

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 *

AAAD PROGRAM SPOTLIGHT SNAP



APRIL-JUNE 2022

A Part of the South Central TN Development District www.sctaaad.org Editor: Robin Rochelle

Highlights:

- > SNAP Spotlight
- > Volunteer Appreciation
- > Older Americans Month
- > Advisory Council Chair man Kirk Sumpter
- > SHIP/SMP Update
- > Caregiver Tip Sheet
- > Adult Abuse Conference
- > ADPI Webinar in May

Supplemental Nutrition Assistance Program (SNAP)

SNAP is formerly referred to as the Food Stamp Program. The SNAP Benefits Program is available to assist those that are 60 years old and older or a disabled individual on SSI or SSDI. The intent of our program is to the word out to our 13 counties about the higher deductions for those individuals, especially around Medical deductions and the increase of their asset limit to \$3,750. In our 13 counties, there are millions of dollars being lost annually by individuals who do not apply for these benefits that can really make a difference in accessing enough food, especially during these tough times of rising costs on food, gas and inflation overall. Don't delay any longer...All it takes is a phone call to Bonnie at SCTDD/AAAD!!

For more information about SNAP and/or to see if you qualify, please call Bonnie Walker at 931-379-2955 or email her at bwalker@sctdd.org. Everything is kept confidential and handled in a way that it is convenient for you. See the additional SNAP ad on Page 5.





Volunteers for the AAAD's SHIP/SMP and the Public Guardian Program were treated to a Volunteer Appreciation Luncheon with small tokens of appreciation on April 21st at the SCTDD Office in Mount Pleasant. It's just one small way of thanking our volunteers for making a BIG difference in the lives of older adults we serve. See pictures below. If you have a little time to give and want to make a difference, volunteer with the AAAD, at your local senior center, be a MyRide volunteer driver or deliver a meal to a homebound senior. Call 1-866-836-6678 Today!





SHIP/SMP Volunteers & Staff (From Left): Mike David, Sherri Craig, Deborah Sutton, Linda Krueger, Margie Jones (Ombudsman Volunteer), Joanne Lord, Wayne Parks, Kathy Hannen, Gloria Bennett, Patricia McClanahan, Eileen Meseke, John Campbell & Tom Hannen. SHIP/SMP Volunteers not pictured: Bob Bohn, Patricia Brewton, Cindy Fox, Rick Mullins, Shirley Oakley, Nancy Silvertooth, Frances Smith and Barbara Whiteman.



Thanks to our
Long Term Care Ombudsman Volunteers:
Margie Jones
Tia Lockridge
Dennis Reynolds



Pictured with Christy Warren Public Guardian (Right) are Volunteer Glenda Sears, Public Guardian Volunteer Coordinator Glenda Porterfield and Volunteer Barbara Johnston.





AGE MY WAY: MAY 2022

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no "right" way. That's why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- ⇒ Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ⇒ Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- ⇒ Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ⇒ Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, South Central TN AAAD is excited to celebrate OAM with our partners in the aging community. One way we do this is by highlighting needs of older adults at the Adult Abuse Coalition Conference on May 19th at the UAW Union Hall in Spring Hill.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join the AAAD in strengthening our communities across South Central TN by sharing this newsletter, liking us on Facebook and visiting our website at www.sctdd.org. For more information, visit the official www.acl.gov/oam, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.

AAAD Recognizes Outgoing Advisory Council Chairman Kirk Sumpter



Kirk Sumpter, center, was recognized at the Advisory Council meeting in March for serving two terms as the Chairman of the Advisory Council on Aging & Disability for the SCTDD/ Mr. Sumpter has AAAD. served as a council member for over ten years representing Bedford County older adults. Joe Evans (right) welcomed new Council Chairman, Charlie Mann, who represents Maury County older adults on the Advisory Council.

Information & Assistance—Call Toll-Free 1-866-836-6678

Making a Difference in the Lives of Older Adults & Adults with a Disability



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This project is funded under a grant contract with the State of Tennessee. This project was supported by Award No. 2018 v OCA (2018 v2 SX 0024) awarded by the Office for Victima of Colore. Department of Listing







WARLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

MARK YOUR CALENDARS for the 2022 SCTDD GOLF CLASSIC

Friday, September 23rd - 8:00am Henry Horton State Park Golf Course

SPONSORSHIP & TEAM REGISTRATIONS OPEN JULY 15th!

TAKE A SWING FOR A GOOD CAUSE!

For More Information Contact Robin Rochelle rrochelle@sctdd.org (931) 797-2066



APRIL

15th CLOSED to Observe Good Friday

17-23rd Volunteer Appreciation Week—Thank You Volunteers!!
20th ABC's of Medicare Class, 9am –Noon, SCTDD Office

28th TFA Board of Directors Meeting

MAY

3-5th TN Elder Justice Conference, Park Vista Hotel, Gatlinburg, TN

10th TN Commission on Aging & Disability Meeting, Nashville (tn.gov/aging)
13th Senior Center Director's Training Retreat, Henry Horton State Park

18th ABC's of Medicare Class, 9am—Noon, SCTDD Office

19th Adult Abuse Coalition Conference, 8am—4pm, UAW Hall, Spring Hill

30th CLOSED to Observe Memorial Day

<u>JUNE</u>

1st Adult Abuse Coalition Quarterly Meeting, 10:00am,

8th Advisory Council on Aging & Disability Quarterly Meeting,10:00am, SCTDD Office ABC's of Medicare Class, 9am—Noon, SCTDD Office

15th World Elder Abuse Awareness Day (Wear Purple)









1-877-801-0044

Navigating Medicare

State Health Insurance Assistance Program - Senior Medicare Patrol

Do You Need To Update Your Address?

When you moveupdating your address is a very important step to take in settling into your new home. Most people remember to do a change of address at the Post Office. Some realize they need to let Social Security know. But did you know if you have help from the State of Tennessee paying for your Medicare costs.....you also need to change your address with them?

Failing to change your address with the State of Tennessee could result in you not receiving your renewal packet. If you do not complete and return your renewal packet in a timely manner *you will lose your help* [*QMB, SLMB, QI1].

Depending on the level of help you have, the State may be paying the 20% of health care costs that Medicare doesn't cover. They could be paying your monthly Medicare Part B Premium of \$170.10. You may be getting help to pay your Medications Costs....leaving you with co-pays of only \$3.95 on generics or \$9.85 on brand name drugs.

TennCare has not sent out renewal packages since the COVID Health Emergency was declared...... But as soon as the Health Emergency is over, the TennCare office will begin mailing out the renewal packets. So, if you have moved and not updated your address with them... Now is the time to get it done.

If you or someone you know needs help updating their address, the SHIP/SMP office can help. The SHIP/SMP office would also be happy to screen you to see if you might qualify for one of these programs. We would gladly help you fill out the application.

Contact the SHIP/SMP office by calling Toll Free: 1-877-801-0044

or Locally: 931-379-2927

Email: sctn.ship@sctdd.org Fax: 931-379-2685

*QMB=Qualified Medicare Beneficiary; SLMB=Specified Low Income Medicare Beneficiary; QI-1=Qualified Individual -1]

The SHIP/SMP Program receives financial assistance, through grant numbers 90SAPG0069-02-00, 2001TNMISH-00, 2001TNMIAA-00, 2001TNMIDR-00, And 90MPPG006 from the US Administration for Community Living, Dept of Health & Human Services, Washington, DC. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

When Do I Sign Up for Medicare?





For most people it is during your...... Medicare Initial Enrollment Period

Initial Enrollment Period:

The Initial Enrollment Period (IEP) is the first time you can sign up for Medicare.



Note: It is better to use the 3 months before your 65th birthday...

However many people have special circumstances which means they sign up at a different time.

[Example: You are still working with current work health insurance. You are under 65, but have been on Disability for two years. You failed to sign up during your initial enrollment period. You were born on the first day of a month.]

If you have any questions about when and how you sign up please contact would be glad to help you sort through the confusion.

the SHIP/SMP Program we



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 preventives 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.

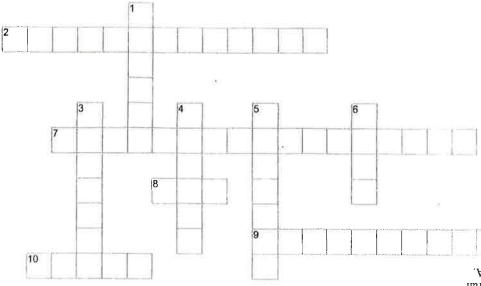
Did you know that Medicare covers..... Nutrition Therapy Services

Medicare may cover medical nutrition therapy services and certain related services if you have diabetes or kidney disease, or you've had a kidney transplant in the last 36 months, and your doctor refers you for services. Only a Registered Dietitian or nutrition professional who meets certain requirements can provide medical nutrition services. If you have diabetes you may also be eligible for diabetes self-management training. You pay nothing for these preventive services because the deductible and coinsurance don't apply.

If you would like to receive information on another preventive service, Contact SHIP/SMP toll free: 1-877-801-0044 or locally: 931-379-2927 Email: sctn.ship@sctdd.org. Call and leave a message or send an email with your request. We will be happy to help you by phone or to set up an appointment at your local senior center. [COVID precautions permitting.] Please note the return call will NOT be from the toll free number. Return calls will come from a Mt. Pleasant, TN number (931) 379-______ or a phone number from your area.

Póngase en contacto con nosotros con sus preguntas de Medicare. Gratis 1-877-801-0044 o localmente al 931-379-2927 TTY users can dial 7-1-1 for assistance in reaching the SHIP/SMP office. The SHIP/SMP Office has access to a language interpreting service if needed.

Memorial Day Crossword Puzzle



ACROSS:

- 2. Old Name for Memorial Day
- 7. Who proclaimed Memorial Day in 1868
- 8. Memorial Day is the last Monday in
- 9. Flowers used to remember dead soldiers
- 10. To show respect for

DOWN:

- 1. A formal military gesture of respect
- One who served in war.
- 4. People marching down the street
- This day we honor the men and women who died defending our _____
- 6. Placed on graves of dead soldiers

Answers: I. Salute 2. Decoration Day 3. Veteran 4. Parade 5. Country 6. Flag 7. General John A. Logan 8. May 9. Red Poppies 10. Honor

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
A Plus Medical Staffing, Inc.
Caring Hearts Home Health Care, LLC
Home Instead Senior Care-Tullahoma
Senior Moments Healthcare, Inc.
Senior Solutions at Home, LLC
South Central Human Resource Agency
Tree of Life Homecare, LLC

Personal Emergency Response Systems (PERS):

Guardian Angel Healthcare Services Lifeline Systems, Inc. Valued Relationships, Inc. (VRI)

Caregiver Counseling

See below for licensed providers offering professional counseling for caregivers:

Family Counseling Center (Bedford, Coffee, Franklin & Moore Counties)

LifeCare Family Services
(Giles, Lawrence & Maury Counties)





Medical Equipment Recycling Program at Your Local Senior Center

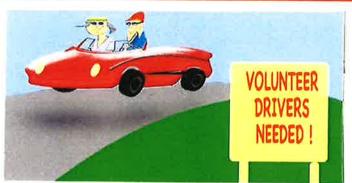
The following providers maintain an inventory of donated durable medical equipment:

Shelbyville-Bedford County Senior Center Franklin County Senior Center Hickman County Senior Center Lewis County Senior Center Marshall County Senior Center Moore County Senior Center Wayne County Senior Center

Coffee County Senior Center
Giles County Senior Center
Lawrence County Senior Center
Fayetteville-Lincoln Co Senior Center
Maury County Senior Center
Perry County Senior Center



The Public Guardian Volunteer Program has had a decrease in volunteers recently, but still have elderly in need of a volunteer to visit them. We are in need of volunteers in the following counties: Bedford, Coffee, Franklin, Hickman, Lawrence, Lewis, Lincoln, Maury, Perry and Wayne. It only takes one day a month to be an official volunteer for the Guardian Program. The volunteers find it very rewarding, and our clients really appreciate and enjoy the visits. All volunteers must pass a background check. I f you would be interested in volunteering to visit, please contact Glenda Porterfield at gporterfield@sctdd.org or call 931-379-2941 OR 931-698-7848.



MyRide Programs in South Central TN have:

Taken 179 Senior Riders

On 5,718 Trips

With 91 Volunteer Drivers

Giving 4,167 Hours of Service, and Driving 45,850 Miles

MyRide—It's More Than Just a Ride!

JOIN THE MYRIDE MOVEMENT ... BECOME A WAYMAKER TODAY!

931-703-0286 myridebedford@gmail.com



931-244-RIDE myridelawrence@gmail.com



931-307-5307 myridemaury@gmail.com



Caregiver Tip Sheets

IDEA! Strategy

An approach to help you figure out why a behavior is happening and what you can do about it.

Dentify the behavior

- What is the behavior that is difficult for you to deal with? Be specific.
- Can you see it? Does it bother others? When does it happen? Who's around when it occurs?

Explore what may be causing the behavior

Understand the cause of the behavior

- HEALTH: Is the person taking a new medication, getting sick, or in pain?
- ENVIRONMENT: Is it too noisy? Is it too hot? Is the place unfamiliar?
- TASK: Is the activity too hard for them now? Are there too many steps? Is it something new?
- COMMUNICATION: Is it hard for the person to understand what you are saying?

Understand the meaning of the behavior to the person

- Does the person feel confused, scared, nervous, unhappy, or bored?
- Does the person feel like they are being treated like a child?
- Are there things that remind the person of something that they used to do when they were younger like go to work or pick up the children from school?

Adjust what can be done

You are the one who will need to change, the person cannot. Try different things. Pay attention to the person's feelings. Practice being calm, gentle, and reassuring.

- address what is causing the behavior
 - keep tasks and activities simple
 - keep the home as calm as possible
 - speak slowly and gently try not to say too much at once
 - do not argue agree and comfort the person whether they are right or wrong
 - find meaningful, simple activities so the person isn't bored
- distract or redirect by:
 - offering something they like to eat
 - watching a TV show or listening to music
 - asking for their help with a simple activity
 - leading them to a different room.
- accept the behavior
 - some behaviors you may need to accept rather than change
 - If there are no safety concerns and it doesn't bother the person, you may need to find ways to live with it



Tennessee Commission of Aging and Disability, Authorization No. 325424, 200 copies, April 2020. This public document was promulgated at a cost of \$2.81 per copy.





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CLE's for Attorneys (Pending) CEU's for Social Workers (6.0)

17th Annual Adult Abuse Coalition Conference

In Partnership with

Life Care Centers of America &

TN Dept of Human Services
Adult Protective Services

Return Registration Form with payment to:

South Central TN Development District
Adult Abuse Coalition Conference
101 Sam Watkins Blvd.
Mt. Pleasant, TN 38474
Attn: Kayla Eubanks

Registration Deadline, April 22, 2022 Please complete registration for each participant.

Sponsor:

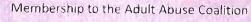
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May 19, 2022
LOCAL 1853 UAW
UNION HALL
125 Stephen P. Yokich Pkwy
Spring Hill, TN 37174
8am to 4pm

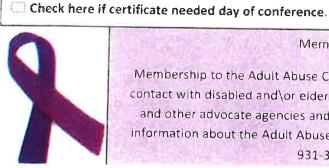
ADULT ABUSE

COALITION

Pre-registration required.
\$50 for social workers and
attorneys requesting CEU/CLE
\$25 for all others
Light breakfast & lunch included.
Lots of great door prizes!



Membership to the Adult Abuse Coalition is open to agencies and/or persons that come into direct contact with disabled and\or elder adults, secondary-level agencies that serve disabled, elder adults and other advocate agencies and individuals as approved by the Executive Committee. For more information about the Adult Abuse Coalition, or to request a membership application, contact us at 931-379-2941 or gporterfield@sctdd.org.



Free T-shirt:

17TH ANNUAL ADULT ABUSE COALITION CONFERENCE AGENDA

UAW Hall Spring Hill, TN May 19th, 2022

7:45-8:30	Registration/Morning refreshments
8:30- 8:45	Greeting/Housekeeping/Introduction of Keynote Speaker
8:45-10:15	Keynote Speaker Keith Edmonds, "Impact of Relationship Building"
10:15-10:45	Break/Networking/Sponsor Booths
10:45-12:00	Mary Anne Christian, ED.S, "Suicide Prevention Awareness and the Aging Population"
12:00-12:30	Lunch/Networking/Sponsor Booths
12:30-1:00	Recognition of Sponsors and the Presentation of the "Making a Difference Award"
1:00-2:15	Ashley Dooley, Special Agent, Tennessee Bureau of Investigation, "Law Enforcement and Investigations"
2:15-2:30	Afternoon Break/Sponsor Booths/Turn in Name Tags
2:30-3:45	Pam Wright, Certified Elder Law Attorney, "Elder Abuse or Neglect by a Caregiver or Legal Representative"
3:45-4:00	Final Door prizes/Closing





NEUROPATHOLOGY DEMENTIAAND

TO IMPROVE TREATMENT PROTOCOLS AND DECREASE CAREGIVER BURDEN

May 2, 2022 at 2pm CST

SPEAKER

Dr. David T Hutchings, Ph.D.

SPEAKER INFO

Dr. Hutchings specializes in geriatric neuropathology and Dementia(s). He is the founder of Dementia and Alzheimer's Care, LLC

REGISTRATION

https://stateoftennessee.formstack.com/forms/adpi_ professional_webinar_registration_2



Question? Contact Keita Cole at 615-770-3901 or keita.cole@tn.gov