



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

Advisory Council Leadership Changes Hands



South Central AAAD's Advisory Council on Aging & Disability recognized outgoing Council Chairman, Lillie Brewer of Wayne County, for her leadership and service in 2014-2015, at their quarterly meeting March 9, 2016. The Advisory Council's new Chairman, Cindy Duren, also of Wayne County, assisted Joe Evans, AAAD Director and Robin Rochelle, AAAD Assistant Director with the presentation of Lillie's award. We appreciate Lillie and Cindy for their volunteer service and leadership with the South Central TN AAAD Advisory Council.

SHIP Staff Receives Three Performance Awards

Congratulations to our State Health Insurance Assistance Program (SHIP) staff for receiving awards from our State office for: 1) Highest Overall TN SHIP Program Performance, 2) Outstanding TN SHIP Volunteer Program Performance, and 3) Outstanding TN SHIP Outreach Performance in the Area of Attendance at Presentations to the Public. SHIP staff from across the State of Tennessee met March 15-16, 2016 for a training conference hosted by the Tennessee Commission on Aging & Disability (TCAD) in Nashville. SHIP Coordinator, Sherri Craig, said, "These awards would not have been possible without the hard work of the SHIP volunteers."



Jim Shulman (far left), Executive Director of TCAD and Kathy Zamata (far right), Deputy Director of TCAD, presents SHIP staff, Sherri Craig, Bonnie Walker, and Mike David with TN SHIP performance awards.

April 10-16 is Volunteer Appreciation Week



The South Central TN AAAD would like to recognize our outstanding **VOLUNTEERS** who generously donate their time and energy to help older adults and/or adults with disabilities in their communities through our programs and services. Without our volunteers, most of what we do would not be possible, and we would not be able to reach and serve as many people as we do. We hope you will join us in saying a big **THANK YOU** to the AAAD Volunteers listed below. If you are not currently an AAAD volunteer, but are interested in helping others, give us a call and we will find something just right for you!

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) VOLUNTEERS

Charlotte Brown – Maury County
Peggy Burgess – Maury County
Sandy Calvert – Lawrence County
John Campbell – Marshall County
Sally Cason – Marshall & Coffee Counties
Bonnie Crews – Hickman County
Peggy Cobb – Lincoln & Moore Counties
Sandra Collins – Maury County
Michael Dodd – Bedford, Franklin & Lincoln Counties
Joseph Douglass – Lawrence County
James Grimes – Maury County
Kathy Hannen – Giles County
Tom Hannen – Giles County
Pete Henry – Maury County
Bob Johnson – Maury County
Sandra Johnson – Maury County
Joanne Lord – Perry County
Joy McGraw – Lewis County
Eileen Meseke – Maury County
Sweet Pea Moloney – Perry County
Shirley Oakley – Maury County
Vicky Pilgrim – Perry County
Frances Smith – Maury County
Jana White – Maury County

PUBLIC GUARDIAN (CONSERVATOR) PROGRAM VOLUNTEERS

Martha Boone – Maury County
Linda Cotton – Maury County
Johnny Fisher-Coffee – Lawrence County
Mabel Fisher-Coffee – Lawrence County
Myrtle Folston – Giles County
Carole Garner – Giles County
Teresa Harris – Giles County
Deborah Kent – Lewis County
Yolanda Lacy – Franklin County
Carol Locker – Giles County
Mary Lou Manville – Lewis County
Jane Ricci – Franklin County
Glenda Sears – Lawrence County
June Sells – Lincoln County
Troyce Spears – Lawrence County
Debbie Stokes – Giles County
Kathy Taylor – Lawrence County

LONG-TERM CARE VOLUNTEER OMBUDSMAN REPRESENTATIVES

Kathy Anderson – Marshall County
Joe Douglass – Lawrence County
Shellie Holt – Wayne County
Don Price – Lewis County
Eugenia Rodgers – Lawrence County
Michael Steinhebel – Lawrence County



Coalition Conference May 3rd

The 13th Annual Conference of the Adult Abuse Coalition of South Central Tennessee is scheduled for Tuesday, May 3, 2016 at Northfield Conference Center in Spring Hill. Each attendee receives a free purple World Elder Abuse Awareness Day t-shirt, a light breakfast, lunch, training materials, in addition to sponsor exhibit booth goodies and chances for great door prizes. You won't want to miss our great lineup of speakers:

- Dr. Matt Mannino, Neuroscience Expert, *"The Good News about Stress"*
- Lee Wilson, Senior Care Unit Community Education Director, *"I Need Help, But Don't Tell Anyone"*
- Patricia Tosti, MBA, Tosti Consulting, *"Understanding, Recognizing & Responding to Elder Abuse"*
- Paul Plant, Attorney, *"The Importance & Need for Power of Attorney Documents"*
- Kim Batson, Prog. Mgr. for Satellite Programming Mental Health Cooperative, *"ENGAGE: Strategy for Engagement & Empowerment for Consumer"*

REGISTRATION FOR:

General Attendees	\$25
Social Workers*	\$40
Attorneys*	\$40

(*CLE's approved; CEU's pending)

REGISTER BY APRIL 15th!!

For registration information contact us at:
931-379-2941
gporterfield@stdd.org

**You won't want to
miss it!**



Senior Expo Set for May 18

The 15th Annual Senior Expo is set for Wednesday, May 18, 2016 at the Northfield Conference Center in Spring Hill. The Senior Expo is a coordinated effort among members of the Maury County Health Council, in which our AAAD is represented. Our AAAD sponsors this worthwhile event annually.

Registration begins at 8:30am, with the doors open at 9:00am. The event is specifically for senior adults age 50 and older. There will be about 50 exhibit booths, free health screenings, educational presentations, booth bingo, live entertainment, talent contest and door prizes. The first 400 registered will also receive a ticket for a box lunch at the end of the event. Sponsorships and Exhibit Booths are available until April 15th. To register or for additional information, look for the flyers included in this newsletter or email Robin Rochelle at rochelle@sctdd.org.



BLAZE A TRAIL: MAY 2016



*In Memory Of
Dorothy "E" Louise
Wilbanks Tennyson*

A Beloved AAAD Family Member & #1 Volunteer

The South Central AAAD lost a family member and a dedicated volunteer the day our sweet E passed away. E is the mother of Amye Humphrey, our HCBS Support Services Clerk, but she was also our biggest fan and number one volunteer. She would come into the office and help with mass mail outs, folding papers, sealing envelopes, and sticking on labels, as well as other tasks from time to time, smiling and enjoying every minute of it, as were all of us at the AAAD. Anyone who knew E admired her instantly. With her sweet smile and quick wit, she was sure to make everyone's day better just by being a part of it. E accomplished a great deal in her 91 years. She served as a member of the Women's Army Corps in World War II. She traveled all over the 48 contiguous states with Amye and her son, Eugene, tent camping and seeing the sites along the way, giving them an experience they will never forget. She also ran her own farm and taught children with special needs. That's just a snippet of her amazing and courageous life. E will forever be in our thoughts and in our hearts. She will be greatly missed!



For Major Sponsorship
Information, contact Robin
Rochelle at
rochelle@sctdd.org
or 931-379-2931
by April 15th

Take a Swing for a Good Cause on June 10th

The Annual SCTDD Golf Classic is set for Friday, June 10, 2016 at Henry Horton State Park. All of the proceeds from this tournament go directly to the Emergency Assistance Program for Elderly & Persons with a Disability. This program helps low-income elderly and adults with disabilities with health and/or safety needs for which there are no other resources. Types of assistance includes dental care, vision care, food and household needs, transportation, minor home modifications, wheelchair ramps, incontinence supplies, etc. Please join us in making this worthwhile event a success again this year. You can contribute to the cause by sponsoring, signing up a team to play, and donating door prizes or goody bag items. Everyone who contributes is recognized in the Golf Program Book and at the luncheon. Watch your mail and email for the Golf Registration Forms, which will be mailed after April 15th.

Join us and others around the world on June 15th to create awareness for World Elder Abuse Awareness Day. We ask that everyone wear purple on the 15th. Also, help create awareness by providing an activity, such as having a local official sign a proclamation and place it with an article in the newspaper, have a craziest purple outfit contest, encourage employees to wear purple, have an educational presentation, serve purple punch and desserts, or create your own fun, educational event that helps spread the word about the issue of elder abuse. And, remember, if you suspect elder abuse, neglect and/or exploitation of a vulnerable adult, you are required to report it to Adult Protective Services at 1-866-277-8366 (866-APS-TENN) or online at <https://reportadultabuse.dhs.tn.gov>.



2016
**WORLD ELDER ABUSE
AWARENESS DAY**



Dedicated to Improving the Lives of Older Tennesseans Since 1969



TFA members at the 2016 Aging Day on the Hill at Legislative Place on March 2nd. South Central TN AAAD staff members Robin Rochelle & Melanie Kupfer are pictured with the group and participated in the days activities advocating for needed programs and services for older adults across Tennessee.

TFA is a non-profit, 501c3 corporation for the purpose of advocacy and training for the benefit of older Tennesseans. For more information or how to join TFA, contact Robin Rochelle, TFA President, at rrochelle@sctdd.org or 931-379-2931

Meet us in the Smokies...

November 1-3, 2016

TFA's Fall Training Conference
Of the
Tennessee Aging Network
At Music Road Inn & Convention Center
Pigeon Forge, TN

Bringing together professionals, advocates, and older adults from all segments of the network, including area agencies, senior centers, state agencies, human resource agencies, nutrition providers, long-term care facilities, home and community based service providers, public conservators, mental health, retirement associations, Alzheimer's groups, legal advocates, and many more for education, networking, and growth to build a stronger network to serve older Tennesseans.

MORE INFORMATION COMING SOON!

MARK YOUR CALENDARS

- April 7 TFA Board & Conference Comm Meetings, West Nashville Police Precinct, 9-3
- April 8 Senior Center Directors Assoc. Annual Training, Milky Way Farms, 8-4:30
- April 10-16 Volunteer Appreciation Week (THANK YOUR VOLUNTEERS!!)
- April 12 SHIP Volunteer Training & Appreciation at SCTDD
- May 3 Adult Abuse Coalition Conference, Northfield Conference Center, Spring Hill, 8-4
- May 13 Alzheimer's Association Annual Caregivers Conference at Motlow, Tullahoma
- May 18 Senior Expo at Northfield Conference Center, Spring Hill, 9-1
- May 24 TN Commission on Aging & Disability Quarterly meeting, Nashville 8:30-3
- May 30 Memorial Day - Offices Closed
- June 8 Advisory Council on Aging & Disability, SCTDD Conference Room, 10am
- June 10 SCTDD Annual Golf Classic at Henry Horton State Park, 8am Shotgun
- June 15 World Elder Abuse Awareness Day (**Wear Purple**)

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	615-957-1367
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:

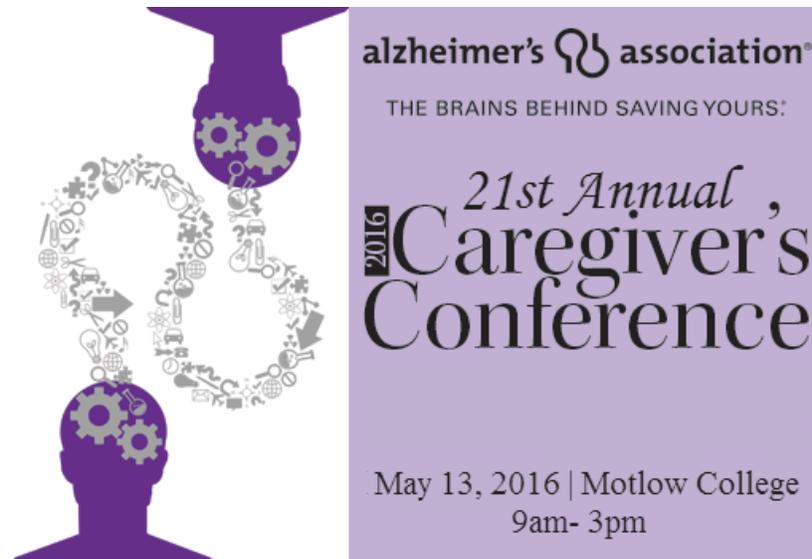
Medical Equipment Recycling Program

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



When someone receives a diagnosis of Alzheimer's disease it affects the whole family. Many times a family member takes on the role of caregiver- a title that can be both rewarding and overwhelming. The Alzheimer's Association **21st Annual Caregiver Conference** to be held at the Marcum Technology Building at **Motlow State Community College** on **Friday, May 13, 2016** from 9:00 a.m. to 3:00 p.m. will focus on the needs of those caring for a loved one with Alzheimer's disease.

This conference is for caregivers who have a loved one with Alzheimer's or another dementia, senior provider professionals, or anyone interested in learning more about this cognitive disorder. It is a free, educational event promoted through local media, civic organizations, churches, senior facilities, businesses, and the Alzheimer's Association's newsletters. At this conference there will be information on topics related to Alzheimer's disease as well as the opportunity to meet facilities and agencies with local resources. Its objective is to increase the caregiver's knowledge and expectations of the disease as well as improve the quality of care they provide.

We provide attendees with continental breakfast and boxed lunch on campus. Respite care is available to caregivers. We are also pleased to offer six (6) CEU contact hours to health care professionals at a minimal fee (about \$15).

The 21st Annual Caregiver Conference features keynote speaker Dr. Raymond Capps. Components of this year's conference include: Nonpharmacologic Strategies for Managing Behavioral Symptoms; Coping with Caregiver Stress; Legal & Financial Considerations; and a Healthy Habits for a Healthier You exhibition.

For more information about the conference, please feel free to contact Teka Moten at 615.315.5880 or qmoten@alz.org.

State Health Insurance Assistance Program

SHIP-SHAPE Q&A

Medicare Preventive Care Services

Question: Is it true that Medicare pays for preventive services?

Medicare covers many preventive care services in order to help you understand and promote your health and wellbeing. If you have Original Medicare you will have no coinsurance or deductible for certain preventive care services if you see a health care provider who accepts assignment.

Question: What is assignment?

Assignment is an agreement by your doctor, provider, or supplier to be paid directly by Medicare, to accept the Medicare-approved amount as full payment for covered services, and not to bill you for any more than the Medicare deductible and coinsurance.

Question: What if I have a Medicare Advantage Plan?

Your plan will not be able to charge you for preventive care services that are free for people with Original Medicare as long as you see in-network providers.

Question: What services are considered preventive services?

Screenings to detect disease are usually considered preventive if the patient has no prior symptoms of the disease. Medicare covers most preventive care free of charge. In some cases, Medicare will only cover tests if the patient has certain risk factors. For example, the Abdominal Aortic Aneurysm (AAA) Screening will be fully covered by Medicare one time if the beneficiary is at risk and is referred from a Welcome to Medicare Visit.

Question: What is a Welcome to Medicare Visit?

It is a one-time visit with a physician or other health care provider that must occur within the first 12 months of someone's enrollment in Medicare. This visit is designed to map out your health needs and to help create a preventive service plan or checklist to keep you healthy. The visit should include reviewing your medical and family history, recording your weight and blood pressure, preparing a written screening plan or schedule of preventive care, and getting health advice and referrals.

Question: So a Welcome to Medicare Visit is like the first annual physical for a Medicare beneficiary?

No, none of the 3 types of Medicare preventive visits is considered a traditional annual head-to-toe physical. The Welcome to Medicare Visit, the Initial Annual Wellness Visit, and all subsequent Annual Wellness Visits are considered preventive visits.

Question: So what are the Annual Wellness Visits?

The Annual Wellness Visits (first and subsequent) are similar to but not the same as the Welcome to Medicare Visit. The annual wellness visit is a yearly visit with your primary care doctor to create or update a 5-10 year preventive schedule based on your needs.

The initial Annual Wellness Visit cannot happen in the same twelve months as the Welcome to Medicare Visit. Similarly, no Annual Wellness Visit can occur in the same 12 month period as the previous Annual Wellness Visit. You do not have to have had a Welcome to Medicare Visit to be eligible for Annual Wellness Visits.

Question: I am at high risk for glaucoma. Will Medicare pay for me to have an annual glaucoma screening?

Not all preventive services are fully covered. Glaucoma screenings once a year for Original Medicare beneficiaries at high risk are covered but you have to pay 20% of the cost after you pay your Part B deductible.

Question: What about Medicare Advantage Plan beneficiaries?

If you have a Medicare Advantage Plan, you should contact your plan to find out how much you will have to pay for services that are covered by Original Medicare with a coinsurance or deductible.

Question: How do I know if a service is considered preventive or diagnostic?

Diagnostic services tend to be those to address symptoms or conditions that you already have. You typically need to pay a deductible, copays or coinsurances for diagnostic services.

Question: How can I get more details about specific preventive services?

If you would like a comprehensive list of Medicare's preventive services, contact our local State Health Insurance Assistance Program at scraig@sctdd.org or call 1-877-801-0044.

Question: I have one more question. Is there any way to get help paying for my Medicare premiums or my prescriptions?

Medicare Savings Plans (QMB, SLMB, QI-1) are programs that allow individuals to apply for assistance from the State to pay for their Medicare Part B premiums. Eligibility for these programs is based on monthly incomes and resource limits. Resources include assets such as checking accounts, savings accounts, stocks and bonds. The 2016 guidelines are: if resources are under \$7,280 if single or \$10,930 if married and

For QMB: monthly income is less than \$1,010 if single or \$1,355 if married.

For SLMB: monthly income is less than \$1,208 if single or \$1,622 if married.

For QI 1: monthly income is less than \$1,357 if single or \$1,823 if married.

There is also a program called LIS (Low Income Subsidy) that helps individuals with their prescription drug costs. The 2016 eligibility guidelines include a monthly income of \$1,502 or less (\$2,022.50 if married) and resource limits of \$12,140 (\$24,250 if married).

Question: How can I apply for these Medicare Savings Plans or the Low Income Subsidy?

Individuals who feel they qualify for these programs may contact our local State Health Insurance Assistance Program at scraig@sctdd.org or call the toll free number 1-877-801-0044. All applications can be done over the phone by SHIP staff and/or volunteers. The LIS application takes about 15 minutes and the Medicare Savings Plans application takes about 30 minutes to complete and then will be mailed to you to sign and to attach needed documentation.

Question: Do these programs really help with the costs?

If you qualify for LIS, your co-pays are \$2.95 or less on generic drugs and \$7.40 on brand name medications. Your Part D monthly premium and annual deductible may be paid for you as well.

If you qualify for QMB, SLMB or QI-1, you will get all of the LIS benefits plus the state of Tennessee will pay your Part B premium (\$121.80/month in 2016).

Call us to find out if YOU qualify for “extra help” with the cost of Medicare. It does not cost anything to apply and you may gain up to \$4,000.

The SHIP-SHAPE column is sponsored by the State Health Insurance Assistance Program (SHIP) and is designed to provide information to help Medicare beneficiaries understand and access their Medicare benefits.

SHIP receives funding through a grant from the Administration on Community Living. SHIP is a part of the Area Agency on Aging & Disability.

Please send questions and brochure requests to SHIP/SMP Coordinator Sherri Craig at scraig@sctdd.org or call 1-877-801-0044 (toll free).