THIS IS ME...

How to set New Year resolutions that stick | CNN

Make a cue-based plan

"Plotting when and where you'll execute on your resolution jogs your memory when it's opportune and generates guilt if you flake out."

Consider a penalty clause

"A steeper penalty than shame, however, is putting cold hard cash on the table, and there is excellent evidence that self-imposed cash penalties motivate success."

Make it fun

"One way to make pursuing a goal that normally feels like a chore more fun is to combine it with a guilty pleasure."

Allow for emergencies

"By setting tough goals but giving yourself one or two get-out-of-jail-free cards each week."

Get a little help from your friends

"...coaching friends with shared goals can improve your success rate."

Since December is usually a time of reflection of what has been accomplished over the past year, January is a great time to set goals for the year ahead.

Even if goals have already been established, you can take this opportunity to re-focus and re-align these goals so you can bring back the focus to your follow-through to keep the fire burning to acheive these goals.

Just like with personal resolutions we want to have purposeful follow-through with our work and community projects so we can reach our potential.

"On a day-to-day basis, consistent, automatic follow-through can deflect a lot of the firefighting that can push your day off course" (Stephanie Winston, *Organized for Success*).

Who hasn't had a day where they feel like all they area doing is putting out fires. Sometimes this is beyond our control, and sometimes it is because we missed a follow-through opportunity.

Have you ever had a voicemail that sounded like someone wanted to complain about someone or something, so you put it on your to-do-later list? Has your to-do-later list been so long that so much time passed that now that individual has contacted your supervisor to complain about that someone or something as well as you for not returning the call?

At this point, you now have a fire to put out and your to-do-later list gets pushed off to the side creating more potential fires. This creates the potential for a cycle that we may not be able to get out of, and impedes our ability to meet deadlines and achieve our goals.

Sometimes the follow-through is uncomfortable. Returning that phone call in a timely manner may take away from your day temporarily, but how much time will you lose having to rebuild your integrity.

It is important to set aside time each day to follow-through with items that still need to be addressed or to provide feedback and praise to others about the goals. In order to dedicate this time to follow-through, you will need to turn off all of your notifications (email, social media, news, etc.). If you allow yourself to get distracted you will miss a follow-through opportunity and potentially set in to motion your next firefighting expedition.

Remember this time is not to get bogged down with a larger to-do list for yourself. You are part of a team and that foundational support is going to help achieve the established goals.

Part of the follow-through process is making sure that you are not confusing what is reasonable with what is realistic. For instance, when you set up your voicemail you may say that you will return messages within 24 hours, since this would be considered a reasonable expectation. However, this may not be realistic given your schedule. What if you have meetings all day and you are not able to return that message?

The ability to set realistic expectations will help with establishing that things are doable. Once things are viewed as doable, people begin to have faith in the process and want to be a part of helping to achieve the goals.

No matter the goal or resolution, follow-through is a necessary tool. Following-through can increase our integrity and help people start to see the forest, rather than just the trees.

KENTUCKY RANKED IN THE TOP 10 OF STATES WITH THE BEST ELDER-ABUSE PROTECTIONS

2022's States with the Best Elder-Abuse Protections (wallethub.com)

Overall Rank ▲	State	Total Score ⬍	Prevalence ⬍	Resources ⬍	Protection ⬍
1	Wisconsin	63.56	19	1	6
2	Massachusetts	56.85	10	4	21
3	Ohio	53.21	26	19	1
4	North Carolina	52.86	4	28	7
5	Iowa	50.22	6	33	12
6	Kentucky	48.98	5	23	25

16 Key Indicators

1. Share of Elder-Abuse, Gross-Neglect and Exploitation Complaints (*Prevalence*)

2. Estimated Elder Fraud Rate (*Prevalence*)

3. Elder Fraud Loss Amount per Reported Frauds (*Prevalence*)

4. Total Expenditures on Elder-Abuse Prevention per Resident Aged 645 & Older (*Resources*)

5. Total Expenditures on Legal-Assistance Development per Resident Aged 65 & Older (*Resources*)

6. Total Long-Term Care Ombudsmen Program Funding per Resident Aged 65 & Older (*Resources*)

7. Financial Elder-Abuse Laws (*Protection*)

8. Eldercare Organizations & Services per Residents Aged 65 & Older (*Protection*)

9. Presence of Elder-Abuse Forensic Centers (*Protection*)

10. Presence of Elder Abuse Working Groups (*Protection*)

11. Certified Volunteer Ombudsmen per Residents Age 65 & Older (*Protection*)

12. Frequency of Assisted Living Facilities Inspections (*Protection*)

13. Quality of Nursing Homes (*Protection*)

14. Presence of Laws Allowing Surveillance Cams in Nursing Homes (*Protection*)

15. Presence of Elder Justice Task Forces (*Protection*)

16. Presence of Elder-Abuse Shelters (*Protection*)

NATIONAL STALKING AWARENESS MONTH

KNOW IT. NAME IT. STOP IT.

SPARC STALKING PREVENTION, AWARENESS, AND RESOURCE CENTER

ncall

Lead a workshop in your community!
Everyone has a role to play in knowing, naming and stopping stalking. This workshop is intended for a broad audience and can be offered in a variety of settings including (but not limited to) PTA meetings, office lunch-and-learns, congregational meetings, or anywhere that people gather.

This DIY workshop includes everything you need to successfully lead a training in your community. Reach out to info@stalkingawareness.org with any questions. (Click below)

KNOW IT, NAME IT, STOP IT
PUBLIC AWARENESS WORKSHOP

RESOURCES

You Can Help Caregivers Spot Illegal Nursing Home Debt Collection Tactics
Click Here

Resources To Build An Elder Fraud Prevention and Response Network
Click Here

2022:
The Year In Scams (AARP)
Click Here

Older Americans Month Theme-Aging Unbound: May 2023
Click Here

Money Smart for Older Adults: Avoid Financial Exploitation
Click Here

Which month does the Brady Bunch like the most?
————
"JAN-uary!"

TRAINING

January 25th, 2023 2:00pm—3:00pm (EST)
Person-Centered Approaches to Elder Abuse
Register Here

February 2nd, 2023   1:00pm (EST)
Responding to Abuse in Later Life: The Role of Forensic Nurses
Register Here

February 15th, 2023 8:30am—12:15pm (EST)
Domestic Violence and Elder Abuse, Neglect and Exploitation: Required Training for Behavioral Health Providers
Register Here

Defining Words!
How do we communicate?

Protective Services is defined in KRS 209.020 as "agency services undertaken with or on behalf of an adult in need of protective services who is being abused, neglected or exploited."

The definition goes further to provide three specific types of services that may be provided. These three are not the only services available, just the primary focus.

Service one is defined as "conducting investigations of complaints of possible abuse, neglect, or exploitation to ascertain whether or not the situation and condition of the adult in need of protective services warrants further action."

This specific service is what most people think of when they think of APS. APS completes an investigation through interviews and collection of records to determine if the abuse, neglect, or exploitation occurred by a preponderance of the evidence. From this investigation APS will make a recommendation to the adult for further action.

Service two is defined as "social services aimed at preventing and remedying abuse, neglect, and exploitation."   These services are usually a direct result of the investigation and recommendations made.

These voluntary services are offered to every adult during the investigation and at the completion of the investigation.

Service three is defined as "services directed toward seeking legal determination of whether or not the adult in need of protective services has been abused, neglected, or exploited and to ensure that he or she obtains suitable care in or out of his or her home."

These services are coordinated with law enforcement to allow for perpetrator accountability as well as providing a safe environment for the adult through the removal of the perpetrator and protective orders.