



FTAAAD QUARTERLY NEWS

January–March 2021 Volume 9 Issue 1

FROM THE DIRECTOR

Through a \$75,000 grant from Meals on Wheels America, FTAAAD was able to purchase more than 4,000 emergency food boxes containing high-quality shelf-stable food items in late summer 2020.

These food boxes arrived at FTAAAD in late October. Shortly thereafter, they were distributed to our area senior centers, and to local partners like APS and Second Harvest Food Bank of Northeast Tennessee. These organizations are often most likely to hear about older adults or adults with disabilities who are food insecure—whether long-term or short-term—and having boxes on hand will allow them to react quickly and get nutritious food to individuals in need without delay.

Additional boxes are available for use by FTAAAD Options Counselors, who are in daily contact with many of the seniors in greatest need

across our region. Other staff members who become aware of an individual needing emergency help will also have access to the food boxes.

We have all seen the long lines at food banks that are televised nightly during this COVID-19 pandemic. People who were doing well before the shutdown are suddenly finding themselves becoming food insecure, and those struggling before COVID are now critically short of food.

As aging professionals, we know what a large role good nutrition plays in health. A lack of healthy food worsens chronic conditions, increases the chances of hospitalization, and decreases individuals' ability to age in place. These food boxes will be one small way to mitigate these outcomes.

—Kathy Whitaker, Director

CONTENTS

SHIP 2020 Review	2
Tennessee Hope Line	2
Roby Center Care Packages	3
Online Vaccination Scheduler	3
Avoid Vaccine Scams.....	4
Photo Gallery	5

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

April 27, 2021

Stay tuned for details.

KEY DATES

NET-VAC Meeting

February 3, 9:30 am
Online Meeting
Details to Follow

NET-VAC Meeting

March 3, 9:30 am
Online Meeting
Details to Follow





SHIP 2020 REVIEW

Medicare’s Annual Enrollment Period, also known as Open Enrollment, for Medicare Part D and Medicare Advantage Plans was held from October 15–December 7, 2020. During this time every year, Medicare beneficiaries can join or switch their Medicare Part D or Medicare Advantage Plans.

The TN SHIP program provides Medicare information and counseling to Medicare beneficiaries. During the Annual Enrollment Period in 2020, SHIP provided Medicare counseling to 1,327 people and helped beneficiaries save \$29,928.39 on their Part D plans by assisting with comparisons of their plan options and enrollments.

Since January 1, 2020 the SHIP program has assisted over 13,000 Medicare beneficiaries, and helped beneficiaries save \$220,661.64 on their Part D plans.

—*Courtesy of Melody Conkin*



TENNESSEE HOPE HOTLINE

Loneliness is becoming an epidemic. 46 percent of Americans say they “sometimes or always feel alone.” Older adults are suffering a disproportionate amount of loneliness during the COVID crisis, with many going days without talking to anyone. They are struggling to find hope as visits, congregate meals and group activities have been suspended. Family gatherings, trips to the grocery store and social meetings are avoided for safety’s sake.

To provide hope, encouragement and connection to these older adults, the Governor’s Office of Faith-Based and Community Initiatives, with the Tennessee Commission on Aging and Disability and the Tennessee Baptist Mission Board, announce the TN Hope Line, a call line that offers supportive active listening to lonely older adults 60+ years of age.

The TN Hope Line, **1-844-600-8262**, is a free phone call that will be answered Monday–Friday from 9:00 am–3:00 pm (CT) by trained volunteers who offer encouragement and hope for lonely senior adults. Callers are invited to call and talk about whatever is on their

mind.

Being able to talk and form a connection over the phone can offer assurance that they are cared for and loved. Callers who express specific needs such as food and basic supplies, will be connected with people and services available to help in their area.

The hope is to increase the caller’s connection to a local supportive community. “As many as half a million older adults may go an entire week without seeing or talking to anyone. They need encouragement and a kind listening ear, especially during these times of grief, loneliness, hardship and isolation,” said Dave Worland, Executive Director of The Governor’s Office of Faith-Based and Community Initiatives.

The TN Hope Line is staffed with trained volunteers who are eager to serve their neighbors. People helping people. When faith communities, nonprofits and government work together, the citizens of Tennessee benefit.



M-F 9-3CT

844-600-8262



ROBY CENTER CARES!

The photo below is from the Roby Center in Greeneville. The staff prepared these care bags for their center participants, which included a holiday ham, cookies, candies, a pulse oximeter to check O2 levels, a forehead thermometer, and batteries.

Featured in the picture are from left to right, Janis Sensabaugh, Glenda Blazer, center director, and Judy Rader.

—Courtesy of Roby Center

NOTE: All materials and food included in the bags was funded through the CARES Act.



REGISTER ONLINE FOR COVID VACCINATIONS

Tennessee county health departments are now booking appointments for people in Phase 1 populations of the [Tennessee COVID-19 Vaccination Plan](#) and those aged 75 and older who wish to receive COVID-19 vaccinations.

Tennesseans can follow a simple, three-step process to learn when they're eligible for vaccination and register for a vaccination appointment:

1. Find Your Phase

Tennesseans can find out what phase of the vaccination plan they're in by visiting <https://covid19.tn.gov/covid-19-vaccines/eligibility/>.

2. Find the Phase Your County is Vaccinating

To learn what phase your county is vaccinating, visit <https://covid19.tn.gov/covid-19-vaccines/vaccine-phases/>.

3. Register for a Vaccination Appointment

People who are in a phase currently being vaccinated in their county can register online at <https://covid19.tn.gov/covid-19-vaccines/vaccine-phases/> for an appointment time to receive a vaccination through their county health department. Click your county on the map and then click "Make an Appointment" to register. Those who register will be asked to enter their name and contact information to be notified of their appointment date, time and location as soon as vaccine becomes available.

"We're excited to begin this process to help deliver this vital service in the most efficient way possible while

managing the limited and somewhat unpredictable supply of vaccines," said Tennessee Health Commissioner Lisa Piercey, MD, MBA, FAAP.

The COVID-19 vaccines currently in use require two doses for the best protection against the virus. People who receive their first dose of COVID-19 vaccine at a county health department will be contacted to make an appointment to receive their second dose of vaccine.

The COVID-19 vaccine supply is still limited, and Tennessee counties may progress through COVID-19 vaccination phases at different times, depending on supplies of COVID-19 vaccines. Tennessee county health departments will announce additional opportunities for residents to receive vaccinations as vaccine supplies become available, and as the county moves to new phases of the vaccination plan.

Those with general questions about COVID-19 may call the COVID-19 Public Information Line at 877-857-2945 or 833-556-2476 between 10 a.m. – 8 p.m. Monday – Friday and 10 a.m. – 4 p.m. Saturday and Sunday.

TDH reminds all Tennesseans that in addition to vaccination, wearing a face mask, maintaining social distance and getting tested when exposed or sick are critical to controlling the pandemic.

Tennessee's COVID-19 Vaccination Plan is available online at www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/COVID-19_Vaccination_Plan.pdf. Find answers to frequently asked questions about COVID-19 vaccination at www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/COVID-19_Vaccine_FAQ.pdf.

—Courtesy of TN Department of Health



BEWARE OF COVID-19 VACCINE SCAMS

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults and people with disabilities are at greater risk for serious illness from COVID-19, they may target these populations.

It's important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting people. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

Here are things you need to know about the COVID-19 vaccine:

- You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door to door to receive the vaccine.
- No one from Medicare or the Health Department with contact you.

- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, treatments, or vaccines.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.

- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.

Contact SMP through FTAAAD's SHIP department for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse

—Courtesy of Administration for Community Living (ACL)





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.



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PHOTO GALLERY



A CREVAA Christmas
CREVAA staff deliver donated presents to clients for “Be A Santa To a Senior” program.

“Be A Santa To A Senior”
A CREVAA client shows off her Christmas presents, provided by an anonymous donor.



Public Guardian Program
PG clients are never forgotten at Christmas. Tracy Kissel prepares to play Santa.