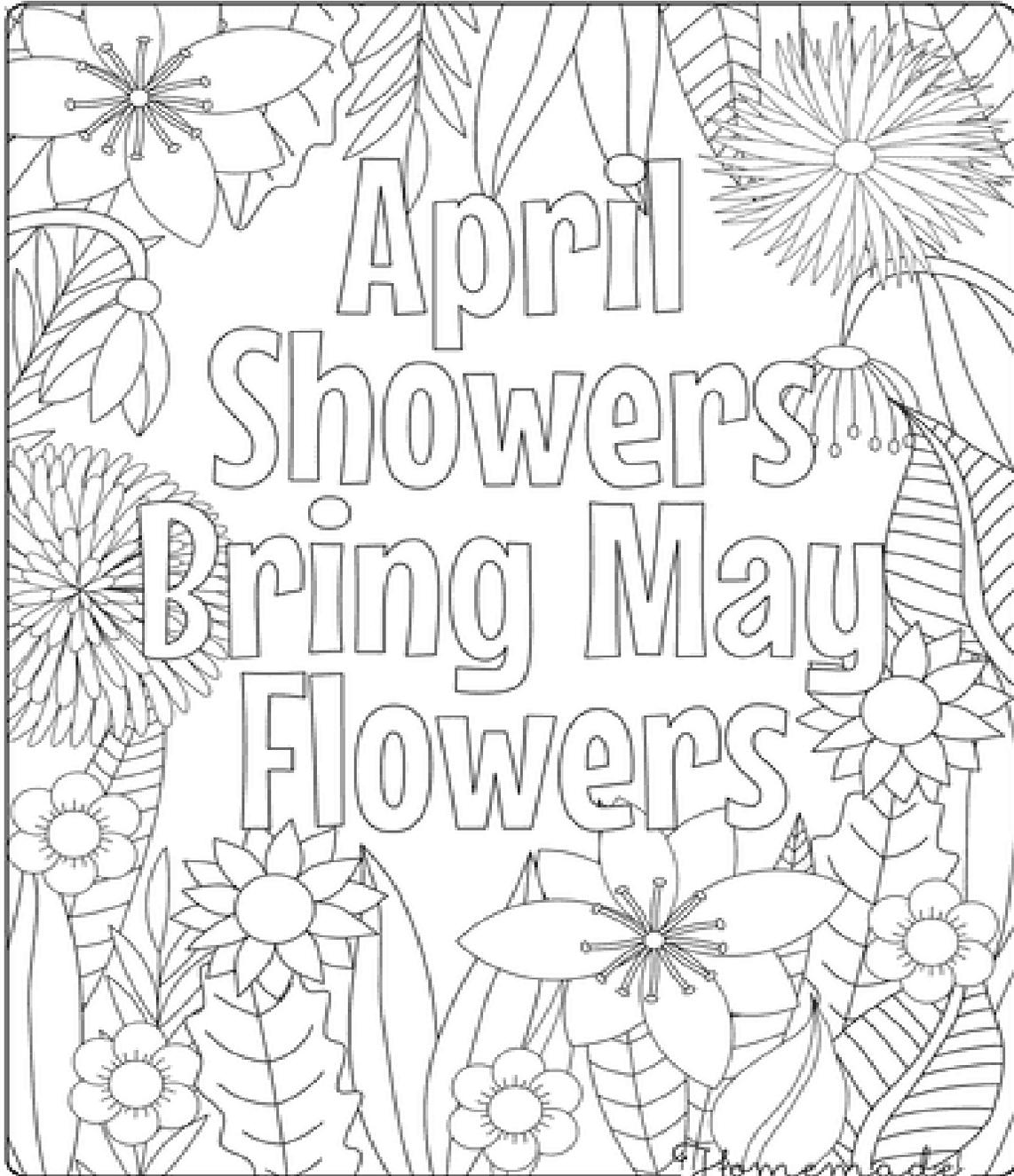
Supplies Needed: Balloon, Funnel, and Flour OR Stress Ball

Fill your balloon with flour, as full as you can get it. Tie the balloon, or have someone else tie it if needed. Use the balloon like a stress ball. OR if you have a stress ball, you can use it!



CABINET FOR HEALTH
AND FAMILY SERVICES

Senior Health & Wellness Newsletter



Homemade
GIFTS MADE EASY

What monster plays the most April Fools' jokes?

Frankenstein!

What did April Fools' Day say after it won an award?

"Prank you."

Why do eggs like April Fools' Day?

They love practical yolks.



Days of Interest -
 April 1—April Fools' Day
 April 9—Easter
 April 22—Earth Day
 April 28—Arbor Day

Senior Spotlight

Hello, my Name is Sarah Butcher. I am 81 years old. I attend the Johnson County Senior Citizens in Paintsville, KY. I have been coming to the center for the last four years. I feel that the center is my second home. I have no family here, but I feel that the seniors and staff at the Johnson Co . Senior Citizens are my family. I take care of the flowers around the center trying to keep it looking nice for the seniors that come to the center to enjoy the facility. In the evening when I leave the center, I travel around the community and fill the Blessing boxes with food for the homeless. I fix sandwiches and take drinks several days a week to the homeless around our community. They tell me their life story and the reason why most of them ended up homeless. Many people at the center brings me clothes for the homeless and I try to distribute the clothes to the people who need them. I love coming to the center to socialize with everyone. They are an awesome bunch of seniors to spend time with. I love each of them and I am thankful to have a center like the Johnson County Senior Citizens to attend. I always feel welcome here and this is the friendliest bunch of people to be around.

