



South Central Tennessee Area Agency on Aging & Disability

101 Sam Watkins Blvd, Mt. Pleasant, TN 38474
(931) 379-2929 or Toll Free 1-866-836-6678 * Fax (931) 379-2685 * www.sctaaad.org



Take a Swing for a Good Cause on June 8th



The SCTDD Annual Golf Classic to benefit the Personal Emergency Assistance Program (PEAP) for Elderly & Adults with Disabilities is set for June 8th at the Henry Horton State Park Golf Course with a shotgun start at 8am. The PEAP helps low-income individuals with things like wheelchair ramps, dental and vision care, food and cleaning supplies, rent, heaters/air conditioners, transportation to medical appointments, prescription medicine, and much more. We need sponsorships, door prizes, goody bag items, golfers, and other support from individuals and businesses like you! Let us know what you can do to help make this year's SCTDD Golf Classic a great event that will help those most in need! Contact Robin Rochelle at 379-2931 or rrochelle@sctdd.org.

Sponsorships Available



Limited to First 36 Registered Teams



Cash Prizes

Breakfast & Lunch



Door Prizes



Goody Bags

NOTICE OF PUBLIC HEARING on Area Agency on Aging & Disability Four-Year Area Plan

The AAAD will hold a Public Hearing on March 14, 2018 at 9:00 am, on the Area Plan for Aging & Disability Program that is to be submitted to the Tennessee Commission on Aging & Disability (TCAD) for approval. The Public Hearing is provided to present the information to AAAD Advisory Council members, service providers, and the general public and to accept input and comments to be recorded as part of the Area Plan. This meeting will be held at South Central TN Development District located at 101 Sam Watkins Blvd. Mt. Pleasant, TN. The quarterly meeting of the SCTDD/AAAD Advisory Council will immediately follow the Public Hearing. To receive a copy of the Area Plan, please send your request with your name and mailing address to Robin Rochelle (see below for contact information). Written comments to be recorded in the Area Plan will be accepted until March 23rd by submitting them to:

SCTDD/AAAD

Attn: Robin Rochelle

101 Sam Watkins Blvd, Mt. Pleasant TN 38474

Phone: 931-379-2931 - Fax: 931-379-2685 - Email: rrochelle@sctdd.org

TFA Invites You to Take Part in “Aging Day on the Hill” February 27th

The Tennessee Federation for the Aging, Inc. (TFA) invites you to wear your **RED** and join the annual “Aging Day on the Hill” for Tuesday, February 27th from 8:00 am to 2:00 pm at the Cordell Hull Building, 425 5th Avenue North in Nashville. The purpose for the Aging Day on the Hill is for the aging network of providers from across the state and older Tennesseans to join together for the day to advocate for programs and services that help older adults to remain independent and to provide for a better quality of life as they age. TFA will provide policy initiative cards and other information to participants to show their support and concerns in the areas of elder abuse, senior hunger, senior assisted transportation, affordable and accessible senior housing, home and community based services, and additional funding in general to support vital programs that serve the most vulnerable and needy older Tennesseans.

For more information or to register online for the event, visit the TFA website at www.tnfederationfortheaging.org. Or, email Dottie Lyvers, TFA President, at tnfedaging@outlook.com. Also, for the latest in TFA news and events, visit us and “Like” our Facebook page at www.facebook.com/TNFederationfortheAging.



Volunteer Appreciation Week **April 15-21, 2018**



Without the help and dedication of our South Central TN AAAD volunteers, we could not reach and assist as many older adults and adults with disabilities in our communities across our 13 counties! Our volunteers put in hundreds of hours each year to help others, giving of their personal time and efforts. In addition to the AAAD's Public Guardian volunteers, SHIP volunteers, and Volunteer Ombudsman Representatives, the other contracted services, Nutrition and Senior Centers, are also always in need of volunteers to help meet the needs of our elderly and adults with disabilities in our local communities. For more information on how you can become a part of this special group of volunteers, contact us at 931-379-2940.



State Health Insurance Assistance Program

SHIP – SHAPE Q&A

Medicare Highlights - Q&A

Can you explainIf I got a cost of living increase of 2% ... Why I didn't get any more money on my Social Security benefits?

Sorry but the answer is a little long.....

The base premium for Medicare Part B (medical insurance) is \$134 in 2018. This is the same as the base premium from 2017. People who paid the base premium of \$134 in 2017 will pay the same amount, while most people who paid less will begin paying \$134 per month in 2018.

About a quarter of people will not pay the full \$134 Part B premium because their Social Security benefits did not increase enough in 2018 to cover the increase in the Part B premium. There is a rule that your Social Security benefits cannot decrease because of an increase in the Part B premium. This is known as the hold harmless provision. Most people have the Part B premium deducted from their Social Security benefits. Each year, the increase to the Part B premium cannot be greater than the Cost Of Living Adjustment (COLA); otherwise, a **person's Social Security award amount would go down once the Part B premium is deducted. People in this situation pay a lower premium than the standard premium so that their Social Security benefits do not decrease. They pay a premium increase that is the same dollar amount as their cost of living adjustment.**

[So they don't see more money in their bank account]

This year, the cost of living adjustment is 2%, which is higher than in past years. If you did not pay \$134 for Part B in 2017, part or all of your cost of living adjustment will go toward paying the increase to your Part B premium. This means that you may not see an increase to your Social Security benefits once the Part B premium is deducted. You should look at your Social Security Statement for personalized information about your benefit and premium amount. Here are examples of how the 2% COLA can affect the Part B premium:

- **John's social security income in 2017 was \$1,500 and his Part B premium was \$109. In 2018, John's COLA will be 2% of \$1,500, or \$30. The increase in his Part B premium, from \$109 to \$134, is \$25. John will not be affected by the hold harmless provision this year, so he will pay \$134 for the Part B premium, and will see a net increase of \$5 in his monthly Social Security earnings.**

- Ann's social security income was \$950 in 2017 and her Part B premium was \$104. This year, the COLA will increase her Social Security award by \$19. Ann's premium will be raised by the dollar amount of her COLA, making it \$123 in 2018. There will be no increase to Ann's Social Security award once the Part B premium has been deducted.

Medicare Wellness/Preventive Services:

An easy and important way to stay healthy is to get disease prevention and early detection services. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. Talk with your doctor or health care provider to find out what tests or other services you may need. If you have Medicare Part B, you will be able to get many preventive services at no cost to you.

Did you know that Medicare covers.....

Flu Shots – These shots help prevent influenza or flu virus. Medicare covers these shots once per flu season.

Pneumococcal Shots – Medicare covers a pneumococcal shot to help prevent pneumococcal infections (Like certain types of pneumonia). Medicare also covers a difference second shot if it's given one year (or later) after the first shot. Talk to your doctor or other health care provider to see if you need these shots.

*Please contact the SHIP/SMP office with your Medicare questions. Toll-Free 1-877-801-0044
Or locally at 931-379-2927*




Public Service Announcements:

If you or someone you know has Medicaid, QMB, SLMB, or QI1 ...and has moved or plan to move, you must change your address with the TennCare Office. The TennCare Office administers all of these programs. Failing to update your address with them could result in losing your benefits. Your local SHIP/SMP office can provide you with TennCare's Change of Address Form. Simply give us a call at 931-379-2927.

Those who have assistance with Medicare cost [QMB, SLMB, QI1] are receiving renewal packages by mail. These are large packages from the State of Tennessee TennCare office. If you do not complete your packet and return it by the date requested you will lose your help! Please call us if you need assistance in this process.

The SHIP-SHAPE column is sponsored the State Health Insurance Assistance Program (SHIP) & the Senior Medicare Patrol (SMP). The column is designed to provide information to help Medicare beneficiaries understand, access, and protect their Medicare benefits. SHIP is supported, in part by grant number 90SA0096-01-00, from the U.S. Administration for Community Living, Department of Health & Human Services in Washington, DC 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

SHIP is a part of the Area Agency on Aging & Disability. Please send questions & brochure requests to the local SHIP/SMP office at

scraig@sctdd.org or call 931-379-2927. 

TTY users can dial 7-1-1 for assistance in reaching the SHIP/SMP office. SHIP/SMP office has access to a language interpreting service if needed.bl

National Family Caregiver Support Program

PARTNERS IN CAREGIVING

The following providers allow a 10% discount on services and goods provided by the NFCSP:

In-home Service Providers:

Aid & Assist at Home, LLC	888-721-7380
A Plus Staffing, Inc.	877-933-7823
Caring Hearts Home Health Care, LLC	855-245-0870
Home Instead Senior Care – Franklin	931-388-6100
Home Instead Senior Care - Tullahoma	931- 454-2022
Senior Moments Healthcare	844-670-1081
South Central Human Resource Agency	800-221-2642

Personal Emergency Response Systems (PERS):

Guardian Angel Healthcare Services	931-703-5537
Lifeline Systems, Inc.	800-368-2925
Valued Relationships, Inc. (VRI)	800-860-4230

The following providers maintain an inventory of donated durable medical equipment:

Medical Equipment Recycling Program

Bedford County Senior Center	Coffee County Senior Center
Giles County Senior Center	Hickman County Senior Center
Lewis County Senior Center	Lincoln County Senior Center
Marshall County Senior Center	Maury County Senior Center
Moore County Senior Center	Perry County Senior Center
Wayne County Senior Center	

The following providers are licensed to provide professional counseling.

Caregiver Counseling

Family Counseling Center	<i>(Bedford, Coffee, Franklin & Moore counties)</i>	931-723-0380
LifeCare Family Services	<i>(Giles, Lawrence & Maury counties)</i>	1-877-881-0359
Betty M. Lane, M.S.	<i>(located in Fayetteville in Lincoln County)</i>	931-433-2929

ABC's & D's of Medicare Class

New to Medicare – this is the class for you.



3rd Wednesday of each month

Jan-Nov 2018

9am-Noon

Preregistration is required by calling 931-379-2927 or toll free 1-877-801-0044

Class held at the South Central TN Dev District Office

101 Sam Watkins Blvd

Mt. Pleasant, TN 38474

NOTICE

If anyone is interested in an in-service to learn about the services TennCare CHOICES program and HCBS programs) that are available through the SCAAAD please notify Jamie Canady, CHOICES Manager/HCBS Manager/CLS Ombudsman to schedule. Also, if anyone has any health fairs that are coming up please let Jamie Canady know as well. You can reach her at jcanady@sctdd.org or 931-797-4503.



**15th Annual
Adult Abuse Coalition
Conference**

**Keynote Speaker
Lisa Smartt**

(931) 379-2941 or (931) 619-0237

SAVE THE DATE

CLE/CEU's and
3 hours of ETHICS pending
\$50 for CEU/CLE
\$25 for all others



May 1, 2018
Northfield Conference Center
Spring Hill, TN

UPCOMING *Mark Your Calendars* **EVENTS**



February 27	Aging Day on the Hill
March 14	AAAD Four-Year Area Plan Public Hearing
March 14	SCTDD/AAAD Advisory Council Quarterly Meeting
April 10,11	SHIP New Volunteer Training – Mt. Pleasant Office (For more info please call 931-379-2927)
April 15-21	Volunteer Appreciation Week
April 16	SHIP Volunteer Appreciation & Update Training
May 1	Adult Abuse Coalition Conference
June 8	SCTDD Annual Golf Classic

A LOOK BACK....





May 1, 2018

Northfield Conference Center, Spring Hill, TN

15th Annual

SOUTH CENTRAL TENNESSEE
ADULT ABUSE
COALITION
CONFERENCE

Sponsorship Levels

SPONSOR DEADLINE IS FRIDAY, MARCH 2, 2018
(to guarantee benefits listed)

- ☐ **BRONZE (\$150)**
 - Conference attendance for 2 people
 - Information Booth
 - Recognition in Conference Materials
- ☐ **SILVER (\$250)**
 - Conference Attendance for 4 people
 - Information Booth
 - ¼ Page Ad in Program Book
- ☐ **GOLD (\$500)**
 - Conference attendance for 6 people
 - Priority location Information Booth
 - News Release Recognition in South Central District (13 counties)
 - 1/2 Page Ad in Program Book
- ☐ **PLATINUM (\$1000)**
 - Conference Attendance for 8 people
 - Priority location Information Booth
 - News Release Recognition in South Central District (13 counties)
 - Full Page Ad in Program Book
 - Table Tent Recognition Card on all Tables
 - Company Logo and Partner Recognition on Registration Form and Program Book
 - Sponsor Name on Conference Shirt

Mail Completed Form To:

Christy Warren
Adult Abuse Coalition Conference
101 Sam Watkins Blvd
Mt Pleasant, TN 38474

Registration materials will be sent upon receipt of
Sponsor Form and Fee.

Contact Glenda Porterfield for more information.
(931) 379-2941 gporterfield@sctdd.org

YOUR SUPPORT IS GREATLY APPRECIATED

The Adult Abuse Coalition of South Central Tennessee (AAC) is gearing up for the 15th Annual Adult Abuse Coalition Conference to be held Tuesday, May 1, 2018. Your organization is invited to participate as a sponsor of this important event as we endeavor to raise awareness of the many issues that affect the disabled and elderly adults in this community.

Your sponsorship will help provide a full day of education, Information and networking. We welcome back our keynote presenter from last year's conference, Lisa Smartt, presenting "Anti-Aging Solution, I Don't Think So". Other topics will include "Bullying of Seniors", Adult Protective Services Program, and a multidisciplinary panel of professionals discussing ethical considerations they face in their jobs.

Three hours of Ethics have been applied for. We hope that you will find a level of sponsorship that is right for your organization.

Yes, please sign us up at the level indicated to support the 15th Annual Adult Abuse Coalition Conference. **Our check made payable to SCTDD/Adult Abuse Coalition is enclosed. Deadline for Sponsorship is Friday, March 2, 2018.**

Organization

Contact

Address

Contact Phone

Contact Email
