

# FTAAAD QUARTERLY NEWS



July–September 2025 Volume 13 Issue 3

## FROM THE DIRECTOR

With the kick-off of summer comes the possibility of strong storms (including hurricanes!) that can cause flooding, extended power outages, and damage to homes and businesses that can force people to evacuate or shelter in place for varying amounts of time.

If Hurricane Helene taught us anything, it is the importance of planning and advance preparation—and that is doubly important for older adults and adults with disabilities. Health issues, mobility concerns and use of assistive devices can create additional challenges during emergencies. However, there are simple steps everyone can take to prepare now for what may come.

- Make a contact list of people who can support you. Include phone numbers, addresses and email

- Create an emergency plan and discuss it with friends, family or other caregivers
- Prepare for power outages
- Make a detailed list of all prescriptions and medical devices
- Plan for transportation to medical facilities, shelters, etc.
- Create a plan for any pets or service animals that includes food and medication details
- Pack essentials for you and your pets in an emergency kit and keep in an easy-to-access location



By doing some research and planning now, you can ensure less anxiety when an emergency occurs!

**Angie Gwaltney,**  
Director

## CONTENTS

Recent FTAAAD Grant Awards ....	2
Brain Health Class June 30 .....	3
AAADs Celebrate Anniversary .....	3
Conference on Aging–Photos.....	3
CHOICES Opens Up New Slots.....	4
Dementia Navigators .....	4
Photo Gallery .....	5

## Save The Date!

# TFA Annual Conference

October 27–30, 2025

The Park Vista Hotel  
Gatlinburg, TN

## KEY DATES

**NET-VAC Meeting**  
July–No Meeting

**NET-VAC Meeting**  
August 6, 9:30 am  
Trinity Assembly of God,  
617 University Pkwy., Johnson City

**NET-VAC Meeting**  
September 3, 9:30 am  
Trinity Assembly of God,  
617 University Pkwy., Johnson City





## FTAAAD GRANTS & PILOT PROGRAMS OFFER GREAT OPPORTUNITIES

Grants are an effective way for nonprofits, governmental agencies and other organizations with tight budgets to fund additional projects, and FTAAAD applies for all appropriate opportunities. Because of this commitment, we are able to temporarily offer a number of special benefits to older adults in our eight-county service area.



### Meals on Wheels America Social Connection Grant

MOW America also granted funding to FTAAAD for programs designed to reduce social isolation in older adults. FTAAAD used this funding to pay for use of an extensive online portal for family caregivers. Called Trualta, this website offers everything from educational videos to

older adults in Northeast Tennessee. This year we will purchase additional robotic cats and dogs (plus replacement batteries) that we can hand out to individuals with dementia.

### TVA Materials Grant

TVA has provided FTAAAD and other organizations with four-packs of LED light bulbs to distribute to low-income households. We were able to request hundreds of these boxes, which we are making available to both individuals and organizations.

### NANASP and Food Lion Feeds Grants

Both of these grants provided funding for nutrition or anti-hunger initiatives, and FTAAAD used the money to purchase small shelf-stable emergency food boxes containing five MRE-style entrees and two breakfasts. If you have any food-insecure consumers who are in need of immediate, one-time food assistance, FTAAAD can provide you with several boxes to distribute.

downloadable training materials to online support groups and chat forums for interested caregivers.



*If you know of individuals or organizations who may be interested in any of the programs that FTAAAD is funding with these grants, please contact us for additional details and eligibility requirements.*

### Meals on Wheels America Emergency Response Grant

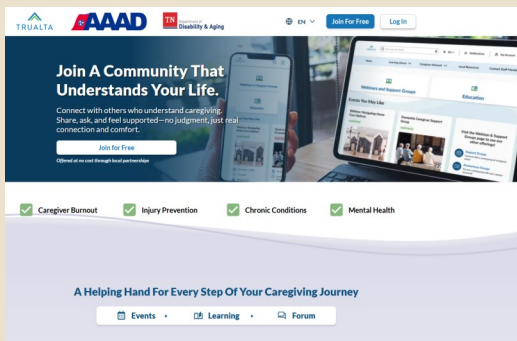
This funding was also earmarked for nutrition needs resulting from 2024's Hurricane Helene. FTAAAD dedicated part of the funds to purchasing replacement kitchen appliances affected by the storm, and the balance to purchasing larger shelf-stable emergency food boxes (20 entrees and 20 breakfasts per box).

### Kingsport Community-Development Block Grant (CDBG)

FTAAAD was initially awarded this funding in 2024, which was used to install three heat pumps and one walk-in shower for vulnerable adults living in Kingsport. After receiving additional funds for 2025, FTAAAD is currently planning more emergency home modifications for an additional six to eight Kingsport residents.

### Appalachian Maid Service Grant

For the second year, Appalachian Maid Service awarded FTAAAD one of 12 \$1,000 grants to serve





## BRAIN HEALTH CLASS



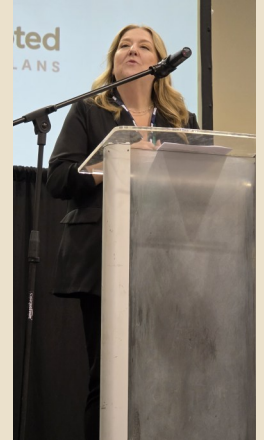
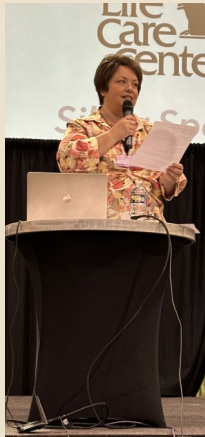
**WHAT:** Brain Health Class

**WHEN:** Monday, June 30  
XX am to XX pm

**WHERE:** FTAAAD Offices,  
3211 N. Roan St, JC

To reserve a seat in this FREE class, call 423-928-0224.

## FTAAAD CONFERENCE ON AGING PHOTOS



## AAAD ANNIVERSARY!

For half a century, the Area Agencies on Aging and Disability (AAADs) have supported older Tennesseans, including those with disabilities. The AAADs are committed to independence, ensuring older adults have access to essential services from healthcare and nutrition to transportation and social connection. As we mark this milestone, the AAADs are already paving the way for new, innovative programs to enhance the lives of older adults across Tennessee!

To view a brief video celebrating our anniversary, go to [facebook.com/tndda](https://facebook.com/tndda)





## CHOICES OPENS 2,000 ADDITIONAL GROUP 3 SPOTS ON JULY 1

CHOICES is TennCare’s Long Term Services and Supports Program, which provides funding for nursing-home care or similar community-based services for eligible individuals. Eligibility for CHOICES is split among three Groups, based on the level of care needed.

Group 1 is for people of all ages that receive nursing home care. Group 2 is for adults (age 21 and older) with a physical disability and for seniors (age 65 and older) who qualify to receive nursing home care but choose to receive home-care services

instead. Group 3 is for adults (age 21 and older) with a physical disability and seniors (age 65 and older) who don’t qualify for nursing home care but need care to delay or prevent the need for nursing home care.

From July 1, 2015, to September 30, 2022, Group 3 enrollment was limited to SSI cash recipients. TennCare added an additional 1,750 slots for non-SSI recipients (they must still qualify for Medicaid) in October 2022. For individuals who are not SSI recipients, there must be an available slot for the

individual to be enrolled.

A wait list formed for Group 3, as the 1,750 slots were all utilized. TennCare requested funding for an additional 2,000 Group 3 Slots and those slots will become available after July 1, 2025.

If you would like to make a referral for any of the CHOICES groups, please contact the FTAAAD Information & Assistance line at 423-928-3258.

—Courtesy of Stephanie Cox, FTAAAD

## DEPT. OF DISABILITY & AGING LAUNCHES DEMENTIA NAVIGATOR PROGRAM

Alzheimer’s and dementia are complex health conditions, and new treatments and healthcare system barriers add to this complexity. Coordinated care for individuals living with Alzheimer’s is fragmented or absent in most settings, particularly in primary care.

To encourage and improve coordinated care, a dementia care navigation program has been developed by the Tennessee Department of Disability and Aging (DDA). Implemented across the country, these programs have shown to improve health outcomes, reduce emergency room visits, lower hospital readmissions, shorten hospital stays, and reduce delays in long-term care placement. In addition, effective care coordination has improved the quality of life for the people living

with Alzheimer’s or other dementia and their care partners.

The Tennessee Dementia Navigators program offers support and assistance to dementia sufferers, family caregivers and the community at large. Assistance includes access to cognitive screenings and/or research-study opportunities, care planning resources, connections to support groups, evidence-based caregiver

support programs like STAR-C, and help building Dementia-Friendly businesses and communities.

To learn more, contact Keita Cole, dementia coordinator at DDA, at keita.cole@tn.gov or 615-347-6890.

—Courtesy of TN.gov and the Alzheimer’s Association

### DEMENTIA NAVIGATION SERVICE

#### EDUCATION

Provide education to caregivers and members of the community related to dementia, brain health, and dementia in the IDD population

#### CAREGIVER SUPPORTS

Offer caregivers one-on-one support, access to resources, and connections to in-person or virtual support groups

#### DEMENTIA ORGANIZATIONS

Provide connections to expert organizations in Tennessee and nationally. Some of these organizations include Alzheimer’s Tennessee and Alzheimer’s Association



#### NAVIGATING A DIAGNOSIS

Provides first steps and support navigating a diagnosis of mild cognitive impairment (MCI) or Alzheimer’s disease and related dementia (ADRD)

#### COMMUNITY PROGRAMS

Education about dementia and brain health to members of the community and connections to local community resources and dementia programing

#### RESPITE

Understanding respite and the options for it including home care, private respite options, and state and national programs.



For more information contact Keita Cole, Dementia Coordinator  
Keita.Cole@tn.gov or 615-347-6890





## FTAAAD

### First Tennessee Area Agency on Aging and Disability

3211 N. Roan St.  
Johnson City, TN 37601

1-866-836-6678 (Toll-Free)  
1-877-801-0044 (SHIP)  
423-928-3258 (Local)

[www.ftaad.org](http://www.ftaad.org)

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.

This project is funded under a grant contract with the State of Tennessee.

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.



Join us on **facebook**

[www.facebook.com/ftaad](http://www.facebook.com/ftaad)

Scan our QR code to go directly to the FTAAAD website



**SHIP**  
State Health Insurance Assistance Program

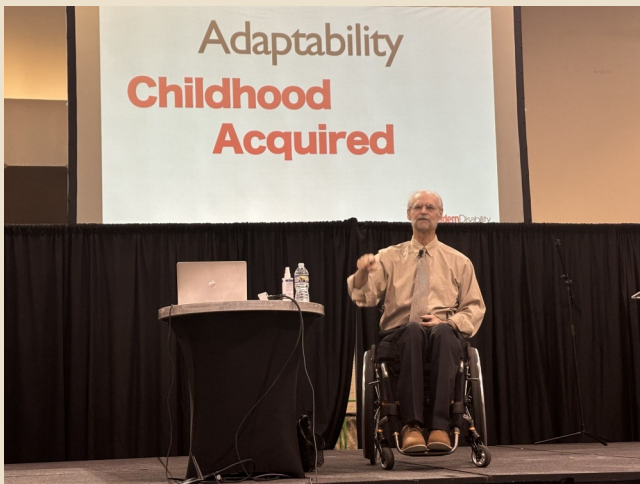
This project was supported, in part by grant number 90SAPG0069-02-00, 2001TNMISH-00, 2001TNMIAA-00, and 2001TNMIDR-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



## PHOTO GALLERY



*FTAAAD Options Counselors help celebrate the 50th Anniversary of Tennessee Area Agencies on Aging during the 35th Annual Conference on Aging*



*Gary Karp, keynote speaker at the 35th Annual Conference on Aging*



*Wheelchair ramp built for Carter County Options 2.0 consumer*