



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



1-866-836-7677

### State Health Insurance Assistance Program SHIP – SHAPE Q&A Medicare Highlights



Remember to watch your mailbox for your new Medicare Card with your New Medicare number! It may arrive any time between now and April 2019.

Unfortunately, our Senior Medicare Patrol office has received calls from some Tennessee residents who have already fallen victim to scams related to the new cards. Remember you do NOT have to pay for your new card....and neither Medicare or Social Security will be calling you to confirm your current number in order to send your new card. Please let us know if you receive any of these calls.

### Medicare Annual Open Enrollment October 15 – December 7, 2018 Your chance to save money! 💰



The local SHIP/SMP office is making plans for Open Enrollment 2018....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. We will be mailing our Part D/Advantage Plan Comparison forms in early September. If you don't receive a form by September 15<sup>th</sup> and would like a comparison, please call our SHIP/SMP office at 931-379-2927. 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 will expect to pay out of pocket for 2019.

**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.**

## **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.....**

**Abdominal Aortic Aneurysm Screening** – A one-time screening ultrasound for people at risk. If you have a family history of abdominal aortic aneurysms, or you're a man 65-75 and have smoked at least 100 cigarettes in your lifetime, you are considered at risk.

**Cardiovascular Disease Screenings** – Ask your doctor to test your cholesterol, lipid, and triglycerides levels to help determine if you are at risk for a heart attack or stroke. If you are at risk, there are steps you can take to prevent these conditions. Medicare covers tests for cholesterol, lipid, and triglyceride levels every 5 years.

**Colorectal Cancer Screenings** – These tests help find colorectal cancer early, when treatment works best.

If you are 50, or older, or are at high risk for colorectal cancer, Medicare covers one or more of these tests: fecal occult blood test, flexible sigmoidoscopy, screening colonoscopy, barium enema, and multi-target stool DNA test. How often Medicare pays for these tests depends on the test and your level of risk for this cancer. You and your doctor decide which test is best for you.

*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 2018 “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.

**This program is always in *need* of volunteers. If you would like information on joining our team please contact Mike David, Volunteer Coordinator at 931-379-2948.**

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.

## **ABC's & D's of Medicare Class**

**New to Medicare – this is the class for you.**



**3<sup>rd</sup> Wednesday of each month**

**Jan-Nov 2018**

**9am-Noon**

**Remaining 2018 Class Dates: September 19,  
October 17, November 14**

**Preregistration is required by calling 931-  
379-2927 or toll free 1-877-801-0044**



South Central Tennessee Development District is now offering assistance with “SNAP”, formerly referred to as the Food Stamp Program. There is over \$17 million dollars not being utilized in the following counties: Bedford, Coffee, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry and Wayne Counties. There are special deductions and asset requirements for the 60 +. The USDA created SNAP to provide eligible individuals with monthly benefits to buy food. **We offer application assistance; just call the SCTDD SNAP Outreach Coordinator, Bonnie Walker on 931-379-2955.**

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### **2018 SOUTH CENTRAL DISTRICT SENIOR OLYMPIS**

September 10-11 (Tennis & Pickleball)

October 22-26

Registration Deadline: August 31

The Tennessee Senior Olympics is a sports competition for athletes ages 50 and older of all skill levels. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities; and provide opportunities for fun, recreation and fellowship.

Participants may enter an unlimited number of events. However, one may not register for events that will overlap in time. Upon receipt of registration, athletes will receive a confirmation letter and newsletter via e-mail with event details. Please make sure all the information is correct on your confirmation letter. For questions or corrections, please contact **Pam Kemp or Frank Campbell at (931)762-4231, [pkemp@lawrenceburgtn.gov](mailto:pkemp@lawrenceburgtn.gov) or [fcampbell@lawrenceburgtn.gov](mailto:fcampbell@lawrenceburgtn.gov).**

# BECOME A VOLUNTEER OMBUDSMAN

1. What is an **OMBUDSMAN**? An **OMBUDSMAN** serves as an advocate for residents who live in nursing homes, assisted livings or homes for the aged. **OMBUDSMAN** help residents solve problems that may arise while living in a long term care facility.
2. What does a **VOLUNTEER OMBUDSMAN** do? A **VOLUNTEER OMBUDSMAN** visits residents in a facility and reports conditions observed to the **District OMBUDSMAN**. Volunteers talk with residents, staff, family members, etc. To make sure residents needs are being met as required. We have opportunities in the following counties: BEDFORD, COFFEE, FRANKLIN, GILES, HICKMAN, LAWRENCE, LEWIS, LINCOLN, MARSHALL, MAURY, MOORE, PERRY, AND WAYNE.
3. What are the requirements to volunteer? A **VOLUNTEER OMBUDSMAN** must be agreeable to visiting their chosen facility at least 2x's per month as well as agreeable to a background check on the statewide abuse registry.
4. How much time does it take a month? Volunteering can take as little as 1 to 2 hours per month. Very little time can make a big difference!
5. Is there training required? A mandatory 2 day training is required in order to be a **VOLUNTEER OMBUDSMAN**. The next training will be September 25<sup>th</sup> and 26<sup>th</sup> at the SCTDD office at 101 Sam Watkins Blvd., Mt. Pleasant, TN. RSVP is required to: [amorrow@sctdd.org](mailto:amorrow@sctdd.org). Additional trainings in other locations may be scheduled if needed.

For More Information Contact:

Andrea Morrow  
South Central TN District Ombudsman  
South Central Tennessee  
Development District  
101 Sam Watkins Blvd.  
Mt. Pleasant, TN 38474  
(931) 379-2926  
Email: [amorrow@sctdd.org](mailto:amorrow@sctdd.org)



Area Agency on Aging & Disability

## 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 - 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>
<b>ResCare HomeCare</b>	<b>423-855-4656</b>
<b>Tree of Life Homecare, LLC</b>	<b>931-592-8733</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>

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- August 31            Deadline to Register for Senior Olympics
- September 10-11   South Central Senior Olympic Games (Tennis & Pickleball)
- September 19        ABC's & D's of Medicare Class
- September 25-26   Volunteer Ombudsman Training at South Central
- October 15           Medicare Annual Open Enrollment
- October 17           ABC's & D's of Medicare Class
- October 22-26       South Central Senior Olympic Games
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## A LOOK BACK...

### World Elder Abuse Awareness Day

June 15, 2018

