



FTAAAD QUARTERLY NEWS

April–June, 2018 Volume 6 Issue 2

FROM THE DIRECTOR

Springtime means that it's time once again for FTAAAD's 30th Annual Conference on Aging. This year's event will be held on Tuesday, May 1, at Johnson City's Millennium Centre.

We have a great roster of speakers lined up, including representatives from the US Census Bureau, Department of Veterans Affairs, the Tennessee Office of Homeland Security, Appalachian Community Federal Credit Union, Holston Medical Group, and many more.

This year's keynote speaker is Thomas Dismukes, an engaging motivational speaker and self-proclaimed adventurer.

Coming back for its second year is the FTAAAD Silent Auction, which will be held in conjunction with the conference. All proceeds go to the agency's Emergency Assistance Program (EAP), which helps qualified seniors with small one-time expenses they couldn't otherwise afford for themselves.

With help from all of you, last year's inaugural Silent Auction raised over \$2,200 for the EAP. These funds were distributed to applicants in less than two months. If you can help with a donated item or service for this year's auction, please let me know.

—Kathy Whitaker, Director

CONTENTS

Unhealthy Eating	2
Fraud Alert.....	2
Online Safety	2
New Medicare Cards	3
Older Americans Month	3
Partner Events	4
Photo Gallery.....	5

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

**May 1, 2018
Millennium Centre, JC**

KEY DATES

NET-VAC Meeting

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

Washington County SALT Council

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

NET-VAC Meeting

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

Washington County SALT Council

May 3, 2:00 pm
Jonesborough Senior Center,
307 E. Main St., Jonesborough

NET-VAC Meeting

June 6, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

Washington County SALT Council

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

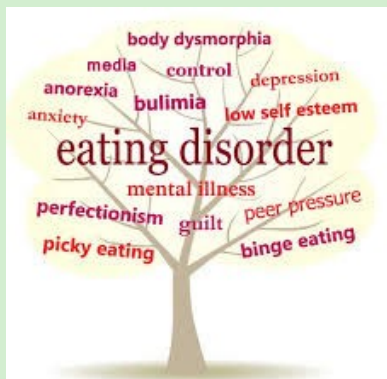


UNHEALTHY EATING

You can't tell by someone's size if they have an eating disorder. But you can look for certain signs:

- Skipping meals, making excuses for not eating, or eating separately or in secret
- Persistent worrying or talking about healthy eating, exercise, being overweight or losing weight
- Eating much more food in a meal or snack than is considered normal
- Eating large amounts of sweets or high-fat foods
- Leaving during meals to use the toilet
- Expressing depression, disgust, shame or guilt about eating habits
- Frequently checking the mirror for perceived flaws

—courtesy of National Institutes of Health



FRAUD ALERT: WHAT'S HAPPENING NOW

The Federal Trade Commission (FTC) reports that two dangerous scams are currently targeting the elderly.

Some scammers pretend to be calling from the technical support department of a well-known company. Others send pop-up messages warning you about a problem with your computer. They want you to believe your computer is infected with a virus, or that a hacker is trying to access your computer. It's all a ploy to get you to pay for fake technical support you don't need.

The other operation targets older adults with a sweepstakes scam. The companies behind the scam send mailers that make people think they've won a \$1 million prize (or more!), and that the recipient only needs to pay a small fee to claim it.

As always, if you never entered a contest, you did not win! And always be suspicious of any unsolicited personal or promotional contacts.

—courtesy of Federal Trade Commission

[HTTPS:WWW.CONSUMER.FTC.GOV/FEATURES/SCAM-ALERTS](https://www.consumer.ftc.gov/features/scam-alerts)

ONLINE SAFETY: SHARE WITH CARE

It's easy to over-share, embarrass yourself, mess up your computer, and even get messages from creepy people while online. A few key tips can help you protect yourself, your friends and your computer while staying connected.

Online Actions Can Have Real-World Consequences

The pictures you post and the words you write can affect the people in your life. Think before you post and share.

Your Post Could Have A Larger Audience Than You Think

Even if you use privacy settings, it's impossible to control who sees your profiles, pictures, videos and texts. Before you click "send," think about how you'll feel if family, friends or neighbors find it.

Once You Post Information Online, You Can't Take It Back

You may think you've deleted information from a site, but older versions often exist on other computers—your posts will always live permanently somewhere.

Get Approval Before You Share Photos/Videos of Someone Else

Stop and think about your own privacy—and other people's—before you share photos or videos online. It can be embarrassing, unfair, illegal, and even unsafe to send or post images without getting the subject's permission.





10 THINGS TO KNOW ABOUT THE NEW MEDICARE CARDS

New Medicare cards will be mailed to all beneficiaries starting in April 2018. Tennessee residents will receive their cards between June 2018 and April 2019.

1. Your new Medicare card will automatically be mailed to you. You don't need to do anything as long as your address is up to date. If you need to update your address, visit your **My Social Security** account.
2. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.
3. Your Medicare coverage and benefits will stay the same.
4. Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
5. Your new card is paper, which is easier for many providers to use and copy.
6. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
7. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.

8. Doctors, other health care providers and facilities know it's coming and will ask for your new Medicare card when you need care, so carry it with you.

9. Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust.

10. If you forget your new card, your doctor or other health care provider may be able to look up your Medicare Number online.

Watch out for scams!

Medicare will never call you uninvited and ask you to give personal or private information to get your new Medicare Number and card.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

Current Medicare Card

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JANE DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A	SEX FEMALE	EFFECTIVE DATE 07-01-1986	
IS ENTITLED TO HOSPITAL (PART A)		(PART B)	
SIGN HERE <i>Jane Doe</i>			

New Medicare Card

MEDICARE HEALTH INSURANCE	
Name/Nombre JOHN L SMITH	
Medicare Number/Numero de Medicare 1EG4-TE5-MK72	
Entitled to/Con derecho a PART A	Coverage starts/Cobertura empieza 03-03-2016
PART B	03-03-2016

OLDER AMERICANS MONTH: MAY 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older Americans Month.



The 2018 theme, "Engage at Every Age," emphasizes that you are never too

old (or too young) to take part in activities that can enrich your

physical, mental and emotional well-being.

Celebrate the many ways older adults make a difference in our communities by participating in activities that promote mental and physical wellness, offering wisdom and experience to the next generation, or seeking the mentorship of someone with more life experience.

For more information, or to order Older Americans Month materials, visit <https://oam.acl.gov/>.



UPCOMING PARTNER EVENTS

TRI-CITIES



Light the Way
Alzheimer's
Tennessee
WALK
www.alzTennessee.org

3rd
Tri-Cities

SATURDAY

April 7, 2018



Cardinal Park in Johnson City, TN
111 Legion Street, Johnson City, TN 37601

10 AM Registration Opens plus team photos, music, food and fun begins!	10:30 AM Opening Ceremonies with announcements and door prizes	11:15 AM Let's WALK
--	--	----------------------------------

Rain or Shine!

■ Music ■ Games ■ Food ■ Family Fun ■ Pet Friendly



Alzheimer's
Tennessee
WALK
www.alzTennessee.org



WALK
Mascot
"Lucy" with the
First Tennessee
Annihilators

\$ Rally around your pet and raise the most
money to earn the 2019 Mascot title.

Strike Out Alzheimer's!



ON STAGE! AlzStar
Dakota Hood
Hunger Games Co-Star

Dave Dierks
Champion for the Cause






Light the Way
Alzheimer's
Tennessee
WALK
www.alzTennessee.org

3rd
Tri-Cities

SATURDAY: April 7, 2018

Cardinal Park in Johnson City, TN



PURPLE CITIES ALLIANCE

Dementia Awareness

Northeast, TN

PURPLE CITIES DAY

May 11, 2018

Please show your support by wearing purple and decorating your business!

Take pictures and email them to
michelleb@dominionbristol.com
and we will share them!

*We want our community to
be dementia-friendly!*



FTAAAD QUARTERLY NEWS

April-June, 2018

Page 5

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)

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



www.facebook.com/ftaaad

PHOTO GALLERY



It's Silent Auction Time Again!

The FTAAAD Aging Conference will again feature a silent auction. Please let us know if you can donate an item.



Transportation Surveys

Courtney Myers, FTAAAD student intern, has been conducting transportation surveys at senior centers to help develop a volunteer-transportation network in NE TN.



CHOICES Meeting

CHOICES providers met to learn about updates and changes to this important state program.



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**