



# FTAAAD QUARTERLY NEWS

July–September 2019 Volume 7 Issue 3

## FROM THE DIRECTOR

For more than 50 years, the Older Americans Act (OAA) has connected older adults and their caregivers with services that allow them to age with health, dignity and independence in their homes and communities. Now in 2019, Congress must again reauthorize this federal program to ensure that these valuable programs remain.

OAA core services include elder rights, caregiver support, nutrition, health and wellness, and supportive services (information & referral, in-home services, transportation, case management, legal assistance, etc.).

So how can we help? By making sure that our elected representatives know how important the OAA is to the

country's aging population, and by advocating for three areas of concern identified by national groups like the National Association of Area Agencies on Aging (n4a). These include increasing the funding for the OAA to keep up with the population growth and inflation of the next five years, protecting the consumer focus of the OAA, and fostering innovation through investments in research, innovation and best practices.

Now is the perfect time to engage your members of Congress! We need Congress to hear directly from their constituents who benefit from the OAA programs and services that you deliver.

—Kathy Whitaker, Director

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**SAVE THE DATE!**  
**First District**  
**Senior Brain Games**  
**August 22, 2019**  
**10:00 am**  
**Johnson City Senior Center/  
Memorial Park Community Center**

## KEY DATES

### NET-VAC Meeting

August 7, 9:30 am  
Trinity Assembly of God,  
617 University Pkwy., Johnson City

### NET-VAC Meeting

September 4, 9:30 am  
Trinity Assembly of God,  
617 University Pkwy., Johnson City

### NET-VAC Meeting

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

### Washington County SALT Council

September 17, 2019, 11:00 am  
Jonesborough Senior Center,  
307 E. Main St., Jonesborough



## COMPUTER SAFETY

Have you ever downloaded an app or file that caused computer problems, or turned out to be something different than you expected? You need to be proactive and vigilant about downloads in order to protect both your computer and your personal information.

**Be cautious about opening attachments or clicking on links.** They may contain viruses or spyware.

**Learn about security software and exactly how your computer is protected.** Be aware that you may need to update your software, or perform manual scans.

**Remember that sometimes free applications—like games, ring tones or screen savers—can hide viruses or spyware.** Don't download anything unless you trust the source and are able to scan the file with security software.

**Keep your software up to date.** Software makers like Microsoft routinely update their software to fix bugs that could potentially be exploited by hackers.

**Back up your computer.** Do you regularly back up the information on your computer? If you don't – and 29 percent of computer users fall into that category – you have no protection from calamities ranging from hard-drive failure to your house burning down. If you value your data, back it up.

—courtesy of OnGuardOnline.gov



## 2019 FIRST DISTRICT SENIOR OLYMPICS

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that encompasses a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities; and provide opportunities for fun, recreation and fellowship.

The following counties are included in the First District: Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi and Washington. Events include golf, horseshoes, pickleball, swimming, track and field, basketball, bowling and many more.

This year's District Games will take place between September 4 and October 19, 2019, in various locations around Johnson City and Kingsport. To view this year's schedule of events, or to download

the registration packet, go to [www.ftaad.org](http://www.ftaad.org) or [www.tnseniorolympics.com](http://www.tnseniorolympics.com).

To be eligible for the 2020 State Finals, athletes in most sports must participate in a 2019 District event. Open sports that do not require District qualification include archery, cornhole, cycling, disc golf, 5k and 10k road races, 5k walk, racquetball, triple jump, pole vault and powerwalk.

All participants are required to pay a one-time entry fee of \$35.00. The fee includes awards and t-shirts. Athletes may enter an unlimited number of events for their \$35 registration fee. However, they may not register for events that will overlap in time. For more information about the District Games, rules, or scheduled events, please contact Teresa Sutphin at 423-722-5120.

—courtesy of Teresa Sutphin







## CHANGES TO SNAP

Two changes to the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, may affect both current beneficiaries and new applicants in Northeast Tennessee.

Washington County residents should be aware that the Department of Human Services (DHS) office formerly located on East Walnut Street in Johnson City, is relocating. The new location is 2557 Plymouth Road, Johnson City, Tenn., 37601. During this relocation, services and appointments may be limited. It is recommended that you call the office at 423-929-0171 before visiting in person, as you may not be accommodated immediately.

The second change applies to submission of SNAP applications and other forms. Previously, self-addressed envelopes carried the respective local county office address. Now, Tennessee DHS has a contractor for all mail services. Incoming mail will now be sent to the vendor, who scans the forms and forwards them to the correct county for processing.

DHS correspondence and applications should now be sent to the following address:

Tennessee Department of Human Services  
P.O. Box 620001  
Memphis, TN 38181-9902

—courtesy of Kathleen McLaughlin



## LTC OMBUDSMAN MOVES TO FTAAAD

Debbie Morrell, long-term-care Ombudsman for the First District (Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi and Washington counties), will no longer have her offices at Legal Aid of East Tennessee. As of July 1, FTAAAD is delighted to welcome Debbie to our Johnson City offices.

The long-term-care Ombudsman program provides assistance to elderly Tennesseans residing in nursing homes, homes for the aged, and assisted-care living facilities. The Ombudsman is available to help residents and their families resolve questions or problems and will advocate for solutions to problems for qualified residents of long-term care facilities.

When residents and families cannot resolve their problems through consultation with the

facility staff or governmental agencies involved, they should contact their District Ombudsman.

The Ombudsman works with many agencies and may be able to help resolve questions or concerns that involve state and federal agencies administering services to the elderly. Concerns can include quality of care, financial information, resident rights, admissions, transfer, and discharge. Also included are questions regarding nursing homes, homes for the aged, assisted care living facilities, Medicaid, and Medicare.

Debbie Morrell may be reached at the main FTAAAD number (423-928-0224) or on her direct line (423-979-2599). She can also be reached by email at [dmorrell@ftaad.org](mailto:dmorrell@ftaad.org).

—courtesy of TN.gov and FTAAAD

## 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](http://www.se4a.org).

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





## UPCOMING EVENTS

# Stable Lives, Stable Communities

## Hope for Hawkins & Hancock

Come help Hawkins and Hancock counties by meeting these community organizations that provide resources for stable lives and stable communities. Second Harvest Food Bank will also be on site for a food distribution through our Mobile Food Pantry.

- American Job Center
- CASA for Kids
- Eastern 8 Community Development
- Enrollment Services at Northeast State
- First TN Area Agency on Aging & Disability
- Mooresburg Community Outreach
- Northeast State
- Of One Accord Ministries
- Project Employment Hope
- Second Harvest Food Bank of Northeast TN
- Somebody Loves Me
- TN Department of Health—Hancock
- United Healthcare
- UETHDA of Hancock County
- UT Extension Hawkins County
- Volunteers of America

Saturday, July 27, 2019 10:00 am—1:00 pm

Hawkins County Rescue Squad

955 East McKinney Avenue

Rogersville, TN 37857

# SECOND HARVEST FOOD BANK

## of Northeast Tennessee





## UPCOMING EVENTS

KINGSPORT SENIOR CENTER PRESENTS:

# Grandparent Resource Fair



**WEDNESDAY, JULY 31, 2019  
10:00AM-1:00PM**

**KINGSPORT SENIOR CENTER  
RENAISSANCE BUILDING, 1ST FLOOR  
1200 EAST CENTER ST, KINGSPORT, TN**

**FOR MORE INFORMATION CALL  
(423) 392-8400**





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## FTAAAD

### First Tennessee Area Agency on Aging and Disability

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Johnson City, TN 37601

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1-877-801-0044 (SHIP)  
423-926-8291 (Local)

Request@ftaaad.org (Email)

Newsletter Editor:  
Kathleen McLaughlin

**we're on the web:**  
**www.ftaaad.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.

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.



Scan our QR code to go directly to the FTAAAD website

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**facebook**

www.facebook.com/ftaaad



## PHOTO GALLERY



Kingsport Senior Center staff arrive at the April 30 FTAAAD Conference on Aging.



The 3rd Annual FTAAAD Silent Auction earned more than \$6,000 for the Emergency Assistance Program.



MyRide Kingsport volunteers celebrate the May 22 launch of the newest volunteer transportation program in Northeast Tennessee.