



## 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 \*

### AAAD Soon to Launch 2nd MyRide Program

Congratulations to Fayetteville-Lincoln County Senior Center for being chosen as the next MyRide Volunteer Senior Transportation Program to be launched in the South Central Tennessee District. The first MyRide Program in South Central was MyRide Lawrence, which launched in the Fall 2018, and has been a great success in a few short months. The South Central TN AAAD received a grant for three MyRide Programs, one each year over a period of three years. MyRide is a program that relies solely on volunteer drivers driving

their own vehicles, to provide requested rides for seniors. MyRide provides door-through-door assisted transportation for seniors age 60 and older needing extra assistance in and out of their home and their destinations. MyRide offers transportation to medical appointments, pharmacy, grocery store, senior center or meal site, barber/beauty salon, family visits, and other trips within the county. Trips are restricted to a 3-hour limit, with a limit of 3 stops per trip. MyRide is made possible through a grant from the Davidson County Chancery



Court, Part III, from the SeniorTrust/ElderTrust Settlement (Case No. 11-1548-III) and through a contract administered by the Tennessee Commission on Aging & Disability. For more information about MyRide Volunteer Senior Transportation programs, contact AAAD Assistant Director, Robin Rochelle at 931-379-2931 or email [rochelle@sctdd.org](mailto:rochelle@sctdd.org).

### SAIL Instructor Trainings FREE in 2019

SAIL stands for "Stay Active & Independent for Life", a strength, balance and fitness class for adults age 65 and older. This popular senior fitness program is expanding all across the state with the help of the Tennessee Commission on Aging & Disability and a Falls Prevention Grant they received for the SAIL Program. As part of that grant, three FREE trainings are being offered in the east, middle and west regions of the state for eligible indi-

viduals to become certified SAIL Leaders. The trainings are:

April 10-11—Murfreesboro

June 26-27—Knoxville

October 8-9—Lexington

For more information, see the SAIL Leader Training Flyer on Page 8 of this newsletter or contact Robin Rochelle at 931-379-2931 or email [rochelle@sctdd.org](mailto:rochelle@sctdd.org)

January-March 2019

A Part of the South Central TN Development District

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

#### HIGHLIGHTS:

- > MyRide Volunteer Senior Transportation
- > FREE Training for SAIL Leaders in 2019
- > Aging Day on the Hill—You Should Be There!
- > Volunteer Ombudsman Training in April
- > Adult Abuse Coalition Conference in May
- > SE4A, TFA & TN Elder Justice Conference Partner for 2019 Mega-Conference

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## Special Santa's Provide Christmas Cheer to Those in Need



The AAAD's "Santa for a Senior or Adult with a Disability" Program was once again a huge success, thanks to the 67 individuals, business and/or churches that stepped up to donate money and/or provide gifts for seniors and adults with disabilities who have been identified by AAAD staff to be most in need. With

all of the donations, the AAAD was able to provide Christmas gifts and food/household necessity boxes for 117 individuals across our 13-county district. A big thanks also goes out to the AAAD staff who head up this project, Glenda Porterfield & Kim Waldrum, as well as the rest of the AAAD staff who help gather, assemble,

pack, and deliver the gifts and food boxes. Your contribution truly makes a difference to those who need it most.



## AAAD Partners with Beta Club "Elves" for Christmas

Special thanks to the Lewisburg Middle School Jr. Beta Club for their giving spirit over the holiday season. This group adopted several seniors and adults with disabilities in Marshall County for Christmas. They pro-

vided warm clothes, hygiene products, cleaning supplies and food items. The Jr. Beta Club is a high academic achievement club consisting of about 100 members of 7th and 8th graders, led by Mrs. Estelle Long and Ms.

Tamela Haislip. Their mission is to encourage service involvement of the school and community. This event was coordinated by AAAD Support Services Coordinator Kim Miller.



**"I don't have family around and can't get out much, I didn't see anyone during Christmas other than the sweet stranger who brought me a gift and box of food. It meant so much to me. Thank you."**



***"Celebrating 50 Years 1969-2019"***

## Advocate for Older Tennesseans on February 27th

The Tennessee Federation for the Aging (TFA) invites you to take part in the "Aging Day on the Hill" on February 27, 2019. This is the time to join other aging network professionals and older Tennesseans from across the state in advocating for services and supports to help improve and maintain a good quality of life for

older adults in Tennessee. Call your legislators to make appointments for that day, and the TFA will provide you with information and materials to share with them as part of our advocacy. Be sure to join TFA members and others in wearing your **RED** in support of Aging Day on the Hill. Bring your

friends, family and all who want to come and advocate for Tennessee's seniors with us. For more information and how to register for the event, see the TFA flyer on Page 9 of this newsletter.

## Ombudsman Program Offers Volunteer Opportunity

Do you enjoy helping others? If so, the Ombudsman Program is seeking Volunteers to visit residents who reside in long term care facilities in the South Central TN area.

- Only a Small Amount of Your Time Each Month
- Informative 2-day Training
- Opportunity to be a Voice for our Elderly & Disabled Population

The Ombudsman Program advocates for residents who live in licensed nursing homes, assisted livings, and homes for the aged. The Ombudsman Program is required by the government and is a nationwide program that came to fruition by way of President Nixon and the Older Americans Act back in the 1970's. The Ombudsman acts as a representative for the resident and is there to assist the resident with problems that may arise while living in a long term care facility.

We are in great need of Volunteers who would be willing to visit nursing homes regularly and report about conditions. Volunteer Ombudsmen are asked to visit their chosen facility at least two times per month, for however long they can... 30 minutes or an hour... whatever time they have, and then report conditions and observations to the District Ombudsman on a monthly basis.

A volunteer Ombudsman Training will be held April 9-10 at the SCTDD/AAAD office. It is required that potential volunteers attend both days of training, as many topics are covered. The training includes review of the history of the program, facility rules and regulations, the aging process, how to advocate for residents, residents rights and more. If interested, contact Andrea Morrow, District Ombudsman, at 931-379-2926 or [amorrow@sctdd.org](mailto:amorrow@sctdd.org). RSVP is required.

## SCTDD Annual Golf Classic Friday, June 14 at Henry Horton

### Now Accepting Sponsorships

Call Robin Rochelle  
(931) 379-2931  
[rrochelle@sctdd.org](mailto:rrochelle@sctdd.org)

All proceeds benefit the Personal Emergency Assistance Program for low-income seniors & adults with disabilities

"Life's most urgent question is: What are you doing for others?"  
-Martin Luther King Jr.



SOUTH CENTRAL TENNESSEE



**Keynote Speaker**  
**Thomas Dismukes**  
**Motivational Story Teller;**  
**Humorist and**  
**Adventurer**

## SAVE THE DATE

### 16th Annual Adult Abuse Coalition Conference

**May 7, 2019**

**Northfield Conference Center**

**Spring Hill, TN**

**Door 400 in the Cafeteria**

**\$25 REGISTRATION**

**FOR SPONSORSHIP OPPORTUNITIES FOR THE ADULT ABUSE COALITION CONFERENCE, CONTACT:**

**GLEND A PORTERFIELD**  
[gporterfield@sctdd.org](mailto:gporterfield@sctdd.org)  
**931-379-2941**

**OR**

**CHRISTY WARREN**  
[cwarren@sctdd.org](mailto:cwarren@sctdd.org)  
**931-619-0237**

**CLE/CEU's Available for Additional \$25**





southeastern association  
of area agencies on aging

# Save The Date

September 8-11, 2019

at Nashville's Gaylord Opryland Hotel

## SE4A Annual Conference, TFA Annual Conference & Tennessee Elder Justice Conference



SE4A's nine (9) southeastern states join together with Tennessee's Aging Network and Elder Justice Network for a 2019 MEGA Conference. Visit [www.se4a.org](http://www.se4a.org) for information.

**UPCOMING**

*Mark Your Calendars*

**EVENTS**



### January

- 16th ABC's & D's of Medicare
- 21st Martin Luther King Jr Birthday (Offices Closed)
- 29th TN Federation for the Aging Board of Directors Meeting  
10am—2pm, West Nashville Police Precinct

**Happy  
New Year!**

### February

- 12th TN Commission On Aging & Disability Commission Meeting  
11am, Tennessee Towers-Nashville Room
- 14th Happy Valentine's Day
- 18th President's Day (Offices Closed)
- 20th ABC's & D's of Medicare
- 26th Alzheimer's Tennessee Legislative Day, Nashville  
To Register: [www.alztennessee.org](http://www.alztennessee.org) or 888-326-9888
- 27th TFA's Aging Day on the Hill, Nashville  
To Register: [www.tnfederationfortheaging.org](http://www.tnfederationfortheaging.org)



### March

- 10th Daylight Savings Time Begins (Spring Ahead 1 Hour)
- 13th Advisory Council on Aging & Disability, 9:30am, SCTDD/AAAD
- 17th St. Patrick's Day
- 20th ABC's & D's of Medicare
- 20th First Day of Spring





**State Health Insurance Assistance Program  
SHIP – SHAPE Q&A**

**Medicare Advantage Plan Open Enrollment Period**

**The Annual Enrollment Period that applies to everyone with Medicare is over. [October 15 – December 7<sup>th</sup> each year. Changes made during this time are effective January 1st]**

**However if you have a Medicare Advantage Plan you get another opportunity to make changes during the Medicare Advantage Plan Open Enrollment Period.**

**Between January 1<sup>st</sup> – March 31<sup>st</sup> You get one opportunity to make a change.**

**What can I do?**

**Switch from**

- MA with Drug Coverage to another MA with Drug Coverage**
- MA with Drug Coverage to another MA without Drug Coverage**
- MA without Drug Coverage to another MA without Drug Coverage**
- MA without Drug Coverage to another MA With Drug Coverage**
- MA with Drug Coverage to Original Medicare and enroll in a standalone drug plan.**

**What can't I do?**

- Switch from Original Medicare to a MA**
- Join a Medicare Prescription Drug Plan if you're in Original Medicare**
- Switch from one Medicare Prescription Drug Plan to another**

**[MA = Medicare Advantage Plan]**

**Change in Special Enrollment Period Rules for those with "Extra Help."**

**In the past a beneficiary with help paying for Medicare costs (LIS,SLMB, QMB or Medicare/Medicaid) could change their Part D or Advantage Plan anytime they wanted to do so.**

**Now a beneficiary with Extra Help will only be able to change their Part D or Medicare Advantage Plan once per calendar quarter for the first 3 quarter of the year starting January 1, 2019.**

**◇January 1- March 31**

**◇April 1 – June 30**

**◇July 1 – September 30**

**Changes made will be effective the 1<sup>st</sup> day of the next calendar month.**

**Last quarter selection [October – December] will be effective January 1<sup>st</sup>.**

## **Individuals who have been notified that they're "potentially at risk" or "at risk" under a drug management program can't use the Medicare/Medicaid LIS SEP.**

- **Limitation lasts until the "at-risk" determination expires or is terminated by the plan**
- **At risk status can be appealed to plan**
- **Decision based on opioid use, dosage, and number of providers used.**

### **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.....**


**One Depression Screening per year. The screening must be done in a primary care setting (like a doctor's office) that can provide follow up treatment and referrals. You pay nothing for this screening if the doctor or other qualified health care provider accepts assignment.**

***[Assignment – Your doctor agrees to accept the payment amount Medicare approves for the service.]***

***Please contact us with your Medicare questions. Toll-Free 1-877-801-0044  
Or locally at 931-379-2927 or email: [sctn.ship@sctdd.org](mailto:sctn.ship@sctdd.org)***

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 [sccraig@sctdd.org](mailto:sccraig@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:

<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>

#### Caregiver Counseling

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<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>



# 2019 Leader Training

April 10-11 from 8:30 a.m.-4:00p.m.

St. Clair Senior Center  
325 St. Clair Street  
Murfreesboro, TN 37130

95  
412

198

Beech Bluff

Lexington

412



Pinson

*Stay Active  
& Independent*

FOR LIFE

**SAIL**

A strength, balance, and fitness class  
for adults 65+

**Eligibility Requirements:**

1. Must hold a current fitness certification.
2. Must be CPR certified.
3. Must be willing to teach 2-3 SAIL classes a week.
4. Must agree to a 2-year commitment.

There is no charge for this training. SAIL strongly encourages leaders to be trained in teams of two. For more information please contact Sidney Schuttrow at (615) 741-1585 or [sidney.schuttrow@tn.gov](mailto:sidney.schuttrow@tn.gov). **Applications due by April 5, 2019.**



*Special thanks to Master Trainers  
Rachel Frazier and Terri Stewart.*



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**Tennessee Federation for the Aging invites you to take  
part in  
“Aging Day on the Hill”**

**Wednesday, February 27, 2019  
8:00am – 2:00pm  
Cordell Hull, Nashville  
425 5<sup>th</sup> Ave N.**

Join the Aging Network to advocate  
for aging services in Tennessee

Please be sure to wear **RED** to represent  
your participation in Aging Day on the Hill.

A table will be set up in front of the cafeteria on the first floor in  
Cordell Hull to display educational materials about aging  
services. All are welcome to bring information to educate  
legislators and advocate for aging services.  
(Please visit the TFA table to sign in when you arrive)

***Interested in Attending?***  
**Register online at [www.tnfederationfortheaging.org](http://www.tnfederationfortheaging.org)**

For more information or to join “Aging Day on the Hill”,  
Contact Jeana Mills, TFA Vice President  
731-587-4213 ext 274 [/Jeana.Mills@nwtd.org](mailto:Jeana.Mills@nwtd.org)

[www.tnfederationfortheaging.org](http://www.tnfederationfortheaging.org)  
[www.facebook.com/TNFederationfortheAging](https://www.facebook.com/TNFederationfortheAging)  
[tnfedaging@outlook.com](mailto:tnfedaging@outlook.com)

# VALENTINE'S DAY



Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.



W	E	S	Y	D	N	A	C	H	U	G	F
H	A	Y	D	Y	R	T	E	O	P	R	R
T	E	R	E	R	M	O	S	T	E	A	I
R	T	A	O	R	A	L	I	V	N	E	E
A	A	U	R	S	E	C	W	K	I	H	N
E	L	R	D	T	E	V	I	E	T	F	D
H	O	B	I	N	S	S	O	W	N	L	E
T	C	E	P	A	S	R	Y	L	E	O	P
E	O	F	U	E	W	P	R	T	L	W	A
E	H	I	C	O	P	E	A	N	A	E	R
W	C	L	B	A	D	D	O	V	V	R	T
S	E	L	H	W	L	O	V	E	B	S	Y



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Bow	Flowers	Lover
Candy	Friend	Party
Cards	Happy	Poetry
Chocolate	Hearts	Red
Cupid	Hug	Roses
Date	Kiss	Sweetheart
February	Love	Valentine