

# FTAAAD QUARTERLY NEWS



October–December 2021 Volume 9 Issue 4

## FROM THE DIRECTOR

In August, through CARES Act funding designed to help mitigate the effects of the COVID-19 pandemic in Tennessee, FTAAAD was able to purchase 4,880 shelf-stable emergency food boxes, which were given to partner organizations across Northeast Tennessee for distribution to food-insecure older adults and adults with disabilities.

These food boxes represented the second round of distribution in less than a year. In October 2020, FTAAAD received a grant from Meals on Wheels America to purchase 4,250 emergency boxes. These boxes were quickly handed out to older adults in need during the height of the COVID-19 lockdown, and were so helpful that partner organizations continue to request additional boxes.

The current 2021 emergency food boxes were distributed to

district senior centers and congregate food sites, as well as to FTAAAD staff who are in regular contact with older adults who are determined to be food-insecure. FTAAAD Options counselors, CREVAA staff and those working with nutrition and SNAP programs all received a supply of food boxes to be handed out on an as-needed basis. The balance of the boxes were provided to Second Harvest Food Bank of Northeast Tennessee to be handed out to at-risk older adults on their food-delivery routes.

—Kathy Whitaker, Director



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**SAVE THE DATE!**  
**Annual**  
**Conference on**  
**Aging**

**April 26, 2022**  
**Meadowview Resort &**  
**Convention Center**

## KEY DATES

### NET-VAC Meeting (Virtual Only)

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





## 2021 TFA CONFERENCE

The TFA Conference is back in Pigeon Forge this year, from October 26–28, 2021. The TFA Conference Planning Committee is excited to announce we have received Continuing Education Units (CEUs) in following four areas:

**NASW–8.25 Hours**

**CLE–5 Hours**

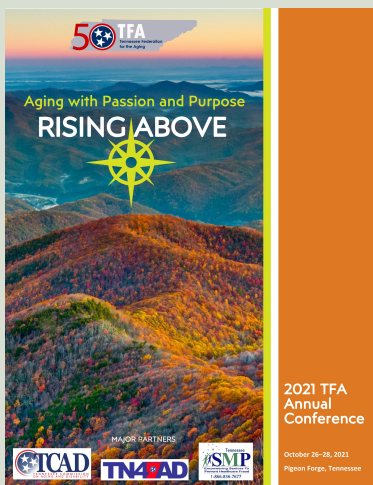
**POST–14 Hours**

**ACLF–5 Hours**

The conference attracts over 200 attendees including Senior Center directors and staff, older adults and family caregivers, nutrition site managers, area agency on aging and disability directors, social workers, program managers and staff, home and community-based program staff, long-term care facilities, human resource agency staff, long-term care ombudsman, public guardians, legal services/elder law attorneys, family caregivers, Alzheimer's organizations, behavioral health agencies, state agencies, faith-based organizations, and other interested parties.

To register, go to  
[www.tnfederationfortheaging.org](http://www.tnfederationfortheaging.org).

—Courtesy of FTAAAD



## MEDICARE ANNUAL ENROLLMENT

Medicare's Annual Enrollment Period is October 15–December 7, 2021. This is the period each year when Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change their coverage and costs each year, including monthly premiums, deductibles, drug costs, health care copays (on Medicare Advantage Plans), and health care provider and pharmacy networks. Plans may also make changes to their formularies (the list of drugs they cover), so it is important to review your plan and compare it to others on the market every fall. Taking the time to compare plans may reduce out-of-pocket costs and ensure that participants find a plan that covers all their prescriptions for next year. Research shows that the average Medicare beneficiary can save \$300 or more annually on their medications if they review their Part D coverage.

Tennessee SHIP is available to help

Medicare beneficiaries compare plans or answer Medicare questions by mail, email, or phone.

You may call SHIP at 1-877-801-0044 for assistance by phone, or a SHIP representative can send you a worksheet that you can complete and return to them for a plan comparison by mail or email. You may also call Medicare at 1-800-MEDICARE (1-800-633-4227) for assistance comparing plan options.

Plan information and costs for 2022 will be available after October 1, 2021.

TN SHIP is funded by a grant from the U.S. Administration for Community Living and the Department of Health and Human Services, and provides free, objective information and assistance on Medicare and related health insurance issues. TN SHIP counselors are not affiliated with any insurance company. It is administered locally by the First Tennessee Area Agency on Aging and Disability.

—Courtesy of Melody Conkin, FTAAAD

### Open Enrollment Period:

The Medicare Open Enrollment Period, often called the Annual Enrollment Period (AEP), is the time when individuals can change their Medicare Advantage and/or Medicare Part D plans. This is also the time to switch from Original Medicare to Medicare Advantage (or vice versa).







## HOW TO PROTECT YOURSELF FROM COVID-19-RELATED SCAMS

Scammers are taking advantage of the coronavirus pandemic to con people into giving up their money. During this time of uncertainty, knowing about possible scams is a good first step toward preventing them.

### Funeral Expense Scams

If you lost a loved one to COVID-19, you may be eligible for a government program that pays for funeral expenses. The Federal Emergency Management Agency (FEMA) will pay up to \$9,000 for funeral expenses for loved ones who died of COVID-19. Survivors can apply for benefits by contacting

FEMA, toll-free, at 844-684-6333. FEMA reports that scammers are contacting people and pretending to offer to register them for funeral expense benefits.

### What To Do

To avoid government imposter scams, here are some tips: FEMA will not contact you until you call or apply for assistance. And the government won't ask you to pay anything to get this benefit. Don't give your own or your deceased loved one's personal or financial information to anyone who contacts you out of the blue.

### COVID-19 Vaccine Scams

As the COVID-19 vaccine is rolled out throughout the country, it's important to be on the lookout for scams. Beware of scams offering early access to vaccines for a fee. Don't share your personal or financial information if someone calls, texts, or emails you promising to get you the vaccine for a fee. Also, keep in mind that Medicare covers the cost of the COVID-19 vaccine. COVID-19 vaccines are also free to others throughout the country, although providers may charge an administration fee.

—*Courtesy of Consumer Financial Protection Bureau*

## ALZHEIMER'S TENNESSEE THANKS REPRESENTATIVE TIM HICKS

Tennessee Representative Tim Hicks received a Certificate of Appreciation from Alzheimer's Tennessee for his support of the Silver Alert legislation. The legislation requires the Tennessee Bureau of Investigation to implement a program to assist in the locating of missing, vulnerable citizens, called the Silver Alert program.

The award was presented at the FTAAAD offices, allowing some of the FTAAAD staff to express congratulations to Representative Hicks, along with Tracey Kendall Wilson of Alzheimer's Tennessee and Kim Howell of Visiting Angels.

On April 28, 2021, Tennessee passed the Silver Alert bill into law. With Governor Bill Lee's signature, a statewide protocol will now be implemented with local law

enforcement agencies to help find missing citizens who have wandered due to dementia, physical impairment, or disability.

The Silver Alert Bill will task the Tennessee Bureau of Investigation with providing education, implementation and tracking. It will also create a uniform protocol across the state, which officials say will significantly strengthen the Silver Alert system and provide clear instructions for local, inter-agency, and

media coordination on how to respond to calls of vulnerable, missing adults who may be disoriented and incapable of finding their own way home.

—*Courtesy of FTAAAD*





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## UPCOMING EVENTS

**50 TFA**  
Tennessee Federation  
for the Aging

Aging with Passion and Purpose  
**RISING ABOVE**

MAJOR PARTNERS

**TCAD**  
TENNESSEE COMMISSION  
ON AGING AND DISABILITY

**TN4AD**

**Tennessee SMP**  
Empowering Seniors To  
Prevent Healthcare Fraud  
1-866-836-7677

## 2021 TFA Annual Conference

October 26–28, 2021

Pigeon Forge, Tennessee







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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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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.



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directly to the FTAAAD

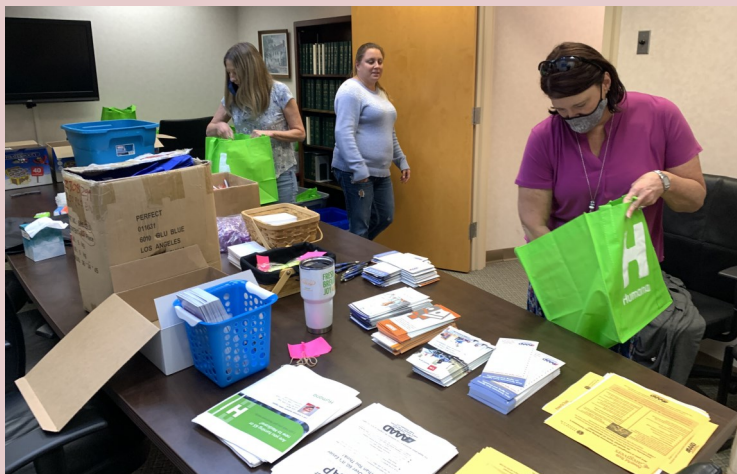
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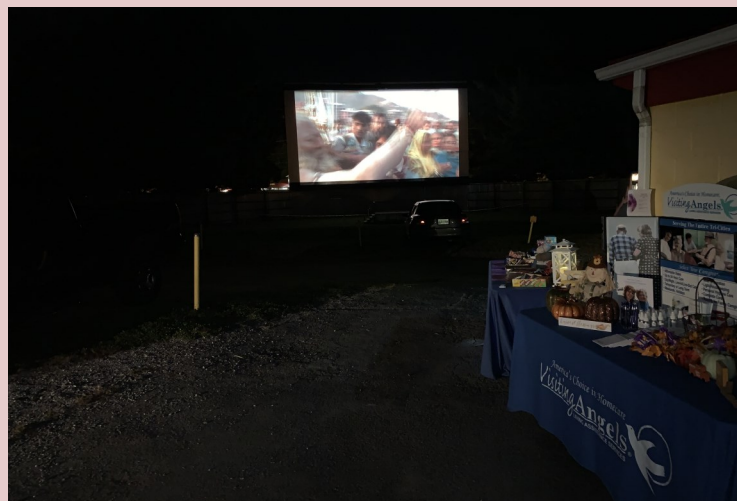
## PHOTO GALLERY



Nearly 5,000 emergency food boxes were delivered to senior centers, meal sites and other partner groups for distribution.



FTAAAD staff pack goodie bags for the screening of "Alive Inside", a documentary about the way music helps dementia patients.



Caregivers and aging-organization staff enjoy "Alive Inside" at Elizabethton's State Line Drive-In.

