



## 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 \*

Join Tennessee's aging network in hosting the other eight (8) states in the Southeastern Association of Area Agencies on Aging (SE4A) region and be part of this unique opportunity. Not only is this event the annual SE4A Conference, but it is joined by two other annual Tennessee conferences ... the Tennessee Federation for the Aging (TFA) and the Tennessee Elder Justice Conference. The Gaylord Opryland Hotel is an amazingly beautiful and convenient venue for the conference activities. Sponsorship opportunities still available! Visit [www.se4a.org](http://www.se4a.org) to register or for more information.

For Room Reservations for the 2019 SE4A Conference at Opryland, follow this link: <https://book.passkey.com/e/49883500>. To make reservations by phone, call 877-491-7397. Room Reservation Deadline is August 6th, 2019. Hurry, rooms are going fast!!

### **SE4A Annual Conference, TFA Annual Conference & Tennessee Elder Justice Conference** *(A Tennessee Aging Network MEGA Conference)*

# Register Now!



September 8-11, 2019  
**SE4A Annual Conference**

The 2019 SE4A Conference will be held at Nashville's Gaylord Opryland Hotel, 2800 Opryland Drive, September 8-11, 2019.

For more information, visit [www.se4a.org](http://www.se4a.org).



2019 CONFERENCE PARTNERS: Tennessee Federation for the Aging and Tennessee Commission on Aging and Disability



July-September 2019

A Part of the  
South Central TN  
Development District

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

#### HIGHLIGHTS:

- > SE4A Conference
- > TFA 50th Anniversary & Annual Meeting
- > CREVAA News
- > Senior Volunteer Transportation - MyRide Updates
- > SNAP News
- > SCTDD Annual Golf Classic Photos
- > SHIP & SMP News
- > Upcoming Events & Calendar
- > Partners In Caregiving

Call the Area Agency on Aging & Disability Hotline at

**1-866-836-6678**

For Information, Assistance & Referrals for Older Adults, Adults with Physical Disabilities, and their Caregivers.

Let Us Help You!



## *TFA is Celebrating 50 Years!*

The Tennessee Federation for the Aging, Inc. (TFA) was incorporated on September 9, 1969... **50 YEARS AGO!!** TFA is a 501c3, non-profit membership organization, which exists for the purpose of advocating on behalf of older Tennesseans, creating awareness around issues facing our older Tennesseans, and educating the aging services provider network.

If you are a TFA member, don't miss out on the ***TFA Annual Meeting & 50th Anniversary Celebration on Tuesday, September 10th from 11:45-1:15, at Gaylord's Opryland Hotel at Waters Edge in the Delta Section of the hotel.*** If you are NOT a TFA member, you need to join and support the aging network's advocacy efforts. There are several ways to become an engaged, active member of TFA and it's various working committees. Visit TFA's website at [www.tnfederationfortheaging.org](http://www.tnfederationfortheaging.org) or check them out on Facebook to learn more about how to become a member and how your membership benefits you as well as older Tennesseans. Or feel free to contact Robin Rochelle, Assistant Director of South Central TN AAAD and TFA Board member, at (931) 379-2931 or [rrochelle@sctdd.org](mailto:rrochelle@sctdd.org).



## Collaborative Response to Elder & Vulnerable Adult Abuse



Support, Assistance, Service, & Help is available through the CREVAA Program **FOR** Older Adults 60+ and/or Vulnerable Adults ages 18-59 **WHO** have suffered an alleged abuse or harm by others, causing the older or vulnerable adult to develop a need that cannot be resolved by any other resource.

The pathway to CREVAA Program assistance begins with a report of the alleged incident to the appropriate officials: *Adult Protective Services, the Police and even the local District Attorneys' Offices* who will assist by forwarding a referral to the CREVAA Advocate.

For more information and questions about program eligibility, the CREVAA Advocate Contact Information for the South Central District is: Phone (931) 379-2942, Fax (931) 379-2685, or Email [tharris@sctdd.org](mailto:tharris@sctdd.org).

This project is funded under a grant contract with the State of Tennessee and was supported by Award No. 2016-VA-GX-0053 awarded by the Office for Victims of Crime, Department of Justice.

## MyRide Lawrence Holds 2nd Round Kickoff & Volunteer Appreciation

MyRide Lawrence celebrated with a “2nd Round Kickoff & Volunteer Appreciation” event on **Tuesday, May 21st**, at the First United Methodist Church in Lawrenceburg. MyRide Lawrence kicked off in November 2018, and through April 2019, provided 411 rides to 28 senior members. MyRide has recruited 25 volunteers and over 40 senior member riders already, and continues to grow each month. MyRide needs YOU to Volunteer! It not only brings joy to the senior needing a ride, but brings joy to you as well. Find out how you can become a part of an exciting and rewarding new program by contacting MyRide Lawrence at 931-244-RIDE or email [myridelawrence@gmail.com](mailto:myridelawrence@gmail.com).



## MyRide Bedford Coming Soon

The Shelbyville-Bedford County Senior Citizens Center (SBCSCC) has been awarded the second MyRide grant for the South Central TN District. Plans are underway to select a community coalition/steering committee, hire a new part-time coordinator, start marketing the program to recruit volunteer drivers, as well as senior member riders, and hold a Public Forum Kickoff event in the near future. We need people in Bedford County to help us get this MyRide Program started, so if you can volunteer, or know someone who may be interested in volunteering, have them contact the MyRide Bedford at 931-684-0019 or email [myridebedford@gmail.com](mailto:myridebedford@gmail.com). We look forward to another successful MyRide Program in the South Central TN Development District!

*“The funding for this project was provided through a grant awarded by the Davidson County Chancery Court, Part III from the SeniorTrust/ElderTrust settlement (Case No. 11-1548-III) and through contract administered by the Tennessee Commission on Aging & Disability.”*



## Supplemental Nutrition Assistance Program

South Central Tennessee Development District (SCTDD) is now offering application assistance with the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program for adults 60 and over or individuals with a disability. The USDA created SNAP to provide

eligible individuals with monthly benefits to buy food.

According to the National Council on Aging (NCOA), SNAP is a good investment and can improve health outcomes of food-insecure seniors. SNAP stimulates the economy — with every \$1 in additional SNAP benefits, it generates \$1.73 in local economic activity.

The South Central region includes: Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry and Wayne counties.

If you know someone 60 and over or an individual with a disability, they may qualify for SNAP. Applicants can call the SCTDD SNAP Program Outreach Coordinator, Bonnie Walker, at 931-379-2955, for free and confidential application assistance.

*This project is funded under an agreement with the State of Tennessee. The project has been funded at least in part with Federal Funds from the U.S. Department of Agriculture.*



## South Central Tennessee District Senior Brain Games

**Friday, August 16th—10:00am  
At Lawrenceburg Elks Lodge  
Lunch Provided**

Register Your Team or RSVP for Lunch by  
Contacting  
Katrina Crisp  
931-379-2937 or [kcrisp@sctdd.org](mailto:kcrisp@sctdd.org)  
(Spectators Welcome-Please RSVP!)



## South Central Tennessee District Senior Olympics

**October 21-25, 2019**

**Hosted by:  
Lawrenceburg Parks & Recreation**

To Register Contact Pam Kemp  
931-762-4231 or [pkemp@lawrenceburgtn.gov](mailto:pkemp@lawrenceburgtn.gov)  
Or visit [www.tnseniorolympics.org](http://www.tnseniorolympics.org)

*SCTDD is a Proud Sponsor of the  
South Central TN District Senior Olympics*

# UPCOMING EVENTS

*Mark Your Calendars*



### JULY

- 4th Independence Day (Offices Closed)
- 17th ABC's & D's of Medicare Class, 9am-12 noon, SCTDD Conference Room
- 23rd TN Federation for the Aging Board of Directors Meeting  
10am—2pm, Midtown Nashville Police Precinct



### AUGUST

- 7th TN Falls Prevention Coalition Conference Call, 10am, ([Sidney.Schuttrow@tn.gov](mailto:Sidney.Schuttrow@tn.gov) for info)
- 13th TN Commission on Aging & Disability Quarterly Commission Meeting  
11:00am, Tennessee Towers, Nashville Room
- 16th Senior Brain Games for South Central TN District (see above)
- 21st ABC's & D's of Medicare Class, 9am-12 noon, SCTDD Conference Room

### SEPTEMBER

- 2nd Labor Day (Offices Closed)
- 8-11th SE4A Conference, Gaylord's Opryland Hotel ([www.se4a.org](http://www.se4a.org))
- 10th TFA Annual Meeting & 50th Anniversary Celebration Luncheon, Waters Edge at Opryland
- 18th Advisory Council on Aging & Disability Quarterly Meeting, 9:30am, SCTDD Conference Room
- 18th ABC's & D's of Medicare Class, 9am-12 noon, Location To Be Determined



Did you know that 1 in 4 Americans age 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially. Visit [www.ncoa.org](http://www.ncoa.org) for information and resources on how to prevent falls and fall prevention awareness activity ideas.



### SCTDD's Annual Golf Classic a Success!

Without our sponsors, golfers, volunteers and staff, generous donors and the Henry Horton Golf Staff, we wouldn't be able to raise the funds needed to help low-income older adults and adults with disabilities with emergent health and/or safety needs through the SCTDD Personal Emergency Assistance Program (PEAP). Thanks to everyone who contributed! You are helping to make a difference in the life of someone who needs it! Know someone who needs help through PEAP, contact us at 1-866-836-6678 today!

### Championship Flight



1st Place—At Home Healthcare



2nd Place—Mid South Bus



3rd Place—First Commerce Bank

### 1st Flight



1st Place—City of Shelbyville



2nd Place—Rogers Group



3rd Place—Woodard/Millen Team

### 2nd Flight



1st Place—Middle TN Law Group



2nd Place—City of Pulaski



3rd Place—Public Entity Partners

### Contest Winners



SCTDD Beverage Cart Crew





## State Health Insurance Assistance Program

### Medicare Annual Enrollment

**October 15 – December 7, 2019**

**Your chance to save money!**



The local SHIP/SMP office is making plans for Open Enrollment 2019....Our busiest time of the year! This is the only time of year when ALL people with Medicare can change their Medicare Advantage Plans and Prescription Drug Plans for the next year. If you would like a comparison, please contact us and ask for a Prescription Drug Plan Worksheet. We provide free and unbiased information on Medicare Advantage Plans 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 can expect to pay out of pocket for 2020.

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

### Phony Government Agency Calls



#### *How the Scam Works*

You receive a call that appears on your caller ID as Medicare or Social Security Administration. In one version of the scam, when you pick up the phone, someone pretending to work for Medicare offers you something for free, such as a back or knee brace, medical equipment, or a new Medicare card. All you have to do is share personal information, such as your Social Security number, to "confirm" your identity.

Sometimes scammers attempt to frighten you by claiming that there is a problem with your Medicare or Social Security benefits. They claim that there has been suspicious activity on your account and if you don't give them the information they need, you could lose your benefits.

No matter how they do it...a scammer's goal is to steal your personal information for their personal benefit.

#### *How to Protect Yourself*

\*Don't answer calls from unknown numbers. Be aware that scammers can hide their real phone numbers.

[Note: If you call an office like....SHIP ... and leave a message to be called back. Make yourself a note to leave by the phone. Call backs from this group....won't come from the toll free number you called them on.]

\*When in doubt, hang up. Don't press any buttons, don't talk to them, and don't ask to be removed from the calling list....just hang up.

\*Know how government agencies work. Social Security or Medicare don't make random calls to consumers. Instead they send letters if they need to contact you. So unless you called them first.....just hang up.

**If you think you may have given your Social Security or Medicare information to a scammer.....Call the Senior Medicare Patrol toll free at 1-866-836-7677 or your SHIP office for advice on what to do next.**

## **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.....**

#### **Diabetes screenings**

Medicare covers these screenings if your doctor determines you're at risk for diabetes or diagnosed with prediabetes. You may be eligible for up to 2 diabetes screenings each year. You pay nothing for the test *if your doctor or other qualified health care provider accepts \*assignment.*

#### **Foot exams and treatment**

Medicare covers foot exams and treatment if you have diabetes-related nerve damage and/or meet certain conditions. You pay 20% of the **\*\*Medicare approved amount**, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

*\*Assignment – An agreement by your doctor, provider, or supplier to be paid directly by Medicare, to accept the payment amount Medicare approves for the service, and not to bill you for any more than the Medicare deductible and coinsurance.*

#### **\*\*Medicare-approved amount**

*In Original Medicare, this is the amount a doctor or supplier that accepts assignment can be paid. It may be less than the actual amount a doctor or supplier charges. Medicare pays part of this amount and you're responsible for the difference.*

**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:**



**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.**

**If you have moved....you must change your address with State of Tennessee TennCare office. The State of Tennessee will mail your renewal packet to the address they currently have on file.**



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

The SHIP/SMP office has our 2019 "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.

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.

**Jump on our "SHIP"... this Group is Waiting on You to Join their Volunteer Crew!!**



SHIP is always in *need* of volunteers. Make a difference in your life and in the life of someone else by joining our team .... please contact Mike David, SHIP Volunteer Coordinator at 931-379-2948 or email [mdavid@sctdd.org](mailto:mdavid@sctdd.org).

## NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM PARTNERS IN CAREGIVING

The following providers allow a 10% discount on services and goods provided by the National Family Caregiver Support Program (NFCSP):

**In-Home Service Providers:**

Addus Home Care	888-233-8743
A Plus Medical Staffing, Inc.	877-933-7823
Caring Hearts Home Health Care, LLC	855-245-0870
Home Instead Senior Care-Tulahoma	931-454-2022
Senior Moments Healthcare, Inc.	615-441-3464
Senior Solutions at Home, LLC	931-208-1018
South Central Human Resource Agency	800-221-2642
Tree of Life Homecare, LLC	931-592-8733

**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

## Medical Equipment Recycling Program

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

Shelbyville-Bedford County Senior Center	Coffee County Senior Center
Giles County Senior Center	Hickman County Senior Center
Lewis County Senior Center	Fayetteville-Lincoln Co Senior Center
Marshall County Senior Center	Maury County Senior Center
Moore County Senior Center	Perry County Senior Center

## Caregiver Counseling

The following providers are licensed to provide professional counseling for caregivers:

Family Counseling Center (Bedford, Coffee, Franklin & Moore Counties)	931-723-0380
LifeCare Family Services (Giles, Lawrence & Maury Counties)	877-881-0359
Betty M. Lane, M.S. (Located in Fayetteville, Lincoln County)	931-433-2929