



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

Launching MyRide – Volunteer Senior Transportation Program

MyRide Lawrence is the first of three volunteer senior transportation programs to be launched in the South Central Tennessee district in the next three years. The AAAD has contracted with the Lawrence County Senior Citizens Center to provide this new transportation program, which relies solely on volunteer drivers, driving their own vehicles, to provide essential rides for seniors age 60 and older. The program provides door-through-door assisted transportation for those older adults needing extra assistance in and out of their home, the grocery store, and other destinations. Seniors who are eligible for membership can join for \$25 per year, with \$19 going toward their annual membership, and the other \$6 going to assist with their first three roundtrip rides. Rides are provided for \$2 per roundtrip, with an additional \$1 for each stop.

With 15 volunteers already trained, screened and ready to go, and the nearly 30 seniors already requesting to sign up, the MyRide Lawrence will be launching its first rides in November 2018. But, more volunteers are needed in order for MyRide Lawrence to meet the needs of Lawrence County older adults needing this assisted transportation to help remain independently and have a better quality of life for as long as possible. For more information about MyRide Volunteer Senior Transportation programs, contact AAAD Assistant Director, Robin Rochelle at 931-379-2931 or rrochelle@sctdd.org. To volunteer or inquire about rider membership for MyRide Lawrence, call the MyRide Lawrence office at 931-244-RIDE(7433) or email myridelawrence@gmail.com.



First MyRide Lawrence Volunteer Driver Training held October 26th at David Crockett State Park



AAAD & MyRide Staff working at the Public Forum Kickoff Event Oct. 5th at First United Methodist Church in Lawrenceburg

Congratulations to Fayetteville-Lincoln Co Senior Center!



Fayetteville-Lincoln County Senior Center was recognized and awarded as the Non Profit Organization of the Year from their local Chamber of Commerce. After making it as a finalist, Senior Center Director Samantha Freeman attended the Chamber of Commerce Dinner with seven (7) of the centers senior volunteers, including her husband. Samantha said that she has "been inspired to do more for the senior community" through her work at the Senior Center, and that she "could not be more proud of her community for recognizing the Senior Center". Join us in congratulating Sam, the senior center, their board of directors, volunteers and senior participants for receiving this award for their outstanding service to the community.

SHIP's Volunteer of the Year is ... Mike Dodd

Congratulations to Mike Dodd!! Mike was awarded the Volunteer of the Year Award for the South Central TN District at the 2018 TN SHIP/SMP Statewide Volunteer Conference. The event was held on Thursday, October 4, 2018 at the Lane Agri Park Community Center in Murfreesboro.

Mike Dodd has been a SHIP/SMP volunteer for 3 years. He has a very good understanding of Medicare plans/Part D and explains them very well to the clients. He provides accurate and efficient paperwork and reporting for the program. Mike interacts well with clients and shows them dignity and respect. He is dependable and that is important when we have appointments. For the past two years, during the annual enrollment period, Mike counseled clients at senior centers in Bedford, Lincoln, Coffee, Moore, and Franklin Counties. The volunteer of the year nomination was difficult because ALL of the volunteers in our district are deserving of this award.



Pictured from Left to Right:

Loni Hitchcock, TN SMP Project Coordinator

Shannon Jones, TN SHIP Director

Sherri Craig, SC SHIP/SMP Program Coordinator

Ryan Ramsey, State SHIP Program Dev/QA Coord.

Mike Dodd, South Central TN Volunteer of the Year Award Winner

Mike David, South Central Volunteer Coordinator

Sidney Schuttrow, TCAD Director of Volunteer Services

Bill Gentner Recognized for His Commission Service

The Advisory Council on Aging & Disability recognized Bill Gentner at their quarterly meeting on September 12, 2018, for serving a six-year term as Commissioner on the Tennessee Commission on Aging & Disability, representing the South Central Tennessee District. This position is appointed by the Governor. Mr. Gentner also led TCAD as the Chairman of the Commission for the last four years. His leadership and dedication to serving older adults and adults with disabilities across Tennessee, and his representation for South Central is greatly appreciated!



Pictured from Left to Right: Annalea Cothron - TCAD Liaison, Robin Rochelle – AAAD Assistant Director, Bill Gentner, Cindy Duren – Advisory Council Chairman, Joe Evans – AAAD Director



Five Counties Go Head-to-Head at 2018 District Senior Brain Games

On August 17th, the seniors representing Lawrence, Marshall, Giles, Lincoln & Franklin Counties participated in the 6th Annual District Senior Brain Games held at Lawrenceburg Elks Lodge. All five teams were fierce competitors through the tough questions that were presented by the Emcee and AAAD Director, Joe Evans. At the end of the day, Lawrence County's "Aged to Perfection" came out with the win. They went on to compete in the Middle Tennessee Regional Senior Brain Games against teams from the Greater Nashville and Upper Cumberland districts on September 26th at the Smith County Senior Center in Carthage. Although they came up short of making it to the state finals this year, we are very proud of them, and the rest of the Senior Brain Games teams from the South Central area.



Lawrence County Team
"Aged to Perfection"



Marshall County Team
"The Marshalls"



Giles County Team
"The Forever Young"



Franklin County Team
"The Smarties"



Lincoln County Team
"Sassy Seniors"

Save the Date



Friday, June 14, 2019

**SCTDD
Annual Golf Classic
Henry Horton State Park**

To Benefit the Personal Emergency Assistance Program to help seniors and adults with disabilities with food, vision/dental care, utilities, housing, minor home modifications, heaters, air conditioners and other needs.

Hickman Co Celebrates Senior Center Month



In September, Hickman County Mayor Mark Bentley, joined by senior members and volunteers of the Senior Center, signed a county proclamation to proclaim September as Senior Center Month. Senior Centers serve as a community focal point for services and resources for older adults. Senior Center Director Teresa Craft organized the ceremony and other events to promote the senior center during the month of September. September being recognized as Senior Center Month is a national campaign by the National Council on Aging. www.ncoa.org

AAAD Supports District Senior Olympics

Many of the SCTDD staff volunteered for the Tennessee Senior Olympics for the South Central District during the week of October 22nd. Each year, the SCTDD and AAAD helps to sponsor and support the Senior Olympics through our partnership with the Lawrenceburg Parks & Recreation. Thanks to all who volunteered to make the event a success! And, congratulations to all of the senior competitors!



Women's Shuffleboard Winners



Mixed Doubles Shuffleboard Winners



Men's Shuffleboard Winners



Women's Shuffleboard Winners



Shuffleboard Volunteers

Tennessee Federation for the Aging, Inc. (TFA) Updates:

Oct. 23rd Family members of the late Mrs. Lena Mae Pickens, were recognized and awarded a lifetime membership to TFA at the TFA Board of Directors Meeting. TFA's Volunteer of the Year Award is presented each year in memory and in honor of TFA founding member, Mrs. Lena Mae Pickens. Mrs. Pickens was from our very own Marshall County, started in 1963 and served as director of the Marshall County Senior Citizens, and served as Chairman of the Tennessee Commission on Aging & Disability, among many other outstanding accomplishments that helped build and sustain Tennessee's aging network.

Nov. 27-29 **Annual Aging Network Conference** at Music Road Resort, Pigeon Forge. Deadline to Register Nov 9th

Feb 27 **Ageing Day on the Hill:** Join us in Nashville as we visit with state legislators to advocate for our aging network and older Tennesseans. Stay tuned for more details!

TFA celebrates its **50th Anniversary** in 2019. Join us in the major milestone and we celebrate throughout the year, with the major celebration to be held in September 2019 at the SE4A/TFA joint-conference at Opryland Hotel. If you are not a TFA member, join today! Visit www.tnfederationfortheaging.org and "Like" our Facebook page.



TFA President Dottie Lyvers presents the TFA Lifetime Membership to Cody Bradley, niece of the Late Mrs. Lena Mae Pickens, and Vicky Lawson, her daughter and great niece of Mrs. Pickens.



MARK YOUR CALENDARS FOR UPCOMING EVENTS:



Oct 15 – Dec 7	Medicare Annual Enrollment Period
Nov 11 th	THANK YOU to our Veterans!
Nov 12 th	SCTDD OFFICE CLOSED TO OBSERVE VETERAN'S DAY
Nov 14 th	ABC&D of Medicare Class, 9am-Noon @ SCTDD. Call 379-2927 to register.
Nov 22-23	SCTDD OFFICE CLOSED for Thanksgiving Holidays
Nov 27-29	TFA Annual Aging Network Conference, Music Road Resort, Pigeon Forge
Dec 12 th	Advisory Council on Aging & Disability Meeting, 10 am @ SCTDD
Dec. 14 th	SCTDD Christmas Reception, 1-3pm
Dec. 24-25 th	SCTDD OFFICE CLOSED for Christmas Holidays
Dec.31 st -Jan 1 st	SCTDD OFFICE CLOSED for New Year's Holidays
Jan 21, 2019	SCTDD OFFICE CLOSED for Martin Luther King Jr Day
Feb 27, 2019	TFA Ageing Day on the Hill, Nashville
May 7, 2019	Adult Abuse Coalition Conference (Location To Be Determined)
June 14, 2019	SCTDD Annual Golf Classic at Henry Horton State Park, 8am Shotgun
Sept 8-11, 2019	Joint Conference of the Southeastern Assoc of Area Agencies on Aging & TFA at Gaylord Opryland Hotel. Visit www.se4a.org



State Health Insurance Assistance Program SHIP – SHAPE Q&A

What is changing in Medicare for 2019?

2019 Part D Deductibles

Your Part D – Prescription Plan Deductible could be as high as \$415.

2019 Donut Hole or Coverage Gap – Part D Plan

Starts when the total costs of your medications reach \$3,820

You pay 25% of cost for Brand Names

You pay 37% of cost for Generics

You come out of the Donut Hole/Gap at \$7,653.75

2019 Extra Help Co-pays

For those who receive help from the government paying for their medications. [LIS, SLMB, QMB]

\$3.40 for Generics (\$3.35 in 2018)

\$8.50 for Brand Names (\$8.35 in 2018)

\$33.19 (\$35.02 in 2018) is the Part D Premium Benchmark in Tennessee.

2019 Extra Help & Medicare Savings Program Income and resource guidelines are typically released in February or March of each year.

Medicare Part B Premium and Deductible

2019 Part B Monthly Premium will be \$135.50

In 2018 it was \$134

2019 Part B Yearly Deductible will be \$185

In 2018 it was \$183

Medicare Part A Deductible

2019 Part A Hospital Inpatient Deductible will be \$1,364

In 2018 it was \$1,340



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.....

Flu vaccine – Medicare covers one flu shot per flu season. You pay nothing for the flu shot if the doctor or other qualified health care provider * *accepts assignment* for giving the shot.

**Assignment means that your doctor, provider, or supplier agrees to accept the Medicare-approved amount as full payment for covered services.*

Breast Cancer screening (mammograms)

Medicare covers screening mammograms to check for breast cancer once every 12 months for all women with Medicare who are 40 and older. Medicare covers one baseline mammogram for women between 35-39. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.

Note: Part B also covers diagnostic mammograms more frequently than once a year when medically necessary. You pay 20% of the Medicare-approved amount for diagnostic mammograms, and the Part B deductible applies.

**Please contact us with your Medicare questions. Toll-Free 1-877-801-0044
Or locally at 931-379-2927**



Public Service Announcement:

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.



If you or someone you know has Medicaid, QMB, SLMB, or QI1 ...and has moved or plan to move, you must change your address with the TennCare Office. The TennCare Office administers all of these programs. Failing to update your address with them could result in losing your benefits. Your local SHIP/SMP office can provide you with TennCare's Change of Address Form. Simply give us a call at 931-379-2927.

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 sraig@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.

Applying For SNAP

Supplemental Nutrition Assistance Program

If You're Over 60, It's Easier Than You Think!

- **Free application assistance** for seniors through SCTDD at 931-379-2955
- **No leaving your home**—60+ applicants can request a phone interview

PLUS EXTRA BENEFITS:

- **Special deductions** and asset requirements for 60+ applicants
No resources over \$3250
- **SNAP EBT cards** —working with county **Farmers Markets** to accept EBT
- SNAP recipients are eligible for AT&T's Access program offering broadband **internet service for only \$5–10** per month call 1-855-220-5211 also **Free Safelink Phone** by calling 1-800-723-3546

**For Application Assistance
Call SCTDD at 931-379-2955**



**SOUTH CENTRAL TENNESSEE
AREA AGENCY ON AGING AND DISABILITY**

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Your local SHIP/SMP Staff
and Volunteers would like to
wish you a




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Nov – Dec 2018 Commodities

Santa for a Senior or Person with a Disability



Want to Make A Difference this Holiday Season?



If you do, then consider making a difference in the life of a senior citizen or person with a disability by contributing to the AAAD's ***"Santa for a Senior or Person with a Disability Program"***. Last year, through support from people in the community like you, the AAAD was able to provide for 103 individuals across our 13-county area with a Christmas, which not only included a needed gift item, but also much-needed food and personal hygiene items. People who will receive Christmas gifts are those that AAAD staff has identified as low-income and/or who have no family or other social support system during the holidays. You can be a **"SANTA"** for someone in need by contacting the AAAD office **by December 5th!!** It only takes \$25 to adopt a person, but extra donations are always welcome to help purchase the extra food and household items needed. For more information, contact:

Kim Waldrum
931-379-2938
kwaldrum@sctdd.org

OR

Glenda Porterfield
931-379-2941
gporterfield@sctdd.org



BE A SANTA FOR A SENIOR OR PERSONS WITH DISABILITIES

The Area Agency on Aging & Disability (AAAD) for the South Central Tennessee Development District is looking for a few good "Santa's" to bring joy to Senior Citizens or Persons with Disabilities who are home bound and have no family or other social support system during the holiday season. Help us make a difference in the life of a Senior or Persons with Disabilities this holiday season. You can call or stop by our office in person to select a person. Each Person will have needed items under \$25 that will be listed, so that you will have a choice in which items to purchase. If you do not want to do the shopping, but want to be a "Santa", you can send your \$25 donation to the AAAD and we can make the purchase and wrap the gift for you. We prefer that all gifts be wrapped when received by the AAAD. Arrangements will be made for pickup and delivery of your donated gift that will be of most convenience to you. Deadline to sign up is December 5th. Complete this form and return to: Santa for a Senior, c/o SCTDD/AAAD, 101 Sam Watkins Blvd., Mt. Pleasant, TN 38474 or fax to (931) 379-2685. Checks should be made payable to SCTDD. Contact Glenda (931)379-2941 or Kim (931)379-2938.

Name: _____

Address: _____

Phone: _____

GIFT PURCHASE:

_____ I will purchase the gift(s) myself

_____ My \$25 check is enclosed for purchase to be made for me



The gifts need to be at SCTDD, the local Senior Center, or arrangements made to meet someone by Friday, December 5, 2018.

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:

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-Tulahoma	931-454-2022
ResCare Home Care	423-855-4656
Senior Moments Healthcare	844-670-1081
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

November is National Family Caregiver Month

November is National Family Caregivers Month. This is a time to celebrate the contribution of those volunteer friends and family members who support a loved one with their health or managing a disability. We're thankful for the contributions of the more than 44 million Americans who care for a family member, friend, or neighbor. Join us as we celebrate the contribution of caregivers and find better ways to support them as they care.

*From our South Central AAAD Family to You
and Yours, We Wish You a Very...*



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