



South Central Tennessee Area Agency on Aging & Disability

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Let the Games Begin!

August 22-26, 2016

Are you age 50 or older? Do you enjoy a little recreational activity, such as a round of golf, shuffleboard or horseshoes? Or do you like to participate in sports competitively? Whatever your preference, there is fun and fellowship to be had at the Senior Olympics, August 22-26th! The South Central District is looking for more athletes (and those of us who don't consider ourselves athletes, but like to play) across the south central area to compete in over 12 different sporting events. Qualifiers can advance on to the state competitions, which are held in Williamson Co. in June each year. For registration information, call Lawrenceburg Parks & Recreation at 931-762-4231 or go to www.tnseniorolympics.com.

The South Central TN AAAD is a proud sponsor of the South Central TN Senior Olympics each year. We are always in need of smiling volunteers to help with the different sport activities, registration, etc. Just a few hours on one day goes a long way in helping us out during this week of activities. And, you will find that it is a very fun and rewarding experience! Or, if you cannot join us, feel free to make donations to the athletes goody bags or donate door prizes for their closing awards ceremony. To sign up to volunteer for this year's Senior Olympics in South Central Tennessee, email Robin Rochelle at rochelle@sctdd.org or call 931-379-2931 by August 15th!



SHIP Volunteers given Tokens of Appreciation by SHIP Staff at the Quarterly SHIP Volunteer Training Session

MEDICARE OPEN ENROLLMENT

OCTOBER 15th - December 7th

Call our SHIP office at 931-379-2927 to receive **free**, unbiased information and counseling on Medicare and Part D Prescription Drug Plans. Plan comparisons are provided to show you the most affordable plans available, what is covered, and how much you will expect to pay out of pocket for 2017.

Plans can change each year, so don't take a chance... get your **free** plan comparison with us! SHIP staff and volunteers are available to provide presentations and set up enrollment events. SHIP does NOT sell insurance or any other products.

AAAD Celebrated Older Americans Month in May

Adult Abuse Coalition Conference

The 13th Annual Conference of the Adult Abuse Coalition of South Central Tennessee was held May 3, 2016 at Northfield Conference Center in Spring Hill. Over 125 attendees received a free purple World Elder Abuse Awareness Day t-shirt, along with a great lineup of speakers, who shared their expertise on topics such as fraud, scams, abuse and neglect, advance directives and more. The Coalition is administered and coordinated by the South Central TN AAAD. For more information on the Adult Abuse Coalition, or to become a member, contact Glenda Porterfield at 931-379-2941 or gporterfield@stdd.org.



Members of the Coalition present the “Making A Difference” Award to 2015’s Winner, Connie Beal of Moore County. She has served in many roles in the aging network in south central and continues to be an advocate through her volunteer efforts.



2016 Adult Abuse Coalition Conference



The 15th Annual Senior Expo was held May 18, 2016 at the Northfield Conference Center in Spring Hill. Over 300 seniors age 50 and older registered and received a free Chick-Fil-A box lunch, and had the opportunity to visit over 45 exhibit booths, get free health screenings, attend educational sessions, enjoy live entertainment, and door prizes. The Senior Expo is a coordinated effort among members of the Maury County Health Council and the South Central TN AAAD.



Seniors Enjoying the Entertainment

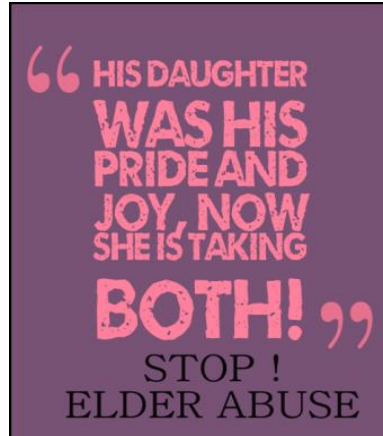


4 of the 5 Winners of \$100 Gift Cards



Bob (center) is 5th Winner of \$100 Gift Card

World Elder Abuse Awareness Day at Aging Symposium June 15th

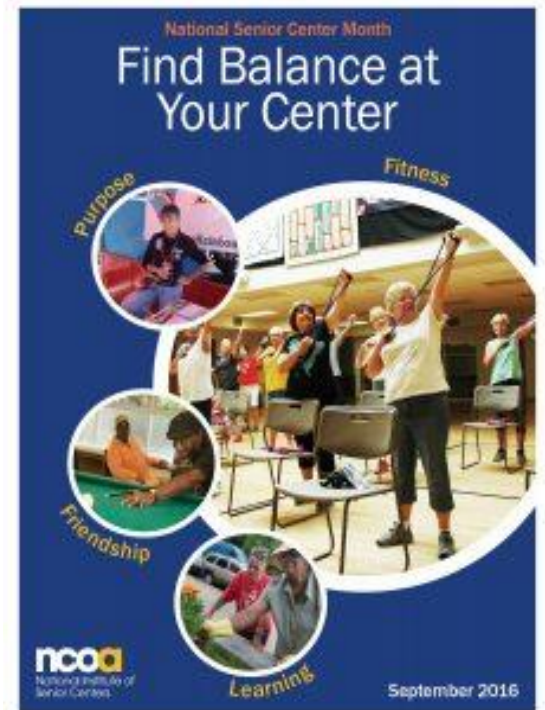


LEFT: TBI Director, Mark Gwyn, speaks to the audience at the 2016 Symposium on Aging at TSU Avon Williams Campus in Nashville about Elder Abuse issues in Tennessee.

RIGHT: Christy Warren, AAAD Public Guardian, Renee Bouchillon, DHS Adult Protective Services Director & Robin Rochelle, AAAD Assistant Director **WEARING PURPLE** at the 2016 Aging Symposium on June 15th for World Elder Abuse Awareness Day.

September is National Senior Center Month

Help us spotlight our Senior Centers in South Central Tennessee during the month of September. This year's theme is "Find Balance at Your Center." Every day, older adults find balance and whole person wellness at senior centers. This is a great way for senior centers to showcase the opportunities that they provide for older adults to be engaged physically, mentally, and emotionally in their community. Senior Centers in South Central provide Resource Information, Physical Fitness, Health Screenings, Health Education, Education/Training, Recreation, Telephone Reassurance, and Evidence-Based Programming, among many other activities and special events. Contact your local senior center in the month of September to see how you can help recognize them and the difference they make for older adults in the community. For more information and resources, visit <https://www.ncoa.org/national-institute-of-senior-centers/national-senior-center-month/>



12th Annual Senior Center Director's Training Retreat at Milky Way Farms, April 8, 2016, provided by SCTDD/AAAD



SCTDD Golf Classic Nets \$8,000 for Emergency Assistance Program

The Annual SCTDD Golf Classic held June 10, 2016 at Henry Horton State Park was a success THANKS to all of our sponsors, golf teams, SCTDD staff/volunteers, Henry Horton staff, and people who donated items. 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, incontinence supplies, etc. For more information, or for an application, call us toll free at 1-866-836-6678. Special thanks to our major sponsors: Marshall Farmers Co-op Tire Center, Hart Freeland Roberts, First Farmers & Merchants Bank, Brindley Construction & McDonald's of Maury County.



AND THE TEAM WINNERS ARE...

1st Place-1st Flight



C&S Plastics Team: Terry Wallace, Guy Chambers, Joe Liggett, Buddy Wiles

2nd Place-1st Flight



Danny Davis Team: Danny Davis, Jay Blackwell, Sterling Smith, Elliott Smith

3rd Place-1st Flight



Perry Co Nursing Home Team: Terry Richardson, Brent Hinson, Kirk Hastings, Blake Warren

1st Place-2nd Flight



Hethcoat & Davis Team: Alton Hethcoat, Terry Harrison, Bobby Phillips, Mike Luke

2nd Place-2nd Flight



Pool Siders Team (TML): Michael Fann, Jim Thomas, Andy Lacewell, Chester Darden

3rd Place-2nd Flight



First Bank Team: Terry Phillips, Bruce Cotton, Al Parker, Don Madill



INDIVIDUAL PRIZE WINNERS



Robby Giles
Straightest Drive



Bobby Turnbow
Long Drive Men



Madison Smith
Long Drive Women



Greg Douglas
Longest Putt Made



T.J. Tipps
Closest to Pin #16



Joe Max Williams
Closest to Pin #14



Blake Warren
(Perry Co. Mayor Terry
Richardson Collecting)
Closest to Pin #8



Justin Crowley
Closest to Pin #2

Falls Prevention Awareness Day

SEPTEMBER 22, 2016

Ready, Steady, Balance:
Prevent Falls in 2016



Visit www.ncoa.org for more information and free resources on Fall Prevention Awareness Day



**DON'T BE
A VICTIM**

**OCTOBER is
Fraud & Financial Abuse Awareness
Month
in Tennessee**

To have a member of the Adult Abuse Coalition provide an educational session in October or to get more information, contact Glenda at gporterfield@sctdd.org or 931-379-2941.

Meet us in the Smokies... Nov 1-3, 2016



Tennessee Aging Network CONFERENCE

Provided by



at Music Road Inn & Convention Center
Pigeon Forge, TN

For More Information & To Register, visit

<http://www.tnfederationfortheaging.org/>

This is one you won't want to miss!! TFA is a non-profit, 501c3 corporation for the purpose of advocacy and training for the benefit of older Tennesseans. Limited scholarships available for senior center directors, based on financial need, to offset registration fee. Watch for Registration to become available on the website address above on or around August 15th.



South Central District's Senior Brain Games

Friday, August 26th – 10am

Lawrenceburg Elks Lodge

For more information, contact Katrina at kcrisp@sctdd.org or 931-379-2937



MARK YOUR CALENDARS

Aug 22-26	Senior Olympics for South Central District, Lawrenceburg Parks & Rec. 931-762-4231
Aug 26	District Senior Brain Games, Elks Lodge Lawrenceburg, 10am
Aug 23	TN Commission on Aging & Disability Quarterly Meeting, Nashville
Sept 5	LABOR DAY – OFFICES CLOSED
Sept 7	Adult Abuse Coalition Quarterly meeting, Legal Aid Society-Columbia office, 10am
Sept 11	Grandparent's Day
Sept 14	Advisory Council on Aging & Disability Quarterly Meeting, SCTDD Office, 10am
Sept 22	Falls Prevention Awareness Day & First Day of Fall
Oct 2-5	Southeastern Assoc. of Area Agencies Annual Conference, Biloxi MS, www.se4a.org
Nov 1-3	TFA Aging Network Conference, Music Road Inn & Convention Center, Pigeon Forge

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

State Health Insurance Assistance Program

SHIP-SHAPE Q&A



*Answers copied from
CMS Product 11588*



Medicare Accountable Care Organizations

Question: What is an Accountable Care Organization (ACO)?

An ACO is a group of doctors, hospitals, and other health care providers who work together to provide you with better, more coordinated care. Doctors and hospitals in an ACO communicate with you **and** with each other to make sure that you get the care you need when you're sick and the support you need to stay healthy and well.

Question: Is an ACO a Health Maintenance Organization (HMO), managed care, or insurance company?

No. An ACO isn't an HMO, managed care, or insurance company. Unlike HMOs, managed care, or some insurance plans, an ACO can't tell you which health care providers to see and can't limit your Medicare benefits. If your doctor participates in a Medicare ACO, you always have the right to choose any doctor or hospital who accepts Medicare at any time.

Only people with Original Medicare can be assigned to an ACO. You can't be assigned to an ACO if you have a Medicare Advantage Plan (like an HMO or a PPO).

Question: How do I know if my doctor is in an ACO? What should I expect if my doctor is in an ACO?

If your doctor or health care provider chooses to participate in an ACO, you'll be notified. This notification might be a letter, written information provided to you when you see your doctor, a sign posted in a hospital, or it might be a conversation with your doctor the next time you go to see him or her.

If you aren't sure if your doctor or health care provider is participating in a Medicare ACO, ask him or her. For general information on ACOs, call 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

Over time, if you see a doctor or health care provider participating in an ACO, you may notice that:

- You don't have to fill out as many medical forms that ask for the same information.
- The health care providers that you see all know what's going on with your health because they communicate with each other.
- You don't need to repeat medical tests because your results are shared among your health care team.
- The providers participating in the ACO will work with you to make sure the care decisions reflect your preferences.

Your Medicare benefits won't be limited because your doctor is part of an ACO. Also, you still have the right to choose any hospital or doctor that accepts Medicare, at any time, even if that hospital or doctor isn't part of an ACO.

Some ACOs may hire people to help check on your care. They may call you after an appointment or a procedure to make sure you understand how to take your medicines or schedule follow-up visits. They may also share information with your doctor to make sure you get the right care.

Question: If my doctor is in an ACO, can I still see whichever doctor I want?

Absolutely - if your doctor participates in an ACO, you can see any health care provider who accepts Medicare. Nobody - not your doctor, not your hospital - can tell you who you have to see.

Question: What rights do I have if my doctor is in an ACO?

You'll continue to get the same rights all people with Medicare get. To help you to get the best-coordinated and highest quality care, Medicare will share certain information about your medical care with your doctor's ACO, including medical conditions, prescriptions, and visits to the doctor. This is important to help the ACO keep up with your medical needs and track how well the ACO is doing to keep you healthy and helping you get the right care.

Your privacy is very important to Medicare. You can tell Medicare not to give your doctor's ACO information that your doctor needs to coordinate your care by calling 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. Unless you take this step, your medical information will be shared automatically with your doctor's ACO for purposes of care coordination and quality improvement.

If you're now getting or received treatment in the past for alcohol or drug abuse, Medicare won't share any information about that treatment with any ACO unless you give Medicare your written permission to do so.

Also, you may get a follow-up survey to ask about your experiences as a patient of a doctor who's participating in a Medicare ACO. You'll get a letter to let you know the survey is genuine. The ACO will use your feedback to help make sure you get high quality care.

Question: Who can read my medical information, and will it be protected?

The group of doctors, hospitals, and other health care providers working together in the ACO will be able to read your medical records, along with other office staff authorized to help coordinate your care.

The privacy and security of your medical information is protected by federal law. Contact your doctor's office for more information about how they protect your medical information, or call 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

Question: How will an ACO lead to better care for me?

When your health care providers have access to your health information and are able to share that information with one another, they can give you better, more coordinated care. Each of your health care providers won't only know about the health issues that they've treated, they'll have a more complete picture of your health through communicating with your other health care providers.

When your health care providers participate in an ACO, you should see better, more coordinated care over time. With an ACO, you're the center of care, and your satisfaction is one of their goals.

Question: Where can I find more information about ACOs?

For more information about ACOs:

- Visit CMS.gov/Medicare/Medicare-Fee-for-Service-Payment/ACO/.
- Visit Medicare.gov/manage-your-health/coordinating-your-care/Accountable-care-organizations.html.
- Talk to your doctor.
- Call 1-800-MEDICARE 24 hours a day, 7 days a week.

Program The SHIP-SHAPE column is sponsored by the State Health Insurance Assistance (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.