



FTAAAD QUARTERLY NEWS

July–September 2022 Volume 10 Issue 3

FROM THE DIRECTOR

After 46 years of service with First Tennessee Area Agency on Aging and Disability, I have announced my retirement, effective September 30, 2022. I began working with the agency in 1976 as the program coordinator, and at the time there was only a director and a program coordinator. Today, the agency employs 33 individuals. My desire to work in the aging field was a natural one because I loved to volunteer at a local nursing home while in high school. I also learned compassion for the aging through a close relationship with my grandmother.

Throughout my career many new programs have been developed to serve the region. There has been a shift in the focus of senior and disability services from community-based to home-based programs. And through my service as a board

member of the Southeastern Association of AAAs (SE4A) and the National Association of AAAs (n4a), now known as US Aging, and as a delegate to the 2005 White House Conference on Aging, I am honored to have contributed to the development of these programs.

I am pleased to announce that Angie Gwaltney will be the new director. Angie has overseen the CHOICES department here at FTAAAD for 21 years and will do great job as director!

I would not have been able to accomplish the things that I've accomplished if it hadn't been for such a great staff. We have staff who are dedicated and have the same passion and mission that I do. That's what has made me successful over the years—my staff and our commitment to service.

—Kathy Whitaker, Director

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First District SENIOR OLYMPICS

September 7–October 8
at Various Kingsport and
Johnson City Venues

KEY DATES

NET-VAC Meeting

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

NET-VAC Meeting

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





TENNESSEE FALL PREVENTION COALITION HOSTS WEBINAR SERIES

Falls Prevention Awareness Week is a national health campaign observed on the first day of fall to increase awareness around fall risks and injury prevention. Falls are not a normal part of aging, and the good news is there are ways to learn about how to prevent them. Falls remain the leading cause of fatal and non-fatal injuries for older adults and can significantly impact quality of life.

Following the success of last year's event, the Tennessee Fall Prevention Coalition is hosting a Fall Prevention Awareness Week webinar series. The webinar series will be hosted from 10:00 a.m. CST (11:00 a.m. EST) from September 19 through September 23, 2022. To register, please visit the following link:

https://stateoftennessee.formstack.com/forms/2022_fall_prevention_awareness_week_virtual_series_registration

New this year are senior center watch parties! Check with your local senior center for a time and location where you can view the webinar series with other seniors in your community.

Topics featured this year include:

Monday, September 19—Intro to Fall Prevention

Learn the startling statistics for older adult falls and the risk factors that make them more likely. Dr. Karon Uzzell-Baggett and Deborah Tuggle will walk viewers through the importance of common fall prevention measures and teach viewers about the small changes they can make for safer homes and safer lives.

Tuesday, September 20—How to Fall

Falls can happen even when we know the dangers and take precautions. Regena Young will teach viewers to be less afraid of falling by presenting ways to fall that lessen the risk of serious injury.

Wednesday, September 21—Pet-Related Fall Prevention

We love our pets, but sometimes they present unexpected challenges as we age. Excited dogs may pull too strongly on their leashes, and loving cats may turn into dangerous tripping hazards. Dr. Whitney Wilhelm-Walker and Deborah Tuggle will provide viewers with suggestions on how to keep themselves and their furry friends safe as they age.

Thursday, September 22—Adaptive Equipment Demo with UTC Occupational Therapy

Dr. Erin Melhorn will provide viewers with a digital tour of the University of Tennessee Chattanooga's Occupational Therapy lab and teach them about important interventions that improve stability and aid seniors in daily activities.

Friday, September 23—Older Adult Falls: An EMS Perspective

First responders are a critical partner in providing care and resources to older adults after they experience a fall. Stephen Sutton, Director of Crockett County EMS, will discuss emergency personnel's perspective on older adult falls, how calls related to falls are handled and the resources they provide.

The CDC reports that one in every four older adults falls each year, with one in five falls causing a serious injury. With fall-related deaths on the rise, seniors need engaging fall prevention information now more than ever.

Through these educational webinars, the Tennessee Fall Prevention Coalition aims to empower seniors and their loved ones to remain active, healthy, and independent as long as possible. Don't let this opportunity slip by—consider registering at the link above for one or more sessions.

—*Courtesy of Tennessee Fall Prevention Coalition*

NEW CENTURY CLUB

The Century Club of Northeast Tennessee was established in 2022 to recognize individuals who have celebrated their birthday of 100 years or older. Members in the club receive a letter of greetings from the Governor in honor of their special contributions as Tennessee centenarians. Individuals also receive a matted certificate of recognition from the Century Club of Northeast Tennessee.

The Century Club is proud to honor the milestones of Northeast Tennessee's oldest residents and recognize their achievements and is open to Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington County residents.

To request a certificate of recognition for the Centenarian in your life, please visit the club's website at www.centuryclubnetn.com and complete the online form.

—*Courtesy of Jodi L. Southerland, DrPH*





MIKE HARRISON NAMED NEW FTDD EXECUTIVE DIRECTOR

The Executive Committee of the First Tennessee Development District has named Mike Harrison as the new Executive Director.

Harrison's background as an executive director, state representative, and county mayor, combined with his passion for the region, will help further the mission of the FTDD, which serves as Northeast Tennessee's economic development organization. "We are thrilled to welcome Mike back to the region in this role," says Mayor Joe Grandy, FTDD Board Chair. "He brings experience, enthusiasm,

judgement and a broad network both here in Northeast Tennessee, in Nashville and beyond to the organization."

Harrison assumed the role on June 1, managing all day-to-day operations for the FTDD programs, which include economic and community development, housing, local planning, workforce development, and the First Tennessee Area Agency on Aging and Disability.

—Courtesy of Mark Stevans, FTDD



FOUR EMERGING SENIOR SCAMS IN 2022

Google Voice Scams

You probably know to keep your Social Security number and credit card numbers to yourself, but that now goes for verification codes from sites like Google. Scammers get access to your phone number through social media listings and call you. They will say they need to verify *your* identity and ask you to read off a code that is sent to you via text message. The scammers then set up a fake Google account in your name to take part in other online scams.

Rental Assistance

With rent skyrocketing and evictions taking place, con artists are calling to say they're from government agencies or nonprofit organizations that can help with assistance but first ask for a down payment to apply. If you need rental assistance, reach out to an agency yourself—not one that contacted you.

Fake Job Offers

Scammers access information like email addresses and phone numbers from career sites like Indeed and Monster to contact people and offer them high-paying jobs that do not exist. The catch: you have to give more sensitive information (like a Social Security number) to get the job or buy expensive equipment from them in order to work from home.

Amazon Scams

The Federal Trade Commission says that one-third of fraud complaints are regarding Amazon impersonators. Scammers will send text messages, emails, or place phone calls to say that there was suspicious activity on your account and you need to verify your information. The rule of thumb here is to contact Amazon yourself if there are any concerns by contacting customer support at 888-280-4331.

—Courtesy of Centers Health Care

SBI PROGRAM UPDATE

At the start of the pandemic, FTAAAD received temporary Small Business Initiative (SBI) funding to contract with local family-owned restaurants to provide hot home-delivered meals to vulnerable older adults not already receiving meals through another program. Nine restaurants served meals for more than a year, and this month Kathy Whitaker and Lee Gay were able to hand out plaques to all participants in appreciation for their help.

—Courtesy of FTAAAD





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 Tennessee Senior Olympics hosts 10 district events across the state. Below is the First District schedule of events.

Registration is now open and the deadline to enter is August 17!

For more information about Senior Olympics or how to enter, contact Teresa Sutphin at 423-722-5120.

Wednesday, September 7

9:30 am **Golf**
Cattails at Meadowview, Kingsport

Tuesday, September 13

9:00 am **Bowling–Singles**
Warpath Lanes, Kingsport

Wednesday, September 14

9:00 am **Bowling–Doubles**
Warpath Lanes, Kingsport

Friday, September 16

9:00 am **Bowling–Mixed Doubles**
Warpath Lanes, Kingsport

Monday, September 19

9:00 am **Shuffleboard (All Divisions)**
Kingsport Senior Center, Kingsport

Tuesday, September 20

9:00 am **Pickleball (All Divisions)**
Memorial Park Comm. Ctr., Johnson City

Wednesday, September 21

1:00 pm **Table Tennis (All Divisions)**
Kingsport Senior Center, Kingsport

Thursday, September 22

9:00 am **Cornhole Competition**
Memorial Park Comm. Ctr., Johnson City

Friday, September 23

9:00 am **Horseshoes**
Rock Springs Community Park, Kingsport

Tuesday, September 27

1:00 pm **Swimming Events, Part 1**
Includes: Freestyle 50 & 200, Butterfly 100, Breaststroke 50 & 200, Individual Medley 200 & 400, Backstroke 100
Kingsport Aquatic Center, Kingsport

Thursday, September 29

1:00 pm **Swimming Events, Part 2**
Includes: Freestyle 100 & 400, Butterfly 50 & 200, Breaststroke 100, Individual Medley 100, Backstroke 50 & 200
Kingsport Aquatic Center, Kingsport

Saturday, October 8

7:00 am **Track and Field**
7:30 am 1500M Run
8:00 am 100M Run
8:30 am 800M Run
9:00 am 50M Run
9:30 am Men's Long/Triple Jump
Women's Shot Put
10:30 am 200M Run
11:00 am Men's Shot Put
Women's Long/Triple Jump
12:30 pm 400M Run
1:00 pm Men's & Women's Javelin/Discus
2:45 pm Men's & Women's High Jump/Softball Throw
3:30 pm 1500M Race Walk
Science Hill High School, Johnson City

—Courtesy of Teresa Sutphin, FTAAAD

EMERGENCY FOOD BOXES

In June, FTAAAD staff distributed 2,500 emergency food boxes to area senior and community centers around the District. From there, boxes will be distributed to anyone 60 years of age or older that needs one.

Assembled by a locally-owned business, Chef 5 Minute Meals, each box contains five shelf-stable meals. FTAAAD contracted with Chef 5 Minute Meals to combat food insecurity and ensure that seniors can remain in their homes longer, especially in an emergency. "It's important to FTAAAD that we support local businesses wherever possible. Chef 5 Minute meals has been a pleasure to work with every step of the way," said Kathy Whitaker, FTAAAD director.

This meal box distribution is the third by the FTAAAD and was funded by the Older Americans Act. These emergency food boxes ensure that seniors in the region, including those most at risk for food insecurity, have nutritious meals on hand when needed. Because each box is shelf-stable and does not require refrigeration, meals can be stored for long periods of time and utilized in an emergency, such as loss of power or severe weather.

FTAAAD plans on distributing additional meal boxes in advance of Thanksgiving, sometime in early November.

—Courtesy of FTAAAD



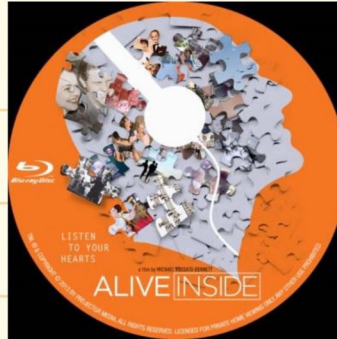


Alive Inside

August 11th at 9am–10:30am

Elizabethton Senior Center
428 E G Street

Free & Open to the Public



COMING SOON!

“Alive Inside” Movie
Screening

August 11, 2022

Elizabethton Senior
Center

If you know someone living with Dementia
this is a must-see movie!

Join us for an uplifting cinematic exploration of music’s ability to
combat memory loss in people living with dementia.

For more information, contact Brittany Ledford at 423-543-4362

Sponsored by Elizabethton Senior Center, Alzheimer’s Tennessee, and First
Tennessee Area Agency on Aging & Disability



TFA Annual Confer-
ence

October 25, 26, 27,
2022

Music Road Resort,
Pigeon Forge

SAVE THE DATE!

BRIDGING THE GAPS

Working Together for Healthy Aging

**2022 TFA
ANNUAL
CONFERENCE**

**OCTOBER
25–27,
2022**

**PIGEON
FORGE, TN**





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FTAAAD

First Tennessee Area Agency on Aging and Disability

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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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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



In June FTAAAD staff attended a workshop for community providers on safeguarding Older and Vulnerable Adults.



Alzheimer's Tennessee's Walk to Make Alzheimer's A Memory was a great success this year!



FTAAAD's 2022 Conference on Aging was back in person for the first time in three years!