



FTAAAD QUARTERLY NEWS

July–September, 2018 Volume 6 Issue 3

FROM THE DIRECTOR

Older adults in Johnson County and Jonesborough will soon have another transportation option available to them with MyRide TN. This volunteer-driver program provides door-through-door transportation for important appointments and errands for a minimal annual subscription fee and a round-trip charge.

Volunteer drivers will use their personal vehicle to transport older adults to their destination. Drivers must have a valid Tennessee license, a clean driving record, and proof of insurance. MyRide TN provides additional auto, medical and liability insurance for its drivers, and state and federal Volunteer Protection Laws offer more protection.

Volunteers are asked to commit at least three hours every month—just one morning or afternoon—to this important project, and may be reimbursed for gas if they choose.

Administration and execution of this program in Northeast Tennessee will be handled by FTAAAD. A centralized database will connect volunteers with seniors requesting transportation.

The funding for this project was provided through a grant awarded by the Davidson County Chancery Court, Part III from the SeniorTrust/ElderTrust settlement (Case No. 11-1548-III) and through a contract administered by the Tennessee Commission on Aging and Disability.

—Kathy Whitaker, Director

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SAVE THE DATE!

District Senior Brain Games



August 23, 2018

Johnson City Senior Center

KEY DATES

NET-VAC Meeting

NO JULY MEETING

Trinity Assembly of God,
617 University Pkwy., Johnson City

Washington County SALT Council

NO JULY MEETING

Johnson City Senior Center,
510 Bert St., Johnson City

NET-VAC Meeting

August 1, 9:30 am

Trinity Assembly of God,
617 University Pkwy., Johnson City

Washington County SALT Council

August 2, 2:00 pm

Jonesborough Senior Center,
307 E. Main St., Jonesborough

NET-VAC Meeting

September 5, 9:30 am

Trinity Assembly of God,
617 University Pkwy., Johnson City

Washington County SALT Council

September 6, 2:00 pm

Johnson City Senior Center,
510 Bert St., Johnson City





NUTRITION HELP

Good nutrition is important to everyone, but it is even more critical for those at risk for being food insecure, such as older adults and people with disabilities, many of whom are already at increased risk of hospitalization.

The Older Americans Act (OAA), passed in 1965 and reauthorized in 2016, acknowledged the importance of good nutrition for older adults by creating two important meal programs.

The Congregate Meal Program brings people together for meals in group settings such as senior centers, while the Home-Delivered Meal Program provides meals for frail, homebound, or isolated individuals. Both programs serve people age 60 and over, and, in some cases, their caregivers, spouses, and people with disabilities.

Both programs offer nutrition-related services and other important benefits, in addition to the meal. Congregate meals provide companionship, access to other health activities, and wellness programs — nearly two-thirds of providers of congregate meals also offer health promotion programming. Home-delivered meals provide an opportunity for social interaction and informal safety checks. In fact, sometimes the person delivering the meal is the only person the older adult sees regularly; without the meal delivery, the older adult could be completely isolated.

For more information, or to see if an individual is eligible for these programs, call FTAAAD at 1-866-836-6678 or 423-928-3258.

FRAUD ALERT: WHAT'S HAPPENING NOW

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

The Grandparent Scam: This scam is so simple and so devious because it takes advantage of family ties and emotions. Scammers call elderly people, and say “Hi, Grandma, do you know who this is?” When the unsuspecting grandparent says the name of a grandchild, the scammer has established an immediate fake identity.

Once “in”, the fake grandchild will ask for money to solve an

unexpected financial problem (overdue rent, car repairs, jail bond, etc.) to be paid via Western Union or MoneyGram, which don't always require I.D. to collect. At the same time, the scammer will beg the grandparent, “Please don't tell my parents, they'll kill me!”

This scam is one that needs no research to pull off, and can be used over and over on grandparents who are concerned for the “grandchild”.

—courtesy of Federal Trade Commission

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

BREAKFAST AT CHURCH HILL SENIOR CENTER

I recently had the pleasure of enjoying breakfast with the great folks at Church Hill Senior Center. They prepare breakfast on the first and third Thursday of each month. Our Nutrition Program provides the food and volunteers, along with our meal site coordinator, Mabel Daughtery, to cook the breakfast. There were at least 80 people in attendance for the latest breakfast.

Last fiscal year, the Church Hill Senior Center served 10,027 community meals. Church Hill has incredible support from Mayor Dennis Deal, and he honored Mabel with a plaque to thank her for all her hard work serving so many people every day with a smile.

We know the senior center is a beautiful facility with many activities available, but we think Mabel has a lot to do with why so many people stay for lunch every day. Mabel is kind, friendly, and really enjoys

serving her community. She takes great pride in her kitchen and makes everyone feel welcomed.

We are grateful to have Mabel as part of the FTHRA Nutrition Program team. She has been with the agency since 2008. She says she loves her job and loves the people she works with and the people she serves. Please thank Mabel for a job well-done the next time you see her!

—Courtesy of Stephanie Walker, FTHRA





PUBLISHERS CLEARING HOUSE SCAMS

Who wouldn't love to be that winner you see on TV holding a great big sweepstakes check? That's what con artists are counting on when they claim to be Publishers Clearing House. This trick is an oldie but goodie for scammers.

The scam starts with a call or letter saying you've won the Publishers Clearing House sweepstakes. But to collect your prize, they say, you need to send money to pay for fees and taxes. Typically, you're asked to send money by Western Union or MoneyGram, or by getting a reloadable money or gift card. Scammers ask you to pay in these ways because it's nearly impossible to trace the money—and you'll almost never get it back.

But that's not the only way scammers get your money with this fraud. Some will send you a realistic-looking fake check in the mail. You're told that to claim your prize, you need to deposit the check and send some of the money back for made-up expenses. But when the check you deposit bounces—even after it seems to clear—you may be on the hook for the money you sent.

If you think you've won a prize, here are a few things to know:

- Never send money to collect a prize, sweepstakes check or lottery winnings. If you have to pay, it's a scam.
- Never deposit a check and send back money, even if the funds appear in your account. This is a sure sign of a scam. The money will disappear again soon enough, as soon as the bank discovers it's bounced.
- If anyone calls asking you to pay

for a prize, hang up and report to the FTC.

Want to know more? Read about prize scams on the FTC website (www.ftc.gov).

And if you wired money to a prize scammer via Western Union between January 1, 2004 and January 19, 2017, you might be eligible for a refund. Visit <https://www.ftc.gov/enforcement/cases-proceedings/refunds> for more information.

Still think it's real? The real Publishers Clearing House says it will never ask you to pay a fee to collect a prize. Go to <https://info.pch.com/> for more details about Publishers Clearing House's fraud protection.

—courtesy of Federal Trade Commission



NUTRITION TOOLKIT

In celebration of National Nutrition Month in March, the Assistant Secretary for Aging, Mr. Lance Robertson, was featured in a National Resource Center on Nutrition and Aging webinar.

The webinar provided an overview of Older Americans Act Nutrition Programs and the critical role these programs play in helping older adults maintain good health and age in community, as well as a summary of innovative senior nutrition programs from across the network.

To view Mr. Robertson's presentation, or to access the various resources available in the toolkit, visit <https://nutritionandaging.org/toolkit-2018-national-nutrition-month-webinar-a-conversation-with-lance-robertson/>.



DO YOU NEED YOUR HEARING TESTED?

If you answer "yes" to several of these questions, you may want to have your hearing tested by an audiologist or other professional.

1. Is it hard to hear or understand others?
2. Do you get frustrated trying to hear things?
3. Do others get frustrated because they need to repeat what they say to you?
4. Do you turn up the TV or radio louder than those around you would like?

5. Do you have trouble hearing what people are saying in restaurants or at the movies?
6. Is your social life, school, or job suffering because of difficulties hearing?

—courtesy of National Institutes of Health (NIH)





UPCOMING PARTNER EVENTS

SAVE THE DATE!

THE SE4A 2018 CONFERENCE WILL BE HELD AT
THE LOUISVILLE MARRIOTT DOWNTOWN,
280 WEST JEFFERSON STREET, LOUISVILLE, KY,
ON SEPTEMBER 30-OCTOBER 3, 2018.



LOOK FOR CALL FOR
PRESENTATIONS
AT THE END OF 2017.

PRIMARY PARTNER:



WWW.SE4A.ORG

WWW.OPTIMALAGINGINSTITUTE.ORG/CONFERENCE-2018



"Dedicated to Improving the Lives of Older Tennesseans"

[HOME](#)

[2018 CONFERENCE](#)

[DAY ON THE HILL](#)

[ABOUT TFA](#)

[PAST CONFERENCES](#)

[LOG IN](#)

Save the Date

2018 Annual TFA Conference

"Climbing the Mountain: Working Together to Reach New Heights in Aging"

November 27-29, 2018

Music Road Convention Center

Pigeon Forge, TN



UPCOMING PARTNER EVENTS

TENNESSEE ELDER JUSTICE CONFERENCE

HOME
REGISTRATION
AGENDA
SPEAKERS
PARTNERS
T-SHIRTS
HOTEL / VENUE
CONTACT
MORE...

September 18-19, 2018

Tennessee Elder Justice Conference

at the Park Vista Hotel
Gatlinburg, Tennessee

**GUESS
WHO'S
COMING TO
KINGSPORT!**



JOLENE BRACKEY
Speaker, Dementia
Specialist, Author of
Creating Moments of Joy

SAVE THE DATE
SEPTEMBER 25, 2018

**2018
4th Annual
Alzheimer's
Caregiver
Conference**



Event Hosted by:



The
Alzheimer's
Regional Resource Center, Inc.
and



For more info, Contact:
Sharon or Anita:
sharon@prestonplacesuites.com
or
anita@prestonplacesuites.com



Caring and Coping Caregiver Conference
for families and professionals

Thursday, July 12, 2018 • Boones Creek Christian Church
305 Christian Church Road • Johnson City, TN 37615
Registration: 8:00am • Welcome: 8:30am • Lunch • Ends at 4:30pm

On site respite provided at no cost day of event. You MUST register to ensure adequate coverage.



Keynote Speaker:

Being in the Moment

Karen Stobbe has a passion for teaching innovative and successful caregiving strategies to help individuals with dementia live in the moment. She is co-developer of the "Hand in Hand" video that was produced by CMS and is distributed to every nursing facility in the country. Her Father and Mother are her inspirations for so desperately wanting to educate the world by bringing her unique perspective to the audience.

Karen will lead caregivers through a day of education and encouragement.

Topics for her sessions include:

- The Many Faces of Dementia
- Sometimes Ya Gotta Laugh: Tips for Caregiving and Living Life
- Communication: Those Actions and Reactions

Register Online Today! www.alzTennessee.org

☐ \$25 Family Caregivers ☐ \$45 Healthcare Professionals (6 credits for nursing, social work, assisted living admin)

Name

Address

City State Zip

Phone

Email

☐ Check Included (Payable to Alzheimer's Tennessee)

☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

Card #

CVV Code Expiration

Cardholder's Name (Please Print)

Cardholder's Signature

Alzheimer's Tennessee
2319 Browns Mill Rd, Ste D6 Johnson City, TN 37604
Ph. 423.330.4532 Fax 423.232.8998
Advance registration required. Seating is limited. Fee includes materials, lunch and refreshments. Registrations accepted online, by mail, fax or phone.



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



Silent Auction Results

The FTAAAD Aging Conference silent auction raised over \$3,500 for the EAP program. Thank you to all donors and bidders!



Mabel Daughtery Honored

FTHRA meal site coordinator for Church Hill Senior Center is honored for her hard work by Mayor Dennis Deal. Congratulations, Mabel!



Carolyn Browning Retires

Rogersville Senior Citizens Center Director Carolyn Browning celebrated her well-earned retirement at FTAAAD on June 19. We wish Carolyn all the best!



Lynn Pennington's Retirement Celebration

After working 11 years as an FTAAAD I&A specialist, Lynn celebrated her retirement on June 29 with a staff picnic. Lynn is irreplaceable and will be missed!