



South Central Tennessee Area Agency on Aging & Disability

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The AAAD's Santa Program a Huge Success



Thanks to everyone who helped make this year's *Santa for a Senior or Adult with a Disability Program* the most successful ever! This program continues to grow each year through all of the generous contributions from individuals, businesses, churches, and other organizations. We went from adopting out 51 people in the first year, to 93 last year, and now this year, 131 seniors or adults with a disability received a Christmas gift. Many of these folks wouldn't have received anything for Christmas had it not been for this program.

This program reminds us that there are many people right here in our own communities who are truly in need of basic everyday things that many of us take for granted. For instance, more people than ever just asked for food this year. However, because we received so many donations, AAAD staff were able to make sure that everyone got a little something extra than what they asked for... almost everyone received a food and/or personal hygiene box filled with basic necessities. Thanks again for helping us to spread this holiday cheer to those in need in South Central Tennessee!

Emergency Assistance Program Brings Community Together

Thanks to the coordination of two AAAD Volunteers, Sweet Pea Maloney and Joanne Lord, the Perry County community has come together to build a wheelchair ramp and new front deck for a married couple in Linden, who were needing safe access in and out of their home. Sweet Pea and Joanne raised private donations of over \$400, coordinated with the Pleasantview Mennonite Youth Church Group for the donated labor, received discounted lumber from Quality Metals, and applied for \$300 from the AAAD Emergency Assistance Program in order to make this project a reality.



The Emergency Assistance Program helps persons age 60 and older, or adults with a disability, with emergent safety and/or health needs up to \$300. Income and other program criteria must be met to qualify. For more information, please contact the AAAD for an application. NOTE: This program does not assist with utilities, such as electric or water bills.

BIG changes in the Tennessee Senior Olympics events beginning this year! District competitions have been moved to the fall of each year. **The South Central District is scheduled for August 19-23, 2013**, with the Closing Ceremony on Friday, September 13th. Athletes will qualify in the fall each year for the next year's State Finals. This year's State Finals have already been set for June 21-27, 2013 in Williamson County. Because of the change, for the 2013 State Finals only, athletes will NOT be required to qualify. Registration will be open at the State Finals this year for all sports! Because of this change, the Lawrenceburg Parks & Recreation is planning to have a **"Fun Day" for existing and potential Senior Olympics participants on Friday, April 12, 2013**, beginning at 9:00 am, to provide everyone with a chance to practice their skills or maybe even try a new sporting event. Details will be coming soon, but mark your calendar to join us for a great day of fun, fellowship, and friendly competition!

Advisory Council Recognizes Barbara McIntyre



Pictured Left to Right: Joe Evans, AAAD Director; Barbara McIntyre, former TCAD Member; Lillie Brewer, Council Chairman; and Robin Rochelle, AAAD Assistant Director.

Barbara McIntyre of Maury County was recognized at the Advisory Council on Aging & Disability meeting on December 12, 2012 for her leadership and service as the South Central Tennessee representative to the Tennessee Commission on Aging & Disability (TCAD) for the six-year term of 2007-2012. During her term, Barbara was involved in various committees and served as Vice-Chairman. Through her work on the state and local level, Barbara has proven her commitment to serving and advocating on behalf of Tennessee's senior citizens and adults with disabilities. On behalf of the AAAD and our entire south central network, we thank Barbara McIntyre for her dedicated service.

Maury County Senior Center Receives Spotlight Award

The Maury County Senior Center was recognized with a "Top 5 Spotlight Award" at the TN Federation for the Aging & TN Association of Senior Centers Annual Conference, held October 15-17, 2012 in Murfreesboro. Maury Co. Senior Center was one of five senior centers across the state that was recognized for its special programming and activities that focus on reaching new people. Their innovative programs were highlighted and shared with other senior centers across the state at the conference. For more information on what is happening in your area, call your local senior center today!



Donna Stewart (pictured in the center), Activities Coordinator at the Maury Co. Senior Center, accepted the Spotlight Award on behalf of the senior center at the Annual Training Conference.



In partnership with four hospitals, *Maury Regional Medical Center, Crockett Hospital, Perry Community Hospital, and Wayne Medical Center*, the AAAD submitted an application to the Centers for Medicare and Medicaid Services (CMS) for Community-Based Care Transitions Program (CCTP) funding through Section 3026 of the Affordable Care Act. We learned from CMS that we are “in the running” for approval of our application that was submitted back in September 2012. We submitted additional information requested by CMS January 9th. We should hear from CMS in February whether or not our application has been approved.

The overall goal of the CCTP is to reduce avoidable hospital readmissions, assist patients during their transition from hospital to home or other long-term care setting, and result in an overall savings to the Medicare program. The role of the AAAD is to serve as a Community Based Organization to partner with hospitals and other health care stakeholders to provide coordination of activities for the Coalition, such as facilitate meetings and share best practices. Particularly, the AAAD will provide Care Transitions Intervention® services for Medicare Fee-for-Service patients who are at high risk of hospital readmission due to chronic disease or illness, such as Congestive Heart Failure, Chronic Obstructive Pulmonary Disease, and/or Pneumonia. The 30-day intervention includes a home visit after discharge that involves, but is not limited to, medication reconciliation of old and new prescriptions, a Personal Health Record, encouraging timely follow-up medical appointments, and education on red flags of their health condition. The home visit is followed up with three weekly phone calls. When appropriate, the intervention may include a mini-home assessment to screen the patient for non-medical needs, such as temporary home-delivered meals, homemaker services, personal care services, transportation, durable medical equipment, and other services and/or resources available.

The next meeting of the Care Transitions Coalition of South Central Tennessee is Wednesday, January 30th, at 10:00 am, at our SCTDD Office in Mt. Pleasant, TN. Anyone interested in Care Transitions is welcome to attend. We are especially in need of primary care physicians and specialists joining our Coalition. If you have questions about the CCTP or the meeting, please call Robin Rochelle at 931-379-2931 or email at rrochelle@sctdd.org.

MARK YOUR CALENDARS FOR UPCOMING EVENTS:



Jan. 30 th	Care Transitions Coalition Meeting, 10 am, SCTDD Office
Feb 19 th	Regional Needs Assessment Meeting w/TN Commission on Aging & Disability, 1:30pm, Henry Horton State Park Conference Lodge
Mar. 6 th	Adult Abuse Coalition Meeting, 11:30 am, SCTDD Office
Mar. 10 th	Daylight Savings Time Begins – Move Your Clocks Ahead 1 Hour
Mar. 13 th	Advisory Council on Aging & Disability Meeting, 10 am @ SCTDD
Mar. 19 th	Aging & Disability “Day on the Hill”, Legislative Plaza, (Details TBD)
Apr. 12 th	Fun Day for South Central TN Seniors at Lawrenceburg Parks & Recreation, 9 am, 931-762-4231
May 7 th	10 th Annual Adult Abuse Coalition Conference, 8 am, Northfield Workforce Dev. & Conference Center in Spring Hill
May 15 th	13 th Annual Senior Expo (Tentative Date – Details TBD)
June 14 th	SCTDD Annual Golf Tournament to Benefit the Emergency Assistance Program, 8 am Shotgun Start, Henry Horton State Park

10TH ANNUAL ADULT ABUSE COALITION CONFERENCE

May 7, 2013

Northfield Workforce Development & Conference Center
100 Northfield Lane
Spring Hill, TN 37174

**Featuring: Jenny Nolen *known as* One Funny Lady
"Dealing with Difficult People"**

CLE Application Pending
Sponsorship Available

Adult Abuse Coalition of South Central Tennessee
(931) 698-7346 or (931) 619-0237



CHOICES REGIONAL MEETING - February 26, 2013

There will be a Choices Regional Collaborative meeting for anyone interested in attending on February 26, 2013 at 1:00 PM at the SCAAAD. The meeting will consist of agencies that coordinate to provide CHOICES services to consumers in our 13 counties. Involved agencies include SCAAAD, DHS, Nursing facility Social Workers and hospital Social Workers as well as Discharge Planners.

Jamie Canady, CHOICES Manager, is available to come to your agency and give a presentation on the CHOICES program. The presentation is an opportunity for your staff to learn about the processes within the program and how to recognize those eligible for the CHOICES program.

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COUNTY WANT ADS

Wanted: Upright Freezer for Perry County Senior Center. Please call 931-589-5111.

Wanted: Treadmill for Wayne County Senior Center. Please call 931-722-3161.

National Family Caregiver Support Program PARTNERS IN CAREGIVING

The following providers allow a 10% discount on services and goods provided by the NFCSP:

Equipment/Supplies: CORNERSTONE HEALTH SYSTEMS, LLC 877-796-7100

In-home Service Providers:

Aid & Assist at Home, LLC	888-721-7380
A Plus Staffing, Inc.	877-933-7823
Complete CareChoice, Inc.	877-859-4256
Five Star Medical Staffing, LLC	(615) 550-7170
Health Angels Staffing Agency, LLC	888-796-1114
Home Instead Senior Care	(931) 454-2022

Personal Emergency Response Systems (PERS):

Guardian Angel Healthcare Services	(931) 703-5537
Lifeline Systems, Inc.	800-368-2925
LifeStation, Inc.	866-235-1747
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	(Bedford, Coffee, Franklin & Moore counties)	931-723-0380
LifeCare Family Services	(Giles, Lawrence & Maury counties)	1-877-881-0359
Betty M. Lane, M.S.	(located in Fayetteville in Lincoln County)	931-433-2929

State Health Insurance Assistance Program

SHIP-SHAPE Q&A

Your 2013 Medicare Benefits

Question: Will I have to pay a higher Medicare Part B premium this year?

The Medicare Part B monthly premium has increased by \$5 in 2013. The majority of Medicare beneficiaries will pay \$104.90 each month for their Medicare Part B premium. Individuals with annual incomes greater than \$85,000 (\$170,000 for couples) must pay between \$146.90 and \$335.70 per month. This applies to about 5% of all people on Medicare.

Question: Have the deductibles increased, too?

The Part A inpatient hospital deductible increased from \$1,156 to \$1,184 per benefit period. The Part A deductible is not an annual deductible. Medicare beneficiaries who have not purchased insurance to go along with their Medicare benefits might pay this more than once a year.

The Part B annual deductible increased from \$140 to \$147 in 2013. The Part B deductible is paid only once each year. This is a covered benefit for many people who have purchased Medigap or Medicare Advantage plans.

Question: Are there any other Medicare increases that I should know about?

Those people that are required to pay a higher Part B premium will also be charged an additional amount for their Medicare Part D premium. An amount between \$11.60 and \$66.60 will be added to their monthly Part D premium amount.

The daily co-pay amount for people on Original Medicare (in other words, not on a Medicare Advantage plan) will be \$148 per day after the first 20 days of a skilled nursing facility stay.

Question: Is the “Donut Hole” or “Coverage Gap” still a problem?

The Donut Hole is a level of Part D prescription coverage that in the past caused your co-pay to go from 25% of the negotiated retail drug cost to 100% of the negotiated retail drug cost.

The Affordable Care Act gradually decreases your share of drug costs in the Donut Hole until the Donut Hole is totally eliminated in 2020. You would not have reached the Donut Hole in 2012 unless your total drug costs (that’s what you pay added to what the plan pays) reached \$2930. Your 2012 co-pays would have been 50% of the negotiated retail drug cost on brand name medications.

In 2013, you and your plan would need to spend a total of \$2970 in order to enter the Donut Hole. This year, your co-pay on brand name medications goes down to 47.5% of the negotiated retail drug cost.

Not all people with Part D plans are impacted by the Donut Hole. While many people have no option other than taking expensive brand name medications, others may avoid the Donut Hole by substituting less expensive generic drugs.

Question: What else will I notice about my Medicare benefits this year?

Medicare Summary Notices (MSNs) have been re-designed to make them more understandable. The new MSNs will include an explanation of how to review the forms for accuracy and, if necessary, to file an appeal.

Question: I have heard that there are some changes in the treatment of mental health issues. Is this true?

Outpatient mental health benefits will have a lower coinsurance in 2013. People taking advantage of this Part B benefit will have a 35% coinsurance. Medicare will pick up the other 65%.

Part D plans may start to cover some barbiturates and benzodiazepines this year if they are used to treat a chronic mental disorder, epilepsy or cancer. These medications have typically not been covered in the past.

Question: Is there anything else that I should know about that may impact my Medicare benefits in 2013?

There are two things that I would like to share with you. First, I cannot stress how important it is to perform a new drug plan comparison every year. We continue to receive calls from people who had no problems with the Part D plan that they signed up with when they started Medicare. One of these years those of you who aren't doing annual drug plan comparisons are going to get burned by a formulary change! Remember that the plans can change their formularies (as well as their premiums and deductibles) every year. Just because your plan made sense for you last year is no guarantee that it will be a good plan for you this year. Protect your interests and your wallets by doing a drug plan comparison every year!

Second, let me put a word in from our friends at the Social Security Administration. As a reminder, Social Security will no longer be issuing paper retirement checks after March 1, 2013. You will need to make arrangements to have a direct deposit made to your bank or credit union OR have the money go straight to a prepaid debit card called the Direct Express card. You can sign up for the Direct Express card by calling 1-800-333-1795.

The SHIP-SHAPE column is sponsored by the State Health Insurance Assistance Program (SHIP) and is designed to provide information to help Medicare beneficiaries understand and access their Medicare benefits.

Please send questions to SHIP Coordinator Jan Graves at jgraves@sctdd.org or 877-801-0044 (toll free).

SHIP receives funding through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency. SHIP is part of the Area Agency on Aging & Disability.

Winter 2013

The State Health Insurance Assistance Program (SHIP) offers the class...

**ABC'S ... & D'S
OF MEDICARE
(2013 SCHEDULE)**



**SOUTH CENTRAL TENNESSEE DEVELOPMENT DISTRICT
101 SAM WATKINS BLVD
MT PLEASANT, TN 38474**

Classes are held every 3rd Wednesday of every month from 9 AM – 1 PM

**February 20
March 20
April 17
May 15
June 19
July 17
August 21
September 18
October 16
November 20
December 18**

Registration Required!

Call to Register @ 877-801-0044