



FTAAAD QUARTERLY NEWS

October–December, 2017 Volume 5 Issue 4

FROM THE DIRECTOR

November is National Caregiver Appreciation Month and this is the time to celebrate their importance and support their crucial assistance to their families. In Tennessee alone, there are more than 900,000 unpaid family caregivers, 54 percent of which are women.

FTAAAD has a number of programs designed to educate and assist family caregivers as they assist their own family members.

Caregivers can request a copy of our brochure, "Caregiver Stress & Coping". They can also call the FTAAAD Information & Assistance line to connect with the resources they need for their loved ones.

For more personalized help,

FTAAAD offers caregivers a monthly telephone support group that is held on the second Thursday of each month from 3:00–4:00 pm. A different topic will be discussed each month, and callers can share tips, concerns and support with others in similar situations.

Caregivers can also enroll in the "Powerful Tools for Caregivers" course which is offered at various locations and times throughout our region. Participants meet weekly for six weeks, and leave with the tools they need to care for themselves and their family members. For more information on any of these programs, call Tracy Buckles at 423-722-5109.

—Kathy Whitaker, Director

CONTENTS

SNAP for Seniors 2

Fraud Alert 2

SHIP Medicare Open Enrollment Events 2

Older Driver Safety Awareness Week 3

Brain Games State Championship 3

Photo Gallery 4

KEY DATES

NET-VAC Meeting

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

Washington County SALT Council

October 5, 2:00 pm
Johnson City Senior Center
510 Bert St., Johnson City

State Brain Games Competition

October 19, 10:00 am
McKinney Center
103 Franklin Ave., Jonesborough

Washington County SALT Council

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

Washington County SALT Council

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

NET-VAC Meeting

January 3, 9:30 am
Trinity Assembly of God
617 University Pkwy., Johnson City





SNAP FOR SENIORS

FTAAAD's SNAP Outreach program is a new pilot project designed to provide outreach, screening and application-assistance for the Supplemental Nutrition Assistance Program (SNAP) to low-income older adults in Northeast Tennessee.

Food insecurity affects nearly 27 percent of older adults in this District, and only a third of eligible seniors currently participate in SNAP, formerly known as food stamps. This outreach program informs, educates and assists older Tennesseans who may be eligible to enroll, and helps them to receive much-needed financial assistance for food purchases.

Adults over age 60 receive special deductions and have fewer financial restrictions than younger applicants. They are allowed to have greater financial assets, deduct all out-of-pocket medical expenses over \$35 per month, and are able to request phone interviews instead of visiting their local DHS office.

FTAAAD's SNAP outreach coordinator can help older adults with application assistance in person or over the phone. For more information about SNAP, or to complete an application, please contact 423-722-5093.

This project is funded under an agreement with the State of Tennessee.



FRAUD ALERT: WHAT'S HAPPENING NOW

IRS/FBI–Themed Ransomware

The Internal Revenue Service issued a warning regarding a new phishing scheme that impersonates the IRS and FBI as part of a ransomware scam to take computer data hostage.

"This is a new twist on an old scheme," says IRS Commissioner John Koskinen. "People should stay vigilant against email scams that try to impersonate the IRS or other agencies and try to lure you into clicking a link or opening an attachment. People with a tax issue won't get their first contact from the IRS with a threatening email or phone call."

The IRS warns victims not to pay the ransom—they will often fail to recover their data, even after

paying the money. All ransomware attacks should be submitted to the FBI at www.IC3.gov. IRS phishing scams should be sent to phishing@irs.gov.

Health Insurance Phone Scam

Callers identifying themselves as representatives of the member's insurance carrier call consumers and attempt to "update" the member's medical records. During the course of this call, they collect personal data that can be used for identity theft. These fraudulent calls are currently coming from 547-818-4222. If you receive one, hang up and report the call to the Federal Trade Commission at www.ftccomplaintassistant.gov.

SHIP MEDICARE OPEN-ENROLLMENT EVENTS

October 18 (9:00 am–12:00 pm)

Church Hill Senior Center
423-722-5205

October 20 (9:00 am–12:00 pm)

Clinchfield Senior Adult Center
423-743-5111

October 25 (9:00 am–12:00 pm)

Elizabethton Senior Citizens Center
423-722-5205

October 27 (9:00 am–12:00 pm)

Johnson City Senior Center
423-722-5205

November 1 (9:00 am–12:00 pm)

Rogersville Senior Citizens Center
423-272-9186

November 3 (9:00 am–12:00 pm)

Johnson City Senior Center
423-722-5205

November 8 (9:00 am–12:00 pm)

Jonesborough Area Senior Center
423-753-4781

November 15 (9:00 am–12:00 pm)

Greene County Skills
423-722-5205

November 17 (9:00 am–12:00 pm)

Kingsport Senior Center
423-392-8400

Please call for an appointment.



OLDER DRIVER SAFETY AWARENESS WEEK: DECEMBER 4–8, 2017

It is a fact of life that people grow older every day. With increasing age come changes in physical, mental and sensory abilities that can challenge a person's continued ability to drive safely. But there are a variety of safe travel options for people of all ages. The real need is a broader awareness of the solutions, rather than a narrow focus on the problem.

Older Driver Safety Awareness Week, December 4–8, 2017, aims to promote understanding of the importance of mobility and transportation for ensuring older adults remain active in the community—shopping, working or volunteering—with the confidence that transportation will not be the barrier to strand them at home.

There are many ways to make driving safer for older adults. Drivers who find it painful to rotate their body to reach the seatbelt can benefit from a cloth loop attached

to it so they can pull the seatbelt on with only slight turning. Those with stiff fingers from arthritis can depress the seatbelt latch with a small tool that they leave in the car. Even getting into and out of the car can become much easier through something like a HandyBar.

Issues such as having trouble seeing at night can be remedied by choosing to restrict driving to daylight hours. Those experiencing anxiety about driving in heavy traffic may find errands to be more pleasant if they plan to drive in off-hours.

Family and friends play a major role in discussions about older driver safety, and we are now recognizing the importance of starting these conversations

earlier, before a crisis.

"When an older adult is given a traffic ticket or has a minor crash, it may feel like a natural time to discuss safety in driving," says Mary Jo McGuire, MS, OTR/L, OTTP, FAOTA. "The problem is that this is when an older adult feels he or she must defend the ability to drive, and so the conversation with family members can, unfortunately, become argumentative."

Article courtesy of the American Occupational Therapy Association (www.aota.org).



BRAIN GAMES CHAMPIONS DEFEND TITLE

The Olde Towners team from the Jonesborough Senior Center won the 2016 District Brain Games in August of last year, and went on to win the Sub-State competition in September 2016.

To cap off their perfect season, this first-time team won the State Championship in October, which gave them the right to host and participate in this year's 2017 State Championship in Jonesborough.

This year's event will be held at 10:00 am on October 19 at



Jonesborough's McKinney Center. Come cheer on the Jonesborough Senior Center Olde Towners, and start practicing for next year's Brain Games!

ANNOUNCEMENTS

DJ Naron is the new director of Clinchfield Senior Adult Center. Welcome, DJ!

FAST BRAIN GAME

Question 1:

What kind of pet did President Bill Clinton have while in office?

Question 2:

What planet has the most moons?

Questions 3:

What does "Zip" in "Zip Code" stand for?
Answers can be found on Page 4.



FTAAAD QUARTERLY NEWS

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Page 4

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.



Scan our QR code to go directly to the FTAAAD website



www.facebook.com/ftaaad

PHOTO GALLERY



Senior Olympics 2017
Table Tennis–Men's
Doubles Team/Mountain City



2017 District Brain Games Winners
Church Hill Senior Center



The Great Eclipse
First Tennessee
Development District Staff

BRAIN GAME ANSWERS

Question 1: President Clinton had a cat named Socks.

Question 2: Jupiter has at least 67

moons.

Question 3: ZIP stands for "Zone Improvement Plan".



Got Questions about Medicare; Medicare Prescription Drug costs; Medicare Advantage plans; Medicare Supplements or MediGap Insurance; Medicare Savings Programs or TennCare/Medicaid?

**Call our toll-free State Health Insurance Assistance Program (SHIP) line at
1-877-801-0044**