



South Central Tennessee Area Agency on Aging & Disability

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Lawrence County's "Aged to Perfection" Competes in State Senior Brain Games

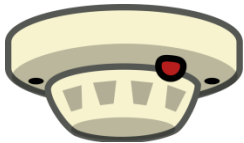
Congratulations to the Lawrence County Senior Brain Games team, "Aged to Perfection" for making it through the district and regional Senior Brain Games to compete at the state finals.

The State Senior Brain Games was held in Jonesborough, TN, home of the defending state champions, on October 19, 2017. The event was hosted by the Tennessee Commission on Aging & Disability. Although they came up just a few points shy of the win, they were in the lead for most of the competition, and finished in 2nd place out of four teams across the state. We are very proud of the performance of our team, Aged to Perfection! This is also the team that won the first-ever Tennessee Senior Brain Games that was held, so their name is already on the Winner's Cup. The District Senior Brain Games will be held again in August 2018 to see which team out of the 13 south central TN counties will go on to compete at the regional Senior Brain Games against the Greater Nashville and Upper Cumberland districts. If you are interested in Senior Brain Games, contact your local senior center to see if events are happening in your area, or for more information on the District Senior Brain Games, contact Katrina Crisp at the AAAD office at (931) 379-2937 or kcrisp@sctdd.org.



Pictured from left: Jim Shulman, TCAD Executive Director; Anna Lea Cothron, TCAD/Senior Brain Games Coordinator; Sandy Calvert, Lawrence Co Senior Center Director; Sherri Mann, Team Member, Curtis Peters, Team Member; Gari Lynn Team Member, and Bill Gentner, TCAD Commission Chairman.

AAAD Partners to Install Hearing-Impaired Smoke Alarm



The AAAD partnered with the Loretto Volunteer Fire Department to install special smoke alarms for a hearing-impaired elderly resident of Loretto. The hearing-impaired smoke alarms were given to the AAAD by the Columbia/Maury County Fire Department.



AAAD Partners with State Fire Marshall's Office

The AAAD's Emergency Repair Program has placed free smoke alarms in homes across the district, thanks to the partnership with the State Fire Marshal's Office and the "Get Alarmed TN!" program. To request a free smoke alarm, or for more information on their program, visit their website at <https://www.tn.gov/commerce/section/fire-prevention>, or call (615) 741-2981.

It's Time to Check the Batteries in YOUR Smoke Alarms! Each year when the time changes, you should check the batteries in your smoke alarms. If you need a smoke alarm and cannot afford or install one, contact the State Fire Marshal's office or, for assistance, contact Robin Rochelle at the South Central TN AAAD office, at (931) 379-2931 or rochelle@sctdd.org.



2018 SCTDD GOLF CLASSIC

**SCHEDULED FOR
FRIDAY, JUNE 8, 2018
AT HENRY HORTON STATE PARK**

MAJOR SPONSORSHIPS AVAILABLE NOW BY CALLING
Robin Rochelle at 931-379-2931 or rrochelle@sctdd.org

All proceeds benefit the SCTDD Personal Assistance Program to help with emergent health and/or safety needs for low-income elderly and adults with disabilities in the South Central TN area. Help Us Help Others!

DON'T MISS OUT... 2017 AGING NETWORK FALL CONFERENCE!

The Tennessee Federation for the Aging (TFA) is having its annual aging network conference at Music Road Resort in Pigeon Forge, TN on November 28-30, 2017. This conference had approximately 250 registered last year, with over 200 already registered this year. The TFA Conference will feature over 20 sponsor exhibits, four different training tracks, a special awards luncheon, a night out at Dolly Parton's Dixie Stampede, and a host of great speakers on various topics of interest to those serving older adults and adults with disabilities. For more information, check out the TFA website at <http://www.tnfederationfortheaging.org>

If you haven't registered, you may be able to still get a late registration by contacting TFA directly. TFA can be reached through email at tnfedaging@outlook.com, or on their website at the address above, or you can contact them through Facebook.



UPCOMING: The 15th Annual Adult Abuse Coalition conference

**May 1, 2018
Sponsorship Opportunities Available**

The 15th Annual Adult Abuse Coalition conference is scheduled for May 1, 2018 and sponsorship opportunities will be available in January. Contact Glenda Porterfield at (931) 379-2941 if you would like to be added to mailing list to receive a sponsor and/or registration form.



State Health Insurance Assistance Program SHIP – SHAPE Q&A

What is changing in Medicare for 2018?

2018 Part D Deductibles

Your Part D – Prescription Plan Deductible could be as high as \$405.

2018 Donut Hole or Coverage Gap – Part D Plan

Starts at \$3,750

You pay 35% of cost for Brand Names

You pay 44% of cost for Generics

You come out of the Donut Hole/Gap at \$7,508.75

[See other side for a detailed explanation.]

2018 Extra Help Co-pays

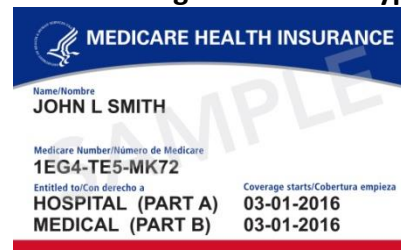
For those who receive help from the government paying for their medications. [LIS, SLMB, QMB]

\$3.35 for Generics (\$3.30 in 2017)

\$8.35 for Brand Names (\$8.25 in 2017)

\$30.62 (\$31.76 in 2017) is the Part D Premium Benchmark in Tennessee.

2018 Extra Help & Medicare Savings Program Income and resource guidelines are typically released in February or March of each year.



Are we really getting new Medicare card?

Yes.....you are.

In April 2018 the Center for Medicare & Medicaid Services (CMS) will start mailing out the new Medicare cards. The cards will be mailed out in phases since there are approximately 60 million beneficiaries on Medicare. The process should be complete by December 31, 2019. You will not recognize the number on your new Medicare cards because it will no longer be your Social Security number. The new card will have a completely different and randomly assigned identifier that will be 11 characters long with a mix of numbers and uppercase letters.

You will not have to PAY to receive the new cards. It will be mailed to the address you have on file with Social Security. If someone tries to charge you for one.....it is a SCAM! Don't pay them! Please give us a call and let us know what happened.

Since it will take to the end of 2019 for everyone to receive their new cards. Both your current Medicare card and your new Medicare card will work until December 31, 2019. After that only the new number can be used to file Medicare claims. You will need to take your new card with you to all medical appointments to update your records.

Wishing you a Happy Thanksgiving and a Merry Christmas!
Your local SHIP/SMP Staff & Volunteers

*Please contact us with your Medicare questions. Toll-Free 1-877-801-0044
Or locally at 931-379-2927*




Public Service Announcement:

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.

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.

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

Volunteers Needed!

The Ombudsman program is charged with advocating for the rights of residents who live in long term care settings such as nursing homes or assisted livings within our 13 county South Central District. Ombudsman visit facilities regularly to establish relationships with residents and facility staff. Ombudsman can help with a variety of issues residents may have whether the problem be simple or severe. The program is also a resource to families who are considering placement of their loved one in the long-term care setting. We provide information about facilities and are available for questions or concerns from families or residents anytime. Ombudsman also provide referral services to Legal Aid, Public Guardian program, APS, or other community resources as per the resident's request. The Ombudsman program is resident driven, resident directed and resident focused. In other words, we are an extension of the residents will and do our best to facilitate their wishes.

The Ombudsman program is constantly in need of **volunteers** to go to facilities and visit residents and report any issues they discover. Our volunteer training program is required of anyone who desires to participate in this program. The training consists of 2 days that cover the beginnings of the Ombudsman program, resident rights, how to advocate for residents, nursing home and assisted living rules and regulations, etc. etc. The next Ombudsman Volunteer training will be held after the first of the year and will be advertised over radio announcements, local newspaper articles and at area Senior Centers.



If anyone is interested in becoming an Ombudsman Volunteer in any of our 13 counties, please feel free to contact the District Ombudsman at (931) 379-2926 or e-mail at: amorrow@sctdd.org.

Santa for a Senior or Person with a Disability



Want to Make A Difference this Holiday Season?



If you do, then consider making a difference in the life of a senior citizen or person with a disability by contributing to the AAAD's ***"Santa for a Senior or Person with a Disability Program"***. Last year, through support from people in the community like you, the AAAD was able to provide for 103 individuals across our 13-county area with a Christmas, which not only included a needed gift item, but also much-needed food and personal hygiene items. People who will receive Christmas gifts are those that AAAD staff has identified as low-income and/or who have no family or other social support system during the holidays. You can be a **"SANTA"** for someone in need by contacting the AAAD office **by December 4th!!** It only takes \$25 to adopt a person, but extra donations are always welcome to help purchase the extra food and household items needed. For more information, contact:

Kim Waldrum
931-379-2938
kwaldrum@sctdd.org

OR

Glenda Porterfield
931-379-2941
gporterfield@sctdd.org



BE A SANTA FOR A SENIOR

The Area Agency on Aging & Disability (AAAD) for the South Central Tennessee Development District is looking for a few good "Santa's" to bring joy to Senior Citizens who are home bound and have no family or other social support system during the holiday season. Help us make a difference in the life of a Senior Citizen this holiday season. You can call or stop by our office in person to select a "Senior Santa" from the AAAD Christmas Tree. Each Senior will have needed items under \$25 that will be listed, so that you will have a choice in which items to purchase. If you do not want to do the shopping, but want to be a "Santa for a Senior", you can send your \$25 donation to the AAAD and we can make the purchase and wrap the gift for you. We prefer that all the gifts be wrapped when received by the AAAD. Arrangements will be made for pickup and delivery of your donated gift that will be of most convenience to you. Deadline to sign up as a "Santa for a Senior" is December 4th. Complete this form and return to: Santa for a Senior, c/o SCTDD/AAAD, 101 Sam Watkins Blvd., Mt. Pleasant, TN 38474 or fax to (931) 379-2685. Checks should be made payable to SCTDD. Contact Glenda (931)379-2941 or Kim (931)379-2938.

Name: _____

Address: _____

Phone: _____

GIFT PURCHASE:

_____ I will purchase the gift(s) myself

_____ My \$25 check is enclosed for purchase to be made for me

The gifts need to be at SCTDD, the local Senior Center, or arrangements made to meet someone by Monday, December 4, 2017.



MERRY CHRISTMAS

&

HAPPY NEW YEAR!

From all of us at

SCTAAAD!

May your life be filled with joy
and happiness and may each new day
bring you moments to cherish.

