



## 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](http://www.sctaaad.org)

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### State Health Insurance Assistance Program

#### SHIP – SHAPE Q&A

##### Medicare Highlights

##### **When will I receive my New Medicare Card**

The Center for Medicare & Medicaid Services (CMS) started mailing out new Medicare cards in April 2018. It will be a while before people here in Tennessee start receiving their new cards.....possibly not until July 2018. Please understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's. [Their goal is to have everyone's new cards to them by **April 2019.**]

Mean while....the scammers are already trying to trick people in Tennessee by using your new Medicare cards as bait. In one **scam** someone calls you claiming to be from Medicare. They say that they need to verify your current Medicare card number before they can send you your new card. Don't fall for it. Medicare already has your number....they will never call you to verify it.

In another **scam** ...you receive a call from someone claiming to need money \$ from you before your new Medicare card can be mailed. Don't send them any money. You will receive your new Medicare card for **free**. It will be mailed to the address you currently have on file with Social Security and Medicare. [So if you moved but have not updated your address....it is time to get that done.]

The Senior Medicare Patrol [SMP] would like to know if you are targeted by any of these scammers.

Call your local SHIP/SMP office or call the toll free **Tennessee SMP number at 1-866-836-7677** to report the situation.

##### **My neighbor who is forty-seven just received a Medicare card in the mail.....how is that possible.**

We normally think of Medicare as health insurance for those 65 and older. However some people under 65 years old do have Medicare. Those who have received their Social Security disability benefits are usually eligible for Medicare their 25<sup>th</sup> month of disability.

The SHIP/SMP office is happy to work with people of any age who has questions about Medicare.

## **Medicare Wellness/Preventive Services:**

A preventive service is the care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services with no cost-sharing, as long as you meet eligibility requirements and follow the guidelines. For many of the covered preventive services, you have to meet coverage rules based on your age, gender, or certain risk factors. Your health care provider should be able to tell you if you are eligible.

**Did you know that Medicare covers.....**

**Alcohol Misuse Screening & Counseling**—Screening: Once per year. Counseling: 4 Times per year for those who screen positive.

**Bone Mass Measurement** – Every 2 years if at risk. More frequently if high risk

**Diabetes Screening** – One screening per year if not diagnosed pre-diabetic. Twice per year if diagnosed pre-diabetic.

**Mammogram** - Once for those aged 35-39. Annually for those 40 and older.

*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:**

#### **Do you need help with your Medicare costs?**

The SHIP/SMP office has our new 2018 “Do you qualify for “extra help” with the cost of your Medicare? Brochures. The Income and Resources limits change a little bit each year.

If you would like screened for Extra Help or if you would like to have a brochure mailed to you, please give the local SHIP/SMP office a call.

**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](mailto: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.

# THANK YOU Volunteers



## **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.

**"Volunteers don't get paid, not because they're worthless, but because they're priceless." – Sherry Anderson**

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## AWARDS

**South Central AAAD was honored by  
Tennessee Commission on Aging and Disability!**



**Outstanding TN SHIP Program  
Performance MAT met in 4 of 5  
Performance Measures**



**Outstanding TN SHIP Volunteer  
Program Performance in the Area of  
Volunteer Outreach Hours**





## Annual SCTDD Golf Classic

### Henry Horton Golf Course, Chapel Hill, TN Friday, June 8, 2018

**All proceeds benefit the SCTDD Personal Emergency Assistance Program for Elderly & Disabled Adults**

7:00 am – Registration & Continental Breakfast  
Sponsored by **McDonald's of Maury County**

8:00 am - Shotgun Start

12:30-2:00 pm - Lunch Sponsored by  
**Marshall Farmers CO-OP Tire Center**  
Golf Awards & Door Prizes

\$10,000 Cash Hole-In-One Contest  
Sponsored by **First Farmers**

\$5,000 Putting Contest  
Sponsored by **Brindley Construction**

Beverages Sponsored by **HFR Design**

- 4-Person Scramble
- Cash Prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in all Flights
- Cash Prizes for :
  - Closest to Pin on All Par 3's
  - Longest Drive for Men & Women
  - Longest Putt Made
- Goody Bags for all Golfers
- Chance to Win Door Prizes
- Fun Packs for \$20, includes Mulligans, Red Tee & Entry to Qualify for \$5,000 Putt Contest
- Hole Sponsorships \$150
- Registration \$75/golfer or \$300/team
- Free Range Balls from 7-8am
- LIMITED TO FIRST 36 PAID TEAMS!!

SCTDD's Personal Emergency Assistance Program assists low-income elderly and adults with disabilities in the 13-county south central Tennessee area with needs that involve their health, safety, and/or well being, such as dental and vision care, transportation, food/household needs, wheelchair ramps, heaters, air conditioners, medical equipment and supplies, prescription medication, and much more. This golf event is the ONLY fundraiser for the SCTDD Personal Emergency Assistance Program. Help us help others by supporting this great event!

### THANK YOU TO OUR MAJOR SPONSORS



**Marshall Farmers CO-OP Tire Center**



**REGISTRATION DEADLINE FOR SPONSORS & TEAMS – MAY 25<sup>th</sup>**

**LIMITED TO FIRST 36 PAID TEAMS**

**For more information, contact Robin Rochelle at SCTDD (931) 797-2066 or [rrochelle@sctdd.org](mailto:rrochelle@sctdd.org)**



# Annual SCTDD Golf Classic

**June 8, 2018 – 8am Shotgun Start**

Henry Horton State Park Golf Course, Chapel Hill



## REGISTRATION FORM

TEAM NAME FOR CART: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

**PROMOTE YOUR BUSINESS... Sponsor, PLAY, OR DONATE A DOOR PRIZE**

**\$150 - Hole Sponsors receive name on color sign and listed on the Golf Program Sponsor Sheet**  
**\$300 - 4-Person Golf Team Registration; \$75 - Individual Golfer's Registration**  
**\$20 - Fun Packs include Mulligans, Red Tee & \$5,000 Putt Contest Entry**

### CHECK ALL THAT APPLY:

\_\_\_\_\_ Hole Sponsor, 4-Person Team & 4 Fun Packs - \$530  
\_\_\_\_\_ Hole Sponsor & 4-Person Team - \$450  
\_\_\_\_\_ 4-Person Team & 4 Fun Packs - \$380  
\_\_\_\_\_ 4-Person Team - \$300  
\_\_\_\_\_ Hole Sponsor - \$150  
\_\_\_\_\_ Individual Golfer - \$75  
\_\_\_\_\_ I am playing with Team Name: \_\_\_\_\_  
\_\_\_\_\_ Put me on a team (Based on availability; cannot be guaranteed)  
\_\_\_\_\_ I will donate \_\_\_\_\_ for a Door Prize. Value \$ \_\_\_\_\_  
\_\_\_\_\_ I will donate 144 \_\_\_\_\_ as Goody Bag items. Value \$ \_\_\_\_\_

**My Team Members are:** \_\_\_\_\_

### **MAKE YOUR CHECK PAYABLE TO: SCTDD**

RETURN REGISTRATION & PAYMENT TO:

SCTDD, Attn: Robin Rochelle  
101 Sam Watkins Blvd.  
Mt. Pleasant, TN 38474

[rrochelle@sctdd.org](mailto:rrochelle@sctdd.org)  
Phone: 931-797-2066  
Fax: 931-379-2685

**Sponsor & Team Registration Deadline May 25, 2018**  
**LIMITED TO FIRST 36 PAID TEAMS !!**

**Your Support Benefits the SCTDD Personal Emergency Assistance Program – Helping Us Help Others in Need**

## 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:*

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

*Personal Emergency Response Systems (PERS):*

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

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

### **Medical Equipment Recycling Program**

<b>Bedford County Senior Center</b>	<b>Coffee County Senior Center</b>
<b>Giles County Senior Center</b>	<b>Hickman County Senior Center</b>
<b>Lewis County Senior Center</b>	<b>Lincoln County Senior Center</b>
<b>Marshall County Senior Center</b>	<b>Maury County Senior Center</b>
<b>Moore County Senior Center</b>	<b>Perry County Senior Center</b>
<b>Wayne County Senior Center</b>	

*The following providers are licensed to provide professional counseling.*

### **Caregiver Counseling**

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



South Central Tennessee Development District is now offering assistance with “SNAP”, formerly referred to as the Food Stamp Program. If you know someone 60+ or receiving disability, they may qualify for the Supplemental Nutritional Assistance Program (SNAP). They will qualify by deducting medical expenses from their income and also excess shelter costs. The USDA created SNAP to provide eligible individuals with monthly benefits to buy food. No need to sit in a DHS office for hours, they can now contact the SCTDD SNAP Coordinator, Bonnie Walker by calling 931-379-2955.

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## ABC's & D's of Medicare Class

**New to Medicare – this is the class for you.**



**3<sup>rd</sup> Wednesday of each month**

**Jan-Nov 2018**

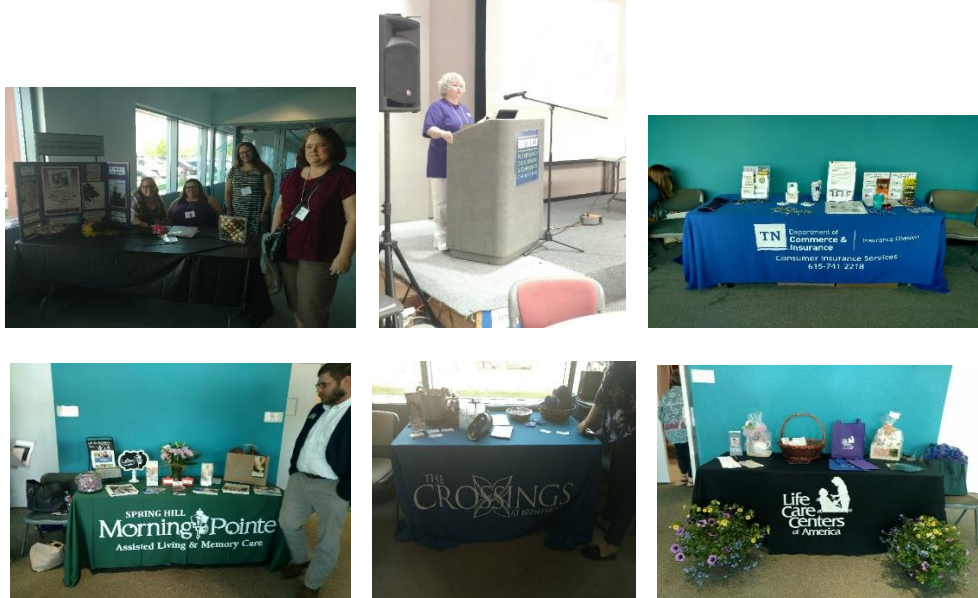
**9am-Noon**

**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**



**Thank you to everyone who attended the  
15<sup>th</sup> Annual Adult Abuse Coalition Conference!**



- |                   |                                       |
|-------------------|---------------------------------------|
| May 1             | Adult Abuse Coalition Conference      |
| May 25            | Deadline to Register for Golf Classic |
| June 8            | SCTDD Annual Golf Classic             |
| September 25 - 26 | Ombudsman Volunteer Training          |

State Ombudsman, Lauren Meeker will conduct a 2-day Ombudsman Volunteer training at SCTDD. Lauren will cover topics such as the history of the Ombudsman Program, Resident Rights, How To Advocate for Residents in Long Term Care, and more! More information will be given in future newsletters.