



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



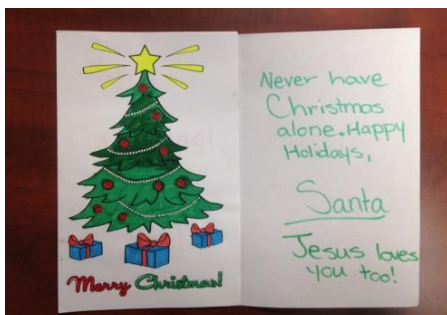
Santa's Helpers Spread Cheer this Christmas

The Santa for a Senior & Persons with a Disability Program was a huge success again this year thanks to our generous little elves who donate, shop, gather and organize this entire project in a few short weeks. This year, the program adopted 105 low-income individuals across our 13 counties who are alone or with limited family support during this holiday season. We had 67 businesses, churches and/or individuals who donated gifts, and a total of \$2,500 to help buy other gifts and to make boxes of food and household supplies. A HUGE THANKS to everyone who donated, bought gifts, packed boxes, and contributed in any way. The people who receive the gifts and boxes are very grateful, and without these gifts, they may not have received anything at all. Also, a very special THANKS to SCTDD Area Agency on Aging & Disability staff, Glenda Porterfield and Kim Waldrum, who oversee and coordinate this project each year!



Santa Program Partners with Special Elves

This year, the Santa for a Senior & Persons with a Disability Program partnered with a special group of little elves. Kim Mann's 4th Grade 4-H Class from South Lincoln School made special Christmas cards for recipients of the Santa Program gifts. They colored the cards and wrote special messages inside. Thank you to Kim and her class for this special gift! Take a look at some of the beautiful cards pictured here.



October Declared Fraud & Financial Abuse Awareness Month

Governor Bill Haslam declared October 2015 as Fraud & Financial Abuse Awareness Month in Tennessee. Following suit, members of the Adult Abuse Coalition of South Central Tennessee (administred by SCTDD/Area Agency on Aging & Disability), coordinated county and city mayors signing proclamations, and provided education and awareness activities to senior citizens, caregivers, and service providers. Coalition members visited each senior center in the district to provide education on how to identify, prevent, and report fraud and scams. Coalition members were joined by the mayors signing proclamations to declare Fraud & Financial Abuse Awareness Month in their county/city, as well as local law enforcement, legislators, and other officials.



Lewis County: (From Left) Sheriff Dwayne Kilpatrick, City Mayor Danny McKnight, Lt. Earl Taylor of Hohenwald Police Dept., and Vice Mayor Don Barber, along with members of the Adult Abuse Coalition of South Central TN, Robin Rochelle of South Central TN Area Agency on Aging & Disability and Mary Fox of Behavioral Healthcare of Columbia (standing far left), as well as members of the Lewis County Senior Citizens Center on October 28, 2015.



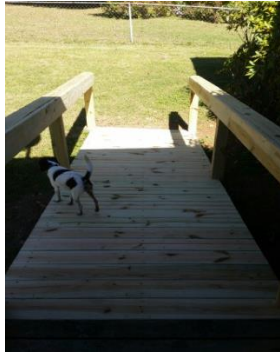
Lewis County: Pictured Right is County Mayor Bill Webb signing the official Fraud & Financial Abuse Awareness Month proclamation with (from left) Robin Rochelle, Carroll Oakes of the South Central Human Resource Agency Nutrition Program for the Elderly, and Bethann Bates, Director of the Lewis County Senior Center on October 20, 2015.



Maury County: Mayor Charlie Norman's Assistant representing the Maury County Mayor's Office (seated with proclamation), (L to R) Robin Rochelle of the South Central TN Area Agency on Aging & Disability & Adult Abuse Coalition of South Central TN, Asst. Police Chief Michelle Jones, Police Chief Tim Potts, Sheriff Bucky Rowland, and Mary Fox of Behavioral Healthcare of Columbia & the Adult Abuse Coalition of South Central TN. Pictured Right is Sheriff Bucky Rowland sharing information on local scams with seniors in the audience at Maury County Senior Center.



Partnerships Build Ramps in SCTDD's Emergency Assistance Program



SCTDD's Emergency Assistance Program and Deaconess Home Health partnered in the fall to build this ramp for an elderly person who desperately needed safe access in and out of their own home. SCTDD had the funds while Deaconess was able to provide the labor. The result is this individual being able to safely enter and exit their home, and more importantly being able to remain in their home. Thank you Deaconess and all of the businesses and individuals who have made projects like this possible through the SCTDD Emergency Assistance Program. As of October 2015, the program is out of funds. The program will provide assistance again in June 2016, once funds have been raised from the SCTDD Annual Golf Classic scheduled for June 10, 2016. For more information on sponsorships, donations, or other ways you can help, please contact Robin Rochelle at rochelle@sctdd.org or 931-379-2931. Again, thanks for making a difference!

September was National Senior Center Month

The Shelbyville-Bedford County Senior Center celebrated National Senior Center Month in September by having an Open House that included food, music, door prizes, and demonstrations of the line dancing class, the Tai Chi for Arthritis class provided by UT Extension, a crafting class, an art class and much more. The center was packed with seniors who attend regularly, new seniors who were visiting for the first time, local city and county officials, and others curious to see all the exciting things the senior center has to offer.

Among the 13 senior centers in the south central district, 468,291 units of service have been provided to 7,811 seniors over the age of 60 in the last fiscal year. In addition, they have utilized 1,132 volunteers with over 26,800 volunteer service hours! Don't forget what a valuable resource the senior center is in your community, and consider volunteering your time and/or making a donation to help them make a difference in the lives of others.



January 2016

Tennessee Represented at SE4A Fall Conference



The Southeastern Association of Area Agencies on Aging Annual Conference was held in Savannah, Georgia, October 11-14, 2015. Tennessee was well-represented by the Area Agencies on Aging & Disability, as well as the Tennessee Commission on Aging & Disability. Mark your calendars for the 2016 SE4A Conference to be held October 2-5, at Beau Rivage in Biloxi, MS



TFA
Tennessee Federation
for the Aging

Dedicated to Improving the Lives of Older Tennesseans

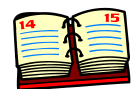
Available Activities and Services

- Networking
- Advocacy
- Newsletter
- Training Conference

Tennessee Federation For The Aging, Inc.

Become A TFA Member

Contact: Sandy Calvert, TFA Treasurer
sandyc@lawrencecosenior.com
931-762-9259



MARK YOUR CALENDARS

January 28	TN Vulnerable Adult Coalition, TBI Headquarters, Nashville, 10:30am
February 15	President's Day, OFFICES CLOSED
March 2	Aging Day on the Hill, War Memorial & Legislative Plaza, Nashville, 8am
March 9	Advisory Council on Aging & Disability, SCTDD Conference Room, 10am
March 13	Daylight Savings Time Begins – ADVANCE YOUR CLOCKS ONE HOUR

Save these dates for 2016...

Adult Abuse Coalition Conference - May 3rd

SCTDD Annual Golf Classic - June 10th

(to benefit Emergency Assistance Program)

SCTDD/AAAD Needs Help Identifying Caregivers

Many providers use the term "caregiver" to mean the in-home worker providing custodial care. But federal law uses the term "caregiver" to define "anyone who provides **unpaid** assistance to another adult age 60 or over who needs help because of advanced age, illness, or disability." The key points are that the "caregiver" is unpaid and is providing care that is keeping the elderly individual at home as opposed to having to be put in a nursing home.

Funds are set aside specifically to help support these unpaid "caregivers" in their caregiving roles quite simply because it takes much less money to help an unpaid caregiver meet the needs of a frail elderly individual in his home than it does to pay for nursing home care for that individual. The federal government recognized that unpaid family caregivers are the largest source of long-term care services in the United States. If the services provided in the year 2000 by informal caregivers had been provided by paid services, the cost would have been an estimated **257 billion dollars**.

The problem is that "caregivers" do not recognize that they are caregivers and therefore that there are resources to help them. The family caregiver does NOT have to be a family member. Often the person filling prescriptions, transporting to medical appointments, getting groceries etc. is a close friend or a neighbor or a member of the individual's church family. The key point is that the "caregiver" is unpaid and is providing care that is keeping the elderly individual at home. Often the caregiver has no idea that they are a "caregiver" but feel they are just a daughter helping her parents or a neighbor helping a friend. A caregiver may live in the same house, live nearby, or provide help from another town or another state. The care provided may be occasional or may be round-the-clock assistance or may be one of many variations between the two extremes. The caregiver may be a relative, a neighbor, a friend.

We are all trained to identify the elderly and disabled individuals that may benefit from in-home assistance. We need to look a bit further when assessing these individuals and ask questions like: "Who transports this individual to doctor appointments? Who does the grocery shopping? Who picks up prescriptions? Who fills the weekly pill box?" Then we need to talk to those persons and let them know that they are caregivers. Tell them to call SCTDD/AAAD and identify themselves as a caregiver and that help is available. In fact, this caregiver funding is currently the only program in our district without a waiting list. If you have an individual that needs help, try to identify his caregiver and have that person call our office for assistance. Our staff can provide intake into the National Family Caregiver Support Program (NFCSP). The caregiver gets assistance to reduce stress and the care recipient gets in-home services without having to be put on a waiting list. Everybody wins!

January 2016

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

January 2016

State Health Insurance Assistance Program

SHIP-SHAPE Q&A



ABC's...& D's of Medicare



Question: Is there any help available for the costs I have to pay for my Medicare?

The LIS (Low Income Subsidy) Program provides help to individuals with their Prescription Drug Costs. If you qualify for LIS your medication co-pays are \$2.95 or less for generic drugs and \$7.40 for brand name medications. Your Part D monthly premium and annual deductible may be paid for you and you will not enter the doughnut hole.

Medicare also has Medicare Saving Plans such as QMB and SLMB that allow individuals to qualify for assistance from the State of Tennessee to pay for their Medicare Part B premiums. If you qualify for these programs, you will also qualify for LIS so you will get help with your medications in addition to having the State of Tennessee pay for your Part B premium.

Question: How can I find out if I qualify for "extra help" with the cost of my Medicare?

Your local Tennessee SHIP/SMP Office can help you. Simply give them a call toll free at 1-877-801-0044. Eligibility guidelines for Extra Help are based on gross monthly income and resources such as checking/savings accounts, stocks and bonds, IRAs, and real estate... not counting the house you live in or the land upon which it is located.

Question: Where can I get answers to the following questions?

- Do I wait until full retirement age to enroll in Medicare?
- Should I sign up for Medicare if I am still working?
- Do I need insurance to go along with Medicare?
- Will the Affordable Care Act impact Medicare benefits?
- How do I choose the right Medicare Part D drug plan?
- How is a Medicare Advantage plan different than a Medicare supplement (Medigap)?
- Can I get help paying my premium & co-pays?
- How do I protect myself from Healthcare fraud?

The State Health Insurance Assistance Program (SHIP) offers the class...

ABC's...& D's OF MEDICARE

See the 2016 Schedule of Classes on the following page!

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 is a part of the Area Agency on Aging & Disability and
receives funding through a grant from the
Administration on Community Living (ACL).
Please send questions and brochure requests to SHIP/SMP Coordinator Sherri Craig at
scraig@sctdd.org or call 1- 877-801-0044 (toll free).

January 2016

The State Health Insurance Assistance Program (SHIP) offers the class...

**ABC's...& D's
OF MEDICARE
2016 Schedule**



**SOUTH CENTRAL TENNESSEE DEVELOPMENT DISTRICT
101 SAM WATKINS BLVD
MT PLEASANT, TN 38474**

**Classes are held every 3rd Wednesday of every month (except March)
From 9 AM – Noon**

**February 17
THURSDAY March 10
April 20
May 18
June 15
July 20
August 17
September 21
October 19
November 16**

Registration Required!

Call to Register @ 877-801-0044