

SOUTH ALABAMA REGIONAL PLANNING COMMISSION

Area Agency on Aging

Mobile

Baldwin

Escambia



SNAPSHOT

Inflation Fighting
Programs

Medicare Open
Enrollment Ending

Program Spotlight

NOV
2022

Dignity and Independence for the
Disabled, Older Adults and Their Caregivers





A Note from the Area Agency on Aging Director

Julie McGee

Behind Every Number is a Person

Our agency is currently working with other AAA's around the state to create a Statewide Aging Publication. This document will capture critical information so we can better tell the story of how we serve those in the community. As we were looking at the data, it occurred to me that every number represents someone who has been helped by our agency: eaten a meal in a Senior Nutrition Center, been given caregiver support, were helped navigate the challenging world of Medicare, received help paying for the medications, and more. Here are just a few of numbers that show how we are supporting the community:

- More than **16,000** citizens called our Aging Disability and Resource Center for support
- About **7,000** clients were provided assistance with their Medicare plans
- **\$7.5 million** was saved through accessing the Senior RX prescription drug program
- Close to **618,000** meals were served, door-to-door, as part of emergency food kits and in Senior Centers.

We do the work of promoting the dignity and independence of older persons, their caregivers and the disabled by providing certain services through our office and by contracting with some 50 community agencies to provide programs and services. If you - or someone you know - needs support, please call our office at 251-706-4680.

Best Wishes During the Holiday Season,

Julie

UPCOMING EVENTS

DECEMBER

Medicare Open Enrollment
Ends December 7th

JANUARY

Tax Assistance Program Begins

FEBRUARY

MARCH

Legacy Leadership for Older Adults

March 20-24, 2022

University of South Alabama

Contact:

Martin Lee/251.236.3881 or
251.706.4680

The Legacy Leadership Institute features faculty and visiting speakers on aging issues and impactful volunteering. It is designed to help retired professionals find their niche in the world of volunteering among opportunities at the Area Agency on Aging and in their communities.

Caregiver Support: Caregiver College Focuses on Dementia

Class was in session at the Caregiver College held in November. Caregivers of those with Dementia learned the basics of the most common form of the disease, what to expect during different stages, and strategies to cope with daily communication and safety challenges. The Just 4 Me coping curriculum featured stress and relaxation techniques, skills for coping with grief and loss and most importantly, taking time to care for yourself. In addition to the Caregiver College series, the AAA also provides a free Alzheimer's -Dementia Helpline at 251-706-4680, and the Trualta program, a free and easy interactive eLearning platform to help families manage home care.

The Alabama Cares program provides services through: information, assistance, counseling, respite care and related supportive services. For more information, contact Della Sanchez at 251-706-4650 or dellasanchez@sarpc.org.



AAA Welcomes New Public Relations Specialist

Barbara Estes has joined the AAA Team as a Public Relations Specialist. Barbara comes to the agency from the Via Health, Fitness and Enrichment Center, where she handled marketing for the organization for more than a decade. Barbara will assist in marketing agency programs, publishing the Senior Resource Guide, building social media presence, developing program specific marketing tools and other projects that advance the mission of the agency by more broadly communicating programs and services provided. Barbara has a Journalism Degree from Auburn University and more than 20 years of experience in the marketing and communications arena.

Inflation Fighting Programs for Seniors

Inflation is creating hardships for older Alabamians. Every day, the cost of groceries, gasoline, prescription drugs, medical care and cable continues to rise. But, there are programs for lower income older adults that can potentially add \$5,000 back into your wallet.



Lower Your Monthly Food Bill.

Let us sign you up for SNAP to receive a debit card for tax free groceries. It's private and easy to apply with the Alabama Elderly Simplified Application. Benefits average \$104 a month. And, once you are enrolled, you also qualify for the Affordable Connectivity Program with fast on-line approval.

Lower Your Cost to Connect. The Affordable Connectivity Program (ACP) can provide low cost wifi and internet services, smart phones or internet connected tablets. Cut your cord, stream your favorite television programs and save \$2,600 or more!

Lower Your Medical Expenses.

Medicare Savings Programs save the average older adult \$2,040 in Medicare Part B premiums and/or copays and deductibles. And, some of these programs, such as the Qualified Medicare Beneficiary, also qualify you for the Affordable Connectivity Program with fast on-line approval once you are enrolled. Alabama's SeniorRx can help you obtain free or very low cost prescription medicines

Join One Million of Your Fellow Older Adults Who Have Connected to Inflation Fighting Programs.

**Make the call, and you may qualify for them all.
251.706.4680**



Would You Like to Share Your Thoughts About Your Medications and Non-Medication Based Pain Treatments?

Participate in a survey will last no longer than one hour and receive \$30 for your time.

The University of Alabama College of Social Work would like to hear your thoughts about the medications you take to manage your chronic health conditions, including pain. They are also interested in hearing your thoughts about non-medication-based treatments that may be helpful to manage your pain.

Survey Contact:

Dr. Hyunjin Noh, University of Alabama College of Social Work

Phone: 205-523-5671

Email: hnoh1@sw.ua.edu



Participation Requirements:

- At least 65 years old and have good thinking skills
- Live in Alabama
- Live outside of nursing homes
- Have more than one health condition (diagnosed by a doctor) that has lasted for 1 year or longer AND take medication(s) regularly to treat the condition(s)
- Have chronic pain that has lasted longer than 3 months AND take pain medication(s) regularly

THE NATIONAL FAMILY CAREGIVERS MONTH OF NOVEMBER

As November comes to a close, here's more amazing facts about our country's caregivers: In Alabama...

1.3 million! There are an estimated 1.3 million caregivers in Alabama.

800 million! These caregivers provide approximately 800 million hours of unpaid care at home.

In our Country...

53 million! Every year at least 53 million people provide informal – and usually unpaid – care and support to aging family members

3 million! More than 3 million Grandparents – and other kinship caregivers – care for children whose parents were unable to do so.

We Can Continue to Celebrate Our Caregivers Every Day.

Visit the Area Agency on Aging Caregivers Page:

<https://agingsouthalabama.org/caregiver-programs/>

Call for Support: 251.706.4680



REMINDER:

Medicare Open Enrollment Ends December 7th.

Each year brings NEW health plan and drug coverage choices. Review your current plan for:

- * Cost savings
- * Prescription drug coverage
- * Ability to go to the doctor or pharmacy you want
- * Extra benefits, like vision, hearing and dental

We Can Help! Make Your Free Appointment with a trained State Health Insurance Program Counselor today:

800.243.5463

aginginfo@sarpc.org



National Caregivers Month

We Can Continue to Celebrate Our Caregivers Every Day! November was National Family Caregivers Month. As November comes to a close, we can continue to celebrate our caregivers throughout the year.



Here's some amazing facts about our caregivers:
In Alabama...

- 1.3 million! There are an estimated 1.3 million caregivers in Alabama.
- 800 million! These caregivers provide approximately 800 million hours of unpaid care at home.

Visit the Area Agency on Aging Caregivers Page:
<https://agingsouthalabama.org/caregiver-programs/>
Call for Support: 251.706.4680



In Other News...

Older Adults the Only Group to Experience an Increase in Poverty

The latest data from the Census Bureau has shown the poverty rate for Seniors has grown from 8.9 to 10.3 percent. This has resulted in more than one million Seniors sliding into crisis, with a growing number of Seniors unable to meet even basic monthly expenses. Yet, more than 30% of those qualified are not taking advantage of available programs. The AAA is enhancing its focus on economic security for older adults. The agency is rolling out new inflation fighting programs and dispelling the “stigma” that is often associated with public benefit programs.

Startling New Covid Statistics for Seniors

According to new data from the Center for Disease Control, nearly 9 out of 10 Covid deaths are people 65 or older. More than 300 adults 65 or older are dying each day. While that’s much lower than the 2,000 daily toll at the peak of the Delta variant wave, it is still roughly two to three times the rate at which people die of the flu.

Senior Citizens Need to Stay Aware of Scams as Medicare Open Enrollment Closes

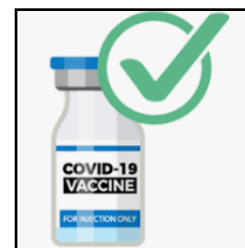
The Alabama Department of Senior Services (ADSS) is warning Alabama Senior adults to be diligent to avoid scams as Medicare Open Enrollment winds down. Fraud increases as scammers try lure Seniors before the deadline. Tips include: not responding to a text, email, or phone call from a sender that is unfamiliar; don’t be rushed into making decisions as open enrollment doesn’t offer extra benefits for signing up early; and ignore scammers who threaten to take away benefits - benefits cannot be taken away for not signing up for a plan. Also remember no plan is “preferred by Medicare,” as Medicare doesn’t endorse a specific plan.

Grandfamily Food Insecurity Twice the National Average

The Administration for Community Living (ACL) is highlighting a study on the difficulties faced by Grandfamilies, families where children are being raised by Grandparents. These families face food insecurity at more than twice the national rate of families in general. These families often step into the role unexpectedly, so they’re often living on fixed incomes. “They’re trying to get formula and pay for diapers while paying for their own prescription medicines and their mortgage.” (Generations United)

Covid Vaccination Assistance for the Homebound

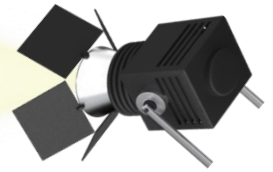
If you (or someone you know) is disabled, elderly or bedbound, there is a program available to help you receive the Covid vaccination and/or boosters. The AAA is assisting people living in Mobile, Baldwin and Escambia Counties access boosters through local health departments.



CALL: 251.706.4680

Program Spotlight

Senior Nutrition Centers



Senior Nutrition Centers offer more than just a hot and nutritious meal. They provide a place to get together with friends for activities. Meals are served on weekdays on a first come, first served basis to those 60 years and older, participant spouses and disabled individuals living with an eligible older adult. Enjoy lunch, meet others, participate in education and recreation programs, holiday crafts and activities, and more.

Contact us to find your Center: 251.706. 4680

MOBILE COUNTY CENTERS

Bayou La Batre
Citronelle
Creola Center
Dearborn YMCA
Dumas Wesley
Grand Bay
Hillsdale
Mount Vernon
MOWA Choctaw
Parkway
Prichard
Saraland
Thomas Sullivan
Tillman's Corner
Trinity Gardens
Wilmer

BALDWIN COUNTY CENTERS

Bay Minette
Daphne
Little River
Loxley
Summerdale
Vaughn

ESCAMBIA COUNTY CENTERS

Atmore
East Brewton
Flomaton
Huxford

