



FTAAAD QUARTERLY NEWS

January–March 2018 Volume 6 Issue 1

FROM THE DIRECTOR

January 2018 will see a change in the leadership of First Tennessee Area Agency on Aging and Disability’s Advisory Council. Former Chairman Beth Rader will be stepping down from the position after three years of outstanding commitment to FTAAAD and the Advisory Council. Council member Glen Tilson will be replacing her as chairman starting in January 2018.

Mr. Tilson graduated from ETSU in 1963 with a degree in geology, and then served in the United States Army for 21 years. After the Army, Glen went back to school and earned a Master’s degree from UT, and went on to teach, first at West Point and then ETSU.

Mr. Tilson and his wife, Carol, have two sons and three grandchildren. They live in Erwin, where Glen is a member of the Kiwanis Club and serves on the board of the Erwin hospital.

Mark your calendar for this year’s Annual Conference on Aging, which will be held on May 1 at Johnson City’s Millennium Centre. The 2018 theme is “Engage at Every Age”.

We hope everyone had a wonderful holiday season, and a happy new year.

—Kathy Whitaker, Director

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SAVE THE DATE!
**Annual Conference
 on Aging**
May 1, 2018
Millennium Centre, JC

KEY DATES

NET-VAC Meeting
 January 3, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City

Washington County SALT Council
 January 4, 2:00 pm
 Jonesborough Senior Center,
 307 E. Main St., Jonesborough

Washington County SALT Council
 February 1, 2:00 pm
 Johnson City Senior Center,
 510 Bert St., Johnson City

NET-VAC Meeting
 February 7, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City

Washington County SALT Council
 March 1, 2:00 pm
 Jonesborough Senior Center,
 307 E. Main St., Jonesborough

NET-VAC Meeting
 March 7, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City





TENNCARE REMINDER

Remember to renew your TennCare or Medicare QMB/SLMB in 2018!

When you get a renewal packet from TennCare, make sure you open it, read it and take action! That packet includes important papers about your TennCare or Medicare QMB/SLMB benefits. To renew your coverage and ensure that you continue to receive benefits, you must fill out and return the packet by the date specified.

Not sure if you have TennCare or QMB/SLMB? Not sure if TennCare has your most recent mailing address? Call 1-855-259-0701 and someone at the TennCare call center will help.

FRAUD ALERT: WHAT TO WATCH FOR IN 2018

Wealth Is Not Coming In The Mail

Personalized or “Registered” letters that state that the recipient has won a prize are an ongoing scam. Older Americans have already lost millions of dollars this way, and responding to such a letter targets that person for future fraudulent mailings.

Beware The Tax Man

Exploiting the Internal Revenue Service (IRS) is one way scammers collect money from their victims. There may be fake notices claiming you owe money as a result of the Affordable Care Act, or you may receive a call stating that you owe back taxes that can be paid via pre-paid gift cards in order to avoid

arrest. Be aware that the IRS never initiates contact via phone calls, emails or social media. They cannot threaten you with arrest, and you will never be asked to pay via gift cards, credit cards or debit cards.

Don’t Order A Back/Knee Brace From A Postcard or Commercial

Colorful postcards promoting Medicare-covered back or knee braces are very popular. All you need is your Medicare information. Unfortunately, these scammers bill Medicare for hundreds or thousands of dollars in your name. Never respond to open solicitations for Medicare-covered supplies/services, and always review your EOBs.

—courtesy of NCOA

FTAAAD & MSHA PRESENT “WALK WITH EASE” ARTHRITIS CLASSES

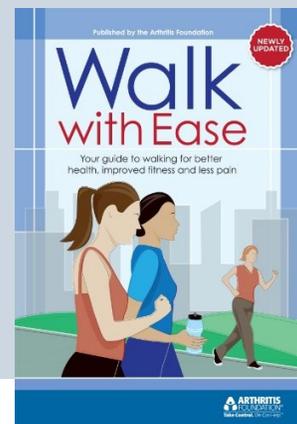
This grant-funded program includes classroom instruction and stretching exercises, as well as opportunities for walking. The class explains how to develop a customized walking plan, stay motivated, manage pain and learn to exercise safely. Participants can use what they learn to implement their own walking regimen, and can use tools from the course to track their progress.

Walk With Ease has been proven to reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence in the ability to be physically active; and improve overall health.

Walk With Ease is not just for those with arthritis; it can help anyone improve overall health and safely make physical activity part of their everyday life. The program will help motivate participants to get in great shape and allow them to walk safely and comfortably.

To register for a class near you, contact Melissa Johnston with the MSHA Heart & Soul program at 423-302-3044. All participants receive a workbook and pedometer to get started. The Health Resources Centers in both Kingsport and Johnson City will offer this six-week program starting on January 8, 2018.

Class leaders are certified by the Arthritis Foundation. At these group sessions, participants receive recipes to help reduce inflammation and tips for exercises that help improve strength for walking. Upon finishing the course, all participants get a free cookbook with arthritis-friendly recipes.





SENIORS CAN PREPARE NOW TO STAY HEALTHY THIS WINTER

- Older adults are more susceptible to hypothermia, which occurs when too much heat escapes from the body. It is important to dress warmly and keep dry, but equally important to remember good nutrition. Hot food and warm drinks are best to warm the body.
- When going outdoors, remember to dress warmly. Wear layered, loose-fitting clothing and mittens. When possible, wear a hat to protect against heat loss since nearly half of all body heat is lost through the head.
- You can prevent many winter hazards simply by planning ahead. Before winter arrives, check all the windows and doors in your home for cracked or worn seals. A new application of caulking may be needed; in a pinch, staple a sheet of plastic tarp over really old windows.
- Talk to your electric or gas company to see if you can be put on a level billing system that averages your energy payments equally over 12 months. This doesn't save money, but it does help to budget during the heating season and prevent your heat from being shut off.
- To avoid slips and falls, wear non-skid boots or other shoes with plenty of traction.
- Cold weather can put extra strain on the heart. When doing winter chores such as shoveling snow, do some warm-up exercises first and take plenty of breaks.
- To conserve energy, heat only those rooms that you use. Close off the attic, garage, basement, spare bedrooms or storage areas. But don't overdo your money-saving efforts: keep your thermostat set to at least 65 degrees to prevent hypothermia and frozen pipes.
- When using a portable heater, plug the heater directly into an outlet, not to an extension cord. Make sure the outlet and wiring are in good condition. Keep the area around the heater clear of furniture, newspaper or other flammable materials and take special care to avoid tripping over cords.

—courtesy of Healthy Aging Partnership

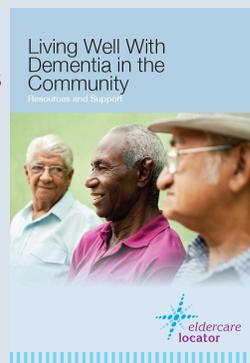


DEMENTIA RESOURCES BROCHURE AND TOOLKIT NOW AVAILABLE

As the nation's aging population grows, so will the number of older adults living with dementia in the community. The Eldercare Locator and n4a are excited to announce the launch of the 2017 **Home for the Holidays** campaign with the publication of **Living Well With Dementia in the Community: Resources and Support**, a consumer brochure targeted at individuals living with dementia and their caregivers.

Developed in partnership with the

Alzheimer's Association and Dementia Friendly America, the brochure highlights the many home- and community-based services and aging programs available to support individuals with dementia, as well as ways to identify signs of dementia and tips for communicating with people living with dementia.



To help your agency promote your local community resources for people with dementia and their caregivers, n4a and Eldercare Locator have also developed a toolkit that includes a press release template, newsletter article template, PowerPoint slide deck, infographics and sample social media posts for you to customize and use. To learn more about this toolkit, visit <https://www.n4a.org/h4h2017>.

—courtesy of n4a and Eldercare Locator



FTAAAD

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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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Scan our QR code to go directly to the FTAAAD website

www.facebook.com/ftaaad

PHOTO GALLERY



TFA 2017 Annual Conference
Aging-network professionals from around the state met in Pigeon Forge to learn and network.



Be A Santa To a Senior
More than 100 donated Christmas gifts were collected by Home Instead Senior Care and wrapped by FTAAAD staff.



Johnson City Senior Center Foundation Christmas Boxes
Volunteers and staff delivered Christmas food boxes to low-income seniors.



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**