Having a need and needing help is not a sign that you're weak. It's a sign that you're human.

- Kate Northrup, business researcher and author of *Do Less and Money: A Love Story*
Four members of the Dementia Coalition, listed above with the photo, presented at the fall Ohio Provider Resource Association (OPRA) conference on November 5 on the topic "Creating a Dementia-Capable Community: A Collaboration of Disability and Aging Services in Northwest Ohio." These presenters shared about the work that has been underway for the past three years, and shared plans for the future as the work continues. Attendees were informed about the importance of this collaboration between the aging and the developmental disabilities fields, and were invited to contact the presenters for virtual training opportunities or to be connected to similar grant work in other parts of the state.

December Highlighted Resources

**HEAP (Home Energy Assistance Program)**

Available to Help with Home Energy Expenses

Help is available to low-income Ohioans with paying home energy bills.
The Home Energy Assistance Program (HEAP, sometimes also called Low-Income Home Energy Assistance Program, or LIHEAP) helps Ohioans with a household income at or below 175% of the federal poverty guidelines. This means a gross annual income of $22,540 for a single-person household, and $30,485 for a two-person household. See the income levels for larger households here.

Age and disability are not considered as part of the criteria for eligibility.

Read more about HEAP, and how to qualify and apply, here.

For additional information about HEAP:

Area Office on Aging, 419-382-0624

To be connected to your local Energy Assistance provider, call 800-282-0880 (hearing impaired individuals may dial 711 for assistance)

Or visit www.energyhelp.ohio.gov

This link has additional information about HEAP and some other options.

A new City of Toledo program helps low-income and senior residents, and residents with disabilities, pay off past due water bills. Click here.

(This is a program only within the City of Toledo.)
Multiple Non-Profits Offer Assistance with Food and Other Basic Needs in Lucas County This Holiday Season and Beyond

Numerous pantries in Toledo and Lucas County provide free food, meals, groceries, and other non-financial aid. Each location is a different center, independent of the others, so services vary. Many of the pantries are run through non-profit organizations so the focus is on helping low-income families. Some of them may offer clothing, Thanksgiving and Christmas meals and gifts, personal hygiene items, and baby supplies such as diapers and formula. A few may offer financial help with basic needs such as electric bills, housing or medical expenses, but this is more rare, funding is limited, and only a small number of families will qualify.
Click here for more about food pantries, and a list

Reminder: Help Us Develop Trainings that Will Help You
It's Not Too Late for Feedback

The survey is still open for your feedback regarding training opportunities that the Senior Committee is planning for 2022. We would like to make these as beneficial as possible for those interested in attending.
Would you please take a couple of minutes to complete the survey at this link?

Continuing Trainings and Engagement Opportunities

Free IDD-and-Dementia Strategies Webinars Continue

The Developmental Disabilities Supportive Services Program (DDSSP) within the Michigan Chapter of the Alzheimer’s Association is continuing their series of free webinars highlighting strategies for supporting those with a developmental disability who have or may develop dementia.

Each webinar runs from 10:30 am until noon on the listed day and all offer continuing education credits.

December Webinars

Home Safety and Environmental Modifications for Individuals with a Developmental Disability and Dementia
Friday, December 3
Learn more and register.
Activity Planning for People with DD and Dementia
Friday, December 17
Learn more and register

See the flyer for the full October 2021 - January 2021 series here.
If you have questions or need help registering, contact Kristi Davis at krdavis@alz.org

Project ECHO will conclude their "Growing Older with Lifelong Intellectual Disabilities: When Dementia is Suspected Or Diagnosed" Series with a "Case Updates and Discussion" session, Monday, December 13, from noon until 1:15 pm.

To learn more and register, contact Faith Helm at rigec@etal.uri.edu and see the flyer.

Read more about Project ECHO here.

Understanding Grief, Thursday, December 9, 6 to 7 pm
Organized by Hamilton County DD Services and the Down Syndrome Association of Greater Cincinnati
In-person at DSAGC headquarters, but also virtual
To find out more and register, go to this link and scroll through.
Help Shape the Future of Transportation in Northwest Ohio

The Toledo Area Regional Transit Authority (TARTA) is undertaking a "blank slate, top-to-bottom review and redesign" of the transit system. Follow the "TARTA Next" web site and the TARTA Facebook page for the latest updates and opportunities to participate and provide feedback.

Click here and here to read about how TARTA is changing bus stop locations with the goal of improving service, and how you can contribute input.

Sign up at TARTA Next to receive updates.

Helpful Resources Always Available

Lucas County Board of DD Senior Committee

The Lucas County Board of DD's Senior Committee offers its expertise to those who are supporting aging individuals with DD and who have concerns.
This opportunity is open to providers, family members, and Board of DD staff who would like to consult about a case involving an individual with a developmental disability who is aging and/or who is experiencing dementia-related symptoms. The committee is available to consult regarding:

- Behavioral and environmental issues
- Geriatric specialists
- Other resources in the community

Interested parties can email seniorcommittee@lucasdd.org to make arrangements.

**LUCAS COUNTY BOARD OF DD:** [http://lucasdd.org](http://lucasdd.org)

**TO REPORT CONCERNS OF ABUSE OR NEGLECT OF PERSONS WITH DISABILITIES:**

Contact the MUI Department at 419-381-5206

Mondays through Fridays, 8:30 am - 4:30 pm.

After hours/on weekends please call 419-380-5100 to access the On-Call service.

[Click here for information about reporting concerns of Elder Abuse to Adult Protective Services.](#)

**AREA OFFICE ON AGING:** [https://www.areaofficeonaging.com/](https://www.areaofficeonaging.com/)
LEGAL HELP AND LEGAL RESOURCES
Supporting people who have DD and are aging and/or have dementia, can include addressing various legal matters.

The Toledo Bar Association Lawyer Referral Information Service can connect you with a Toledo-area attorney who works in the area of law you need help with. They can also help you find free or reduced-cost legal assistance, depending on your income.

Legal Aid of Western Ohio and Advocates for Basic Legal Equality (ABLE) represent low-income people in a variety of legal matters, and they provide Self-Help Resources and Clinics that can be used by people that Legal Aid and ABLE attorneys may not be able to represent directly.

These resources were highlighted in our August 2021 newsletter.

ACTIVITIES

A variety of activities, mostly virtual, is available continuously for individuals of all ages with and without a disability.

The Area Office on Aging site, above, offers, in addition to many other resources, an ongoing calendar of events. Click here. For events that are not virtual, it is a good idea to check with the organizer to make sure they are still being held.

We Thrive Together offers virtual events every day that are open to everyone.
Choose the "Upcoming Events" tab at the top of the We Thrive Together page to get a list of all of their upcoming events with registration and contact information for each one.

Choose "Upcoming Events" and then "Virtual Event Descriptions" to learn more about the events and activities.

See this link and this PDF for a calendar of December events.

**Photo Credits from Stories Above**

- Photo of the Dementia Coalition partners at the OPRA conference was taken by participants at the conference
- Photo with Alzheimer’s Association Greater Michigan Chapter DDSSP webinar information is from the webinar series flyer.
- Project Echo logo is from this web site of a Project Echo partner
- TARTA logo and bus photo are from TARTA’s web site
- Other organization logos are from the organizations’ web sites
- Images not otherwise noted come from the Bing online database

If you’re new to Aging Gracefully, past issues can be found at the Lucas County Board of DD’s web site, [http://www.lucasdd.org](http://www.lucasdd.org) under Library.