



FTAAAD QUARTERLY NEWS

January–March 2019 Volume 7 Issue 1

FROM THE DIRECTOR

This year we will be presenting our 31st Annual Conference on Aging on April 30, 2019. There will be three sessions of informative workshops, and an inspirational keynote address by Vallie Collins, a survivor of US Airways Flight 1549 which landed in the Hudson River in 2009.

But there are exciting changes to this year’s conference as well. Our location has changed to the MeadowView Conference Resort and Convention Center in Kingsport and we look forward to this new relationship.

And we will be holding our Third Annual Silent Auction, benefitting the FTAAAD Emergency Assistance Program (EAP), as part of the Aging

Conference. The First Tennessee Development District’s Foundation has been approved as a 501(c)3 charitable organization, and we are able to utilize this tax-free status to the benefit of people and organizations who donate goods and services for the auction, as well as for the winning bidders. Now your charitable gifts to the EAP and other aging programs are completely tax-deductible.

If you are interested in donating a new item or service to our Third Annual Silent Auction, please contact Tracy Buckles at 423-722-5109.

—Kathy Whitaker, Director

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SAVE THE DATE!
**FTAAAD Annual
 Conference on
 Aging**
April 30, 2019
 MeadowView Convention Center,
 Kingsport

KEY DATES

NET-VAC Meeting

January 2, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City

Washington County SALT Council

January 10, 2:00 pm
 Johnson City Senior Center,
 510 Bert St., Johnson City

NET-VAC Meeting

February 6, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City

Washington County SALT Council

February 7, 2:00 pm
 Jonesborough Senior Center,
 307 E. Main St., Jonesborough

NET-VAC Meeting

March 6, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City

Washington County SALT Council

March 7, 2:00 pm
 Johnson City Senior Center,
 510 Bert St., Johnson City





FAMILY CAREGIVERS

We hear repeatedly that without family caregivers, our long-term services system would be stretched to the breaking point. Family caregivers make it possible for so many of our nation’s citizens to remain independent, living in the settings of their choice.

Earlier this year, we saw two key pieces of legislation signed into law, both of which will help to strengthen our ability to support family caregivers. The Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act was signed in January 2018, and ultimately will help establish a national strategy to better support families.

The Supporting Grandparents Raising Grandchildren Act became law in July, and will, for the first time, focus national attention on better understanding the complex needs of grandparents and other older relatives who are caring for children.

There are other initiatives to celebrate, as well. In September, ACL awarded a new cooperative agreement to the Alzheimer’s Association to begin working on strategies and supports to bolster the financial literacy and preparedness of family caregivers.

For other caregiver resources and assistance, call FTAAAD’s Tracy Buckles at 423-722-5109.

—courtesy of Administration for Community Living



JANUARY IS GLAUCOMA AWARENESS MONTH

With all types of glaucoma, the nerve connecting the eye to the brain is damaged, usually due to high eye pressure. If you are being treated for glaucoma, be sure to take your glaucoma medicine every day. See your eye doctor regularly.

You also can help protect the vision of family members and friends who may be at high risk for glaucoma: African-Americans over age 40; everyone over age 60, especially Mexican-Americans; and people with a family history of the

disease. Encourage them to have a comprehensive eye exam at least every two years. Lowering eye pressure in the early stages of glaucoma slows progression of the disease and helps save vision.

Medicare covers an annual comprehensive dilated eye exam for some people at high risk for glaucoma. These people include those with diabetes, those with a family history of glaucoma, and African Americans age 50 and older.

—courtesy of National Institute of Health

FTC CONGRESSIONAL REPORT ON ELDER FRAUD

You might have read media stories about older people losing lots of money to scams. It does happen – and FTC data show that when people over 80 report losing money, the amount they lose is a lot higher than the amount younger people lose. But that’s not the whole story. In fact, FTC data also show that people 60 and older are great at reporting the fraud they see – and can be great at avoiding it, too.

That’s an important part of a report the FTC just sent to Congress in October. The report, “*Protecting Older Consumers 2017-2018: A Report of the Federal Trade Commission*,” also noted the top scams where older people are more likely than younger people to report losing money (tech support scams, business imposters, prizes/sweepstakes/lottery scams, romance scams, and family/friend imposter scams).

The report talks about what the FTC is doing about fraud against older adults – including some of our

law enforcement: from a case challenging phony sweepstakes, to one challenging bogus tech support, to a case over alleged claims that a product could treat everything from arthritis to memory loss. And it covers the FTC *Pass it On* campaign, which focuses on older adults and gives them the information they need to start a conversation about scams with family and friends.



The idea of Pass It On is central to the FTC’s work: talk about scams. Tell someone, because you’re less likely to fall for a scam that you’ve talked about. And then tell the FTC, because – in both cases – you might help someone else avoid that scam.

—courtesy of Federal Trade Commission



HEALTHY EATING 2019

Healthy eating is one of the best ways to prevent or delay health problems. Eating well, along with physical activity, helps lower the risk of diabetes, heart disease, obesity and more. For the best success, experts advise making small, gradual changes to your daily diet and activity level.

Limit Added Sugars: The Dietary Guidelines for Americans suggest consuming no more than 10 percent of daily calories from added sugars (about the amount of sugar in a regular soda). These are extra sugars like high-fructose corn syrup, brown sugar and honey added to food and drinks during preparation or manufacturing.

Consider Your Fats: Not all fats are created equal. Fats that are liquid at room temperature (unsaturated) are healthier than solid fats (saturated) found in red meats, cheese, butter and whole milk. The average person should be consuming less than 20 grams of saturated fats daily. For reference, a bacon-double-cheeseburger can easily have 24 grams!

Check Labels for Salt: Processed foods tend to be very high in sodium, and can quickly push you over the daily recommended limit of 2,300 mg. (a teaspoon) of salt. Examples of processed foods with high sodium levels include bacon, frozen pizza, and salad dressing.

Make A Meal Plan: You're more likely to stick to your meal plan if you have healthy foods on hand and ready to go. Planning meals and purchasing foods in advance help to battle temptation and increase the odds that you'll eat healthier foods.

—courtesy of National Institute of Health

VOLUNTEER TRANSPORTATION BY THE NUMBERS

MyRide Johnson County

Launch Date—October 9, 2018

First Ride—November 5, 2018

Volunteers—21

Total Rides (through 12/31/18)—92



Johnson County's first MyRide trip

MyRide Jonesborough

Launch Date—December 4, 2018

First Ride—December 13, 2018

Volunteers—13

Total Rides (through 12/31/18)—8



Jonesborough MyRide Launch

2019 SE4A CONFERENCE IN NASHVILLE

save the date!

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.

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

For more information, or to register for the conference, visit the SE4A website at www.se4a.org.

This year's conference will also incorporate the annual TFA conference (Tennessee Federation for the Aging).

All are welcome!



FTAAAD

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No person shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

The services of the FTAAAD are funded in part by Title III of the Older Americans Act and State funds through grants from the Tennessee Commission on Aging and Disability. Contributions are encouraged to support all programs but no one is refused service for inability to pay.

The FTAAAD is part of the First Tennessee Development District.



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www.facebook.com/ftaaad



PHOTO GALLERY



FTAAAD staff wrap presents for Visiting Angels' "Be a Santa to a Senior" program.



A MyRide Johnson County volunteer assists with the program's first application for volunteer transportation during the October 9 launch.



The Tennessee Federation for the Aging (TFA) celebrated another successful conference in Pigeon Forge this past November.