

FTAAAD QUARTERLY NEWS



January–March 2023 Volume 11 Issue 1

FROM THE DIRECTOR

This year FTAAAD will be presenting our 33rd Annual Conference on Aging on Tuesday, April 25, 2023. There will be three sessions of informative workshops, and a hilarious keynote address by Dr. Dale Henry.

This year's conference theme, based on this year's Older Americans Month theme, will be ***Aging Unbound***, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Our conference will help promote flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

And we are happy to announce that we will once again be holding our Fourth Annual Silent Auction, benefitting the FTAAAD Emergency Assistance Program (EAP), as part of

the Aging Conference. The First Tennessee Development District's Foundation is 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. As always, 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 Fourth Annual Silent Auction, please contact Kathleen McLaughlin at 423-722-5093.



Angie Gwaltney,
Director

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SAVE THE DATE!

FTAAAD ANNUAL CONFERENCE

April 25, 2023
Kingsport, TN

KEY DATES

NET-VAC Meeting

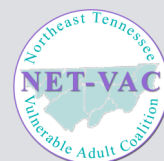
January 4, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

NET-VAC Meeting

February 1, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

NET-VAC Meeting

March 1, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City





CHOICES UPDATE: GROUP 3 EXPANSION

The TennCare Choices Program provides managed long-term services and supports for individuals age 65+, or disabled, who need nursing home level of care. The care can be provided in a nursing facility (CHOICES Group 1) or with a suite of Home and Community Based Services (HCBS) delivered to their home, or to an assisted living facility (CHOICES Group 2).

CHOICES also provides a more moderate suite of HCBS to those considered 'at risk' of needing nursing home level of care (CHOICES Group 3 – CHOICES At Risk Demonstration Group). Group 3 is available to adults 65 and older or 21 and older with a physical disability receiving SSI (Supplemental Security Income) payments from the Social Security Administration. Effective October 1, 2022, an additional 1,750 slots will be open to non-SSI recipients.

Requirements for CHOICES Group 3 eligibility, beginning October 1:

- *Age 65 or older, or 21 and older with physical disabilities.
- *Meet TennCare's financial eligibility

standards for CHOICES (income no more than 300 percent of the SSI federal benefit rate (\$2523 per month), resources no more than \$2,000).

*In the absence of CHOICES services and supports, would be at risk of requiring care in a nursing home.

Services in CHOICES Group III are covered up to \$18,000 per calendar year. Some of the covered services include:

- *Attendant care in the home
- *Respite care
- *Short-term nursing facility services
- *Assistive and enabling technology
- *Minor home modifications
- *Home-delivered meals

This expansion to CHOICES Group III is expected to increase enrollment in Group 3 by 1,750 persons, at an increased expenditure of \$58.8 million.

To learn more about CHOICES, contact FTAAAD at 423.722.5108.

—Courtesy of Stephanie Cox, FTAAAD

EBT CARD SKIMMING

The Tennessee Department of Human Services (TDHS) has issued a warning about increased theft of SNAP and TANF benefits through EBT card skimming. Card skimmers are stealthy fraud devices that collect or copy card information when a card is swiped or scanned for payment. The thieves then spend down the stolen funds, often before the rightful owner is even aware that their account has been breached.

The two best ways to prevent your EBT cards (as well as personal credit and debit cards) from being illegally accessed and the benefits on them from being stolen are frequently changing your PIN and checking your balance regularly, and learning to recognize what card skimmers look like. To learn how to spot card skimmers, visit <https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/skimming>.

If your SNAP or TANF EBT card is compromised, TDHS recommends taking the following steps immediately.

1. Call EBT customer service at 1-888-997-9444 to report the card stolen and have it deactivated and replaced.
2. File a report with your local law enforcement agency.
3. Call the TDHS Fraud Hot Line at 1-800-241-2629 to report the incident.

—Courtesy of Tennessee DHS



SILENT AUCTION ITEMS NEEDED!

On Tuesday, April 25, 2023 FTAAAD is holding our fourth annual Silent Auction as part of our aging conference, with all of the proceeds going to our Emergency Assistance Fund. We are asking for your help, because no senior should have to go without basic needs.

Can you donate an item, gift card or service for our Silent Auction? One-hundred percent of your tax-deductible donation will help a senior in our eight-

county service area with a small, one-time need. Each donor and their donated items will be featured in our Silent Auction list and on the FTAAAD Facebook page, along with a mention on our lunchtime Power Point Presentation.

If you can donate a new item or service, please contact Kathleen McLaughlin at kmclaughlin@ftaad.org. The donation deadline is March 17, 2023.



FREE CAREGIVERS WORKSHOP SERIES WITH MUSIC ENHANCEMENT

Over 43.5 million family caregivers in America provide a vast array of emotional, financial, nursing, social, homemaking and other services to loved ones on a daily or intermittent basis. Many are caregivers of adults living with dementia or Alzheimer's disease. This is an incredibly stressful responsibility, but if family caregivers learn to take good care of themselves, they will be better prepared to take good care of their loved ones.

Powerful Tools for Caregivers is a free six-week program that meets once a week and is designed to provide the tools you need to take care of yourself.

Experienced facilitators will help participants learn about these tools and then put them into action. *TN M.I.N.D.S.* (Music Intervention Navigating Dementia Symptoms) is an added component that allows trained volunteers to work with the person who is living with dementia to create a personalized music playlist to help increase socialization, communication, and quality of life.

Join us on Fridays from January 13th through February 17th from 1:00pm to 2:30pm at Memorial Park Community Center, 510 Bert Street, Johnson City. Workshop space is limited to 12 and

registration is required. The workshop is open to the public and is free of charge, so reserve your spot now.

For more information on this workshop opportunity or to register, please contact Tracy Buckles (tbuckles@ftaad.org), at (423)722-5109 or Tracey Kendall-Wilson (tracey.kendallwilson@TNalz.org), at (423)330-4532.

—Courtesy of Tracy Buckles, FTAAAD



NEW FTAAAD GRANT AWARDED

The First Tennessee Area Agency on Aging and Disability is proud to announce that they are the recipients of an invitation-only \$5,000 grant from The Community Foundation of Middle Tennessee as part of their Serving Tennessee Seniors grant bequest.

With this grant, FTAAAD will be purchasing Joy for All robotic cats, dogs and birds, which will be made available for distribution to adults over age 60 with dementia or other conditions that would benefit from the comfort a pet would normally provide. FTAAAD has previously used the robotic pets in partnership with Alzheimer's Tennessee to great success.

The remainder of the grant money will be used to purchase portable SafeAwake Smoke Alarm Aid Bed Shakers and compatible smoke alarms for older adults with hearing loss who may be unable to hear a standard smoke alarm in case of fire.

These purchases emphasize FTAAAD's ongoing commitment to assisting older Tennesseans and adults with disabilities with information and services that promote quality of life and independence.

—Courtesy of FTAAAD



TENNCARE RENEWALS

Congress has passed legislation which will end the Medicaid continuous enrollment requirement related to the COVID-19 pandemic on April 1, 2023.

Over a twelve-month period, TennCare will review every member's eligibility and use available data sources, such as Internal Revenue Service (IRS) income data and Supplementation Nutrition Assistance Program (SNAP) information, to automatically renew members. If TennCare cannot auto-renew a person's coverage using available and approved data sources, the member will receive a pre-populated renewal packet by mail or a notification by email, depending on the selected preference.

If you have consumers enrolled in this program, please encourage them to confirm that TennCare has their most recent contact information on file to avoid any interruptions in service.

For more information, go to www.tn.gov/tenncare/renewals.



PUBLIC GUARDIAN AND CREVAA/CREST SANTA PROGRAM PHOTOS

"The Public Guardianship Program is forever grateful to the Johnson City Elks Lodge #825 for providing our clients with Christmas gifts to cherish each year. It puts a smile on their faces to know that somebody has gone out of their way to give them a Christmas gift. We can't thank them enough for their generous support for our program!"



"The CREVAA/CREST staff would like to thank all the FTAAAD/FTDD staff and families that donated Christmas gifts for our clients this year! Seeing the joy on their faces is the perfect expression of the season."





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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)
423-926-8291 (Local)

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.

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.



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www.facebook.com/ftaaad

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



The Johnson County Senior Center receives its \$8,000 grant check from TCAD staff and state and local officials.



The FTAAAD Advisory Council celebrated the holiday season with its annual luncheon.



The final round of emergency food boxes were delivered to local senior centers and other community sites in November.