

# SOUTH ALABAMA REGIONAL PLANNING COMMISSION Area Agency on Aging

Mobile

Baldwin

Escambia

FEB  
2023



Valentine's Day roses donated by AARP were delivered by our Ombudsman to staff and Seniors living in Allen Memorial, Little Sisters of the Poor, Kensington and Murray House.



## SNAPSHOT

Upcoming Events

Program Spotlight

Welcome New Staff

Volunteer Opportunities



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



## From the Area Agency on Aging Director

**Julie McGee**

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### **Want Healthy Aging? Volunteer for our Agency!**

Why do Seniors volunteer their time? We have hundreds of volunteers doing amazing work in Mobile, Baldwin and Escambia Counties. Every day, these Seniors use their time and talents to improve the lives of others.

In the last decade, health experts have focused research on actual health benefits - as well as the social benefit - of volunteering. Organizations serving Seniors conducted various studies and found that Seniors who volunteer are seeing a significant positive impact on their health. There are even improvements in diseases and conditions that specifically impact Seniors, like heart disease, depression and dementia! Data shows lowered mortality rates, reduced depression in 80% of volunteers, fewer incidences of heart disease, and improved overall health (78% in one study). And, the older the volunteer was, the greater the health benefits.

How can YOU improve your health? Volunteer for the programs of our Agency! Some of the areas we need volunteers are:

- Matter of Balance falls prevention class Instructors
- Circle of Friends isolation program friendly callers
- Senior Medicare Patrol to assist with fraud prevention education
- Senior Nutrition Centers meals and Center health and wellness activities
- Ombudsman program volunteers to help improve the well-being of those in long term care facilities

Also, a reminder that we have an amazing opportunity for you! Our Legacy Leadership Institute for Older Adults is March 20-22 at the Area Agency on Aging Office/ University of South Alabama Faculty Club. The LLI is a training and education event on aging issues, impactful volunteering and connecting to volunteer opportunities in the community. The event is free and lunch is provided each day. To register, contact Kim Tate at [Ktate@sarpc.org](mailto:Ktate@sarpc.org) or 251.361.0837.



You can contact our Aging Hotline at 251.706.4680 for information on all of these volunteer opportunities.

Here's to Your Healthy Aging,

**Julie**

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## Engage!

### Volunteers Needed for Senior Nutrition Centers



The AAA supports 26 Senior Nutrition Centers in Mobile, Baldwin and Escambia Counties. Our SNC's are a place where Seniors can meet, have meals with friends and participate in wellness and enrichment activities. There are many ways to volunteer:

- Home Delivered Meals: deliver meals, daily participant checks
- Programming Activities: lead programs in crafts, exercise, music and art
- Meal Service Activities: prepare coffee and tea, serve lunches, clean up
- Publicity Outreach Fundraising: maintain activity scrap book, write articles about activities, help plan special events
- Maintenance and Decoration of Facility: make minor repairs, decorate for events

### Contact the Senior Nutrition Center Near You!

#### MOBILE COUNTY

Bayou La Batre Center  
251-824-4616  
Citronelle Center  
251-866-5047  
Creola Center  
251-675-7661  
Dearborn YMCA Center  
251-432-4768  
Dumas Wesley Center  
251-479-0649  
Grand Bay Center  
251-865-4010  
Hillsdale Center  
251-344-0341  
Mount Vernon Center  
251-829-9696  
MOWA Choctaw  
251-829-6080  
Parkway Center  
251-471-2503

#### Prichard Center

251-452-7918  
Saraland Center  
251-375-5438  
Thomas Sullivan Center  
251-438-7282  
Tillman's Corner Center  
251-661-6600  
Trinity Gardens  
251-456-6690  
Wilmer Center  
251-645-9209

#### BALDWIN COUNTY

Bay Minette Center  
251-580-1693  
Daphne Center  
251-620-2400  
Little River  
251-580-1824  
Loxley Center  
251-964-5330  
Summerdale Center  
251-989-6626  
Vaughn Center  
251-937-4228

#### ESCAMBIA COUNTY

Atmore Center  
251-368-5742  
East Brewton Center  
251-867-5568  
Flomaton Center  
251-296-2773  
Huxford Center  
251-294-5646





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# UPCOMING EVENTS

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251.706.4680



aginginfo@sarpc.org

Calendar of Events: <https://agingsouthalabama.org/events/>

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## MARCH

### **Medicare Q & A**

Tuesday, March 7 from 10 a.m. - 12 p.m. Mt. Vernon Senior Center

### **Medicare Fraud**

Tuesday, March 14 from 10:30 a.m. - 12 p.m. James P. Nix Center

### **Dementia Friendly Alabama Memory Café**

Friday, March 17 from 9:30 a.m. – 11:30 a.m. at AAA Office/ GM&O Building, 2nd floor Training Room

### **Matter of Balance - First Fairhope Church**

Mondays, March 20 – May 1, 10 a.m. – 12 p.m. (classes one day per week)

### **Matter of Balance - Semmes Senior Center**

Mondays, beginning March 20, 10 a.m. - 12 p.m. (classes one day per week)

### **Legacy Leadership Institute for Older Adults**

March 20-22 from 9 – 2 p.m. at the AAA Office/GM&O Building and the University of South Alabama Faculty Club

## APRIL

### **New to Medicare?**

Monthly Seminar Series starts on Tuesday, April 4 and will be held the 1st Tuesday of each month from 9:00 a.m. – 12:00 p.m. at the AAA Office/GM&O Building.

### **Free TCE Tax Preparation Services in Baldwin and Escambia Counties**

through April 14

**SEE PROGRAM ANNOUNCEMENTS SECTION FOR EVENT DETAILS**

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## Alabama Silver-Haired Legislature (ASHL) Working on Behalf of Seniors

ASHL held their organizational meeting at SARPC in February. ASHL is a non-partisan, non-profit organization established by the Alabama Legislature in 1991. ASHL delegates participate in Senior organization meetings and community events to inform state elected officials about elderly needs and issues of concern, and serve as an educational organization for Alabama's Seniors. Members host a mock legislative session in Montgomery to educate Seniors on the legislative process and to pass resolutions concerning issues of importance to Seniors. Resolutions are introduced, debated, and considered for passage by vote of the members and presented to the Governor and the State Legislature to consider for actual legislation. Anyone who is age 60 and older and a registered voter in the state of Alabama can apply by completing the required forms. Visit the ASHL website: <https://alabamaageline.gov/alabama-silver-haired-legislature/>



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## Your Cell Phone Can be a Lifesaver

That sometimes annoying cellphone can literally save your life. So, learning all the features the smart phone provides and having them set up and ready to go is important. Here are some functions and apps to set up or ask your children and grandchildren about:



**TIPS  
FOR THE  
TIMES**



Speed dial for favorite contacts - all of your friends and family should be listed in your phone's Contacts, for easy access and dialing

Location device - your phone has GPS and can locate others and allow them to find you should something happen

Flashlight - your phone has an app with a flashlight built in. It can be pinned to the main screen for easy access

Alarm/notification for intruders - you can use your cell phone to send an SOS or dial emergency assistance

Inactivity monitoring - there is a sensitive movement detector embedded in each smartphone. This app can determine whether the phone has been handled or moved without being obtrusive or monitoring what the person is using their smartphone for.

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## PROGRAM SPOTLIGHT

### SNAP: The Inflation Fighting Food Program

Rising food costs are impacting Seniors living on fixed incomes more than any other age group. The U.S. Census has revealed that Seniors (65+) were the only group with an increased poverty level. Many Seniors are having to make difficult choices between their meals and medications.

“If a Senior is facing paying a power bill, buying medications and buying groceries, this program can make a big difference in their lives,” said SNAP Program Director Nancy Bledsoe. “It helps Seniors eat right, even when money’s tight.”

The AAA Supplemental Nutrition Assistance Program (SNAP) is providing much needed support to thousands of Seniors 60 and older living in Mobile, Baldwin and Escambia Counties. However, only 30% of those eligible for the program are receiving SNAP benefits. The agency is educating Seniors about program improvements and dispelling many myths associated with SNAP:

- ♦ **The “There is a SNAP Stigma” misconception...** Participants in the program have spent their lives contributing to their communities, but find themselves in a position to need some extra support in light of rising food costs. Food stamp coupons are a relic of the past, and recipients are now mailed a debit card for privacy and convenience to purchase their tax-free groceries.
- ♦ **The “It’s Not Worth It” misconception....** SNAP Benefits average \$100 per month. And, certain medical deductions can actually increase benefits, including prescription drugs costs, hospital bills, transportation expenses and Medicare premiums.
- ♦ **The “It’s Difficult to Sign Up” misconception...** The Alabama Elderly Simplified Application Project (AESAP) has made it much easier for older adults to participate: there is no office visit required; the application can be mailed, faxed, emailed, or completed online; and the application is approved for three years, with only annual re-certifications. Persons with no earned income (job or business) can self-declare their income.

Another benefit of applying for SNAP is that when Seniors are approved, they are automatically eligible for other programs, such as low-cost internet.

**To receive a confidential screening, reach out to our staff at 251.706.4680.**



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# Agency Staffing Update...

## Senior Nutrition Program Has New Leadership

Formerly the Program Coordinator for the Retired Senior Volunteer Program (RSVP), Guy Martin Lee will now serve as the new Senior Nutrition Program (SNP) Coordinator. Martin has more than a decade of experience in business and management in various industries, and previously assisted in the management of a community SAIL Center. The SNP coordinates home delivered meals for Seniors, and manages 26 Senior Nutrition Centers.



## AAA Welcomes New Staff

Kim is our new RSVP Program Coordinator. Kim was with the Northern Arizona Council of Governments AAA, where she taught Powerful Tools for Caregivers. She was also the Activity Specialist and taught the Matter of Balance, Bingocize and the iPads for Isolation programs. RSVP recruits and trains Seniors (55+) and matches them with community placements that provide meaningful and rewarding volunteer experiences.



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## Well Done! RSVP Tax Program Scores 100% on Audit

The RSVP free Tax Counseling for the Elderly (TCE) program utilizes trained volunteers to prepare taxes for older adults in Baldwin and Escambia Counties. Recently, the Daphne tax site was part of an audit conducted by the IRS's SPEC Quality Program Office. The tax site was 100% accurate. The data will be used in the year's statistical sample to calculate overall VITA/TCE program accuracy. In 2022, TCE prepared more than 1,900 returns for Seniors in our region.





# REMINDER! SPACE IS LIMITED. REGISTER TODAY.

**March 20-22**

**9:00 a.m. - 2:00 p.m.**

## **OLDER ADULTS! ENGAGE & THRIVE AS VOLUNTEER LEADERS.**

Want to volunteer, but aren't sure how to engage? Then enroll in the LLI! The LLI targets retired professionals and baby boomers, and utilizes University of South Alabama faculty and visiting speakers. Learn about aging issues and impactful volunteering. And, connect to community and Area Agency on Aging volunteer opportunities to find your niche. You don't want to miss it! Some of our trained graduates have gone on to: create an Alzheimer's community support group; open a Senior Center; and assist with state-level advocacy efforts. No cost to attend and lunch is provided.

**Contact Kim Tate: [Ktate@sarpc.org](mailto:Ktate@sarpc.org) or 251.361.0837**

### **Days 1 & 3:**

Introductions & Engagements  
Area Agency on Aging  
GM&O Building  
110 Beauregard Street  
Mobile, AL 36602

### **Day 2:**

USA Faculty & Visiting Speakers  
USA Faculty Club  
6350 Fincher Road  
Mobile, AL 36688



## **Resources for Seniors, Caregivers and the Disabled**

The Area Agency on the Aging has a website with online resources for all things that impact Seniors, Caregivers and the Disabled. Visit our Resource Page at: [www.agingssouthalabama.org](http://www.agingssouthalabama.org).



AGING & DISABILITY  
RESOURCE CENTER



HEALTH & WELLNESS  
CLASSES



HOME & COMMUNITY BASED  
SERVICES



STATE HEALTH  
INSURANCE PROGRAM



ALABAMA CARES  
CAREGIVER SUPPORT



PRESCRIPTION  
ASSISTANCE



LONG-TERM CARE  
OMBUDSMAN



LEGAL  
COUNSELING



SENIOR NUTRITION  
CENTERS



SENIORS & SNAP



# News...



## **SCAM ALERT: CARDIAC GENETIC TESTING**

Be aware of a new twist on an old scam. While genetic testing scams have been around for a few years, scammers have added “cardiac” genetic tests to the mix.

Don’t accept these unsolicited offers. If you receive calls or kits, report it to your local SMP (Senior Medicare Patrol). SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. Contact the Aging Hotline: 251.706.4680

## **BENEFITS OF 65: HIGHER STANDARD DEDUCTIONS**

Did you know that when you turn 65, the IRS offers you a tax benefit in the form of a larger standard deduction? And, if you are blind and 65+, you can increase your standard deduction amount based on your filing status. The RSVP free TCE tax preparation program for Baldwin and Escambia Counties can help you maximize your return. Contact the Aging Hotline at 251.706.4680.



## **YOUR HEART, COLD AND THE FLU**

The NCOA recommends 5 ways older adults can protect their heart from the flu and Covid. These include: getting your vaccines - the flu and COVID shots are your best protection against serious illness; wearing a mask in certain spaces - health officials recommend wearing a mask in crowded indoor spaces, and when using public transportation; keeping up with your health visits - call your doctor if you notice your health worsening; taking heart medicines as directed; and boosting your body’s immunity by being active, eating and sleeping well, and lowering stress.



## **NOMINATE AN OUTSTANDING SENIOR FOR THE SENIOR HALL OF FAME**

The Alabama Senior Citizens Hall of Fame has honored and recognized Alabamians aged 60 or older for their outstanding contribution to the lives of older members in their local communities since 1983, and recognizes Alabama seniors who are 100 years or older and couples married 65+ years.



**Nomination forms are due by May 1.**

**Click Here for Senior Hall of Fame Nomination Form:**

<https://alabamaageline.gov/wp-content/uploads/2023/02/2023-ALSCHOF-Nomination-Form-fillable-1.pdf>

**Click Here for the Centurian and Couples Married 65 Years Form:**

<https://alabamaageline.gov/wp-content/uploads/2023/02/2023-100-year-and-65-Nomination-Form-fillable-1.pdf>

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# **PROGRAM ANNOUNCEMENTS**



## **UPCOMING EVENTS**

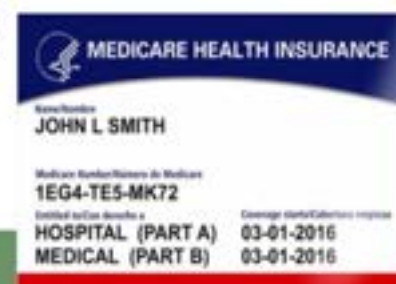
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# MONEY IN YOUR WALLET



## MEDICARE SAVINGS PROGRAM

Alabama has a Medicare Savings Program (MSP) that can save you money on your Medicare costs. The MSP can help pay for Medicare premiums – Medicare Part A (hospital insurance) and Part B (medical insurance premiums) – and may assist with deductibles and co-insurance. And, If you qualify for any of the savings programs, you automatically qualify for **extra help to lower the cost of prescription drugs.**



You must apply to qualify and: be eligible for Medicare Part A, live in Alabama, are a U.S. citizen, and have income below **\$1,661** (single) and **\$2,239** (married). Only income is used to qualify, no assets/resources counted.

Programs have different monthly income requirements. QMB (Qualified Medicare Beneficiary) QI-1 (Qualified Individual) SLMP (Specified Low-income Medicare Beneficiary). **All programs pay the \$164 monthly Medicare premium.**



### CONTACT

1.800.243.5463 OR 251.706.4680

#### State Health Insurance Assistance Program (SHIP)

South Alabama Regional Planning Commission  
Area Agency on Aging  
[www.agingsouthalabama.org](http://www.agingsouthalabama.org)

This publication was created by the local Aging and Disability Resource Center (ADRC) with financial assistance, in whole or in part, from the Administration of Community Living (ACL), Department of Health and Human Services. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinion do not, therefore, necessarily express official ACL policy. SHIP 90SAPG0016. MIPPA 1801ALMIAA. SMPOMPPG0032. 1801ALMISH OR 1801ALMIDR



# SAVE THOUSANDS OF DOLLARS ON YOUR PRESCRIPTION DRUGS



Extra Help/LIS is a Social Security program available for people on Medicare who meet certain income requirements. This assistance will pay for all – or most – of your monthly premiums, annual deductibles, and lower the co-payments related to your Part D prescription drug plan.

## YOU MUST APPLY TO QUALIFY.

Your 2023 monthly income must be **\$1,842.50** (single) and **\$2,485** (married). Resources are counted. If you live in a larger household, or if some of your income is for work, you may qualify even if you have an income higher than these limits. SHIP services are free.

## CONTACT

**1.800.243.5463 or  
251.706.4680**

**State Health Insurance  
Assistance Program (SHIP)**

South Alabama Regional Planning Commission  
Area Agency on Aging  
[www.agingssouthalabama.org](http://www.agingssouthalabama.org)



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# Medicare Questions?



## We Have Answers

- What your plan includes
- Parts of Medicare you may not understand
- Personal questions regarding your care under your insurance
- Specific numbers to call for help
- Medicare Supplement
- Medicare Savings Programs
- Medicaid
- Prescription Drugs
- Plan Comparisons
- Billing & Claims
- Rights & Protections
- Long-Term Care

## “ Medicare Table Talk ”

**March 7, 2023**

**10:00 a.m. - 12:00 p.m.**

**Mt. Vernon Senior Center  
1220 Military Road  
Mt. Vernon, AL 36560**

**Reservations  
Marcella Nettles**

**[mnettlles@sarpc.org](mailto:mnettlles@sarpc.org)/251.706.4663**



**James Roberson, MHA  
Regional Coordinator  
State Health Insurance  
Assistance Program**

SHIP provides free and unbiased local counseling and assistance.



# FREE AND LOW-COST PRESCRIPTIONS

**In 2022, 6,500 prescriptions were filled in our region, saving clients \$7.5 Million.**



Are you struggling to pay for your medications? Do you need help obtaining your medications? SenioRx is for the disabled (regardless of age) or those 55 and older who have been diagnosed with at least one medical condition that requires a prescription medication. Eligible clients may receive a three-month supply of medication from pharmaceutical companies FREE or at a LOW COST.

## Qualifications

- 55 and older with a chronic medical condition, no prescription drug insurance coverage and meet certain income limits
- Deemed disabled (any age) by Social Security, have applied for disability, and are awaiting a decision, have a doctor's declaration of disability, or in the 24-month Medicare waiting period
- Have Medicare and reached your Medicare Part D coverage gap (donut hole)

**Call Now: 251.706.4680**





# MEDICARE FRAUD: DON'T BE A VICTIM



## Medicare Fraud Prevention Seminar

March 14, 2023

10:30 a.m.

James P. Nix Center  
1 Bayou Drive  
Fairhope, AL 36532

**We will give you the tools  
and information you need  
to protect yourself  
against Medicare fraud.**

Recently, the Alabama Department of Senior Services released a public announcement, warning Seniors about Medicare fraud. Fraud takes many forms: government impersonation scams, sweepstakes and lottery scams, robocalls and phone scams, fishing texts and emails, and issues relating to billing you for services and equipment that you may not even be aware of.

The mission of the Alabama Senior Medicare Patrol's (AL SMP) is to teach and empower Medicare beneficiaries, their caregivers, and families how to prevent, detect, and report health care fraud, errors, and abuse. Federally funded through the Administration for Community Living (ACL), the AL SMP is comprised of dedicated staff and volunteers who respond to reports of suspected Medicare fraud and abuse and determine next steps.

**RESERVATIONS**  
**Marcella Nettles**  
**[mnettl@sarpc.org](mailto:mnettl@sarpc.org)**  
**251.706.4663**



**James Roberson, MHA**  
**Regional Coordinator**  
**State Health Insurance**  
**Assistance Program**

SHIP provides free and  
unbiased local counseling  
and assistance.





# LEGACY <sup>2023</sup> LEADERSHIP INSTITUTE



**March 20-22**

**9:00 a.m. - 2:00 p.m.**

**No fee to attend. Lunch provided.**

**Days 1 & 3:**

Introductions & Engagements  
Area Agency on Aging  
GM&O Building  
110 Beauregard Street  
Mobile, AL 36602

**Day 2:**

USA Faculty & Visiting Speakers  
USA Faculty Club  
6350 Fincher Road  
Mobile, AL 36688

## OLDER ADULTS! ENGAGE & THRIVE AS VOLUNTEER LEADERS.



### **Our 3-Day Institute**

Want to volunteer, but aren't sure how to engage? Then enroll in the LLI! The LLI targets retired professionals and baby boomers, and utilizes University of South Alabama faculty and visiting speakers. Learn about aging issues and impactful volunteering. And, connect to community and Area Agency on Aging volunteer opportunities to find your niche. You don't want to miss it!



### **Our Graduates**

Some of our trained graduates have gone on to: create an Alzheimer's community support group; open a Senior Center; and assist with state-level advocacy efforts.

**CLASS SPACE IS LIMITED.  
REGISTRATION REQUIRED.**



**ONLINE REGISTRATION**  
[agingsouthalabama.org/  
volunteer](https://agingsouthalabama.org/volunteer)



**251.361.0837**



**Srsvp@sarpc.org**





**What Is Dementia Friendly Alabama?**

Dementia Friendly Alabama (DFA) is an initiative to bring awareness and support to those living with dementia and their care partners in Alabama. We build partnerships to create communities where those living with dementia can live and thrive!

**What is a Dementia Friendly Community?**

It's much more than simply being kind to those impacted by dementia. In these communities, those living with Alzheimer's and their care partners feel respected, supported, and included in everyday life. They foster the ability of people living with dementia to remain in the community, engage and thrive.



**What is the DFA Memory Café?**

A relaxed social gathering held free of charge and open to anyone affected by memory loss or related cognitive changes. The experience is designed to make people living with dementia feel comfortable and successful. It's a much-needed break and a chance to have fun for caregivers and care partners!



# MEMORY CAFE'

**Friday, March 17, 2023**

**9:30 a.m. – 11:30 a.m.**

**Area Agency on Aging/GM&O Building  
2nd floor Training Room  
110 Beauregard St. Mobile, AL 36636  
Snacks and laughter provided.**

**LIMITED SEATING. PLEASE REGISTER.**

**Call: 251.706.4650**

**Email: [dellasanchez@sarpc.org](mailto:dellasanchez@sarpc.org)**

**Free Craft Activity: Spring into Art!  
No experience needed.**



# DO YOU HAVE **concerns** **about falling?**



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



(251)706-4663

**Classes are held at  
First Fairhope Church  
300 S. Section St.**

**Mondays  
March 20 – May 1  
10 am – 12 noon**

**Lots of fun and it Works!**

**To RSVP call or text Debbie at  
804-514-7742**

**Instructors: Debbie & Henry  
Leidheiser**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



# Concerns about FALLS?

A Matter of Balance is a series of 8, 2-hour sessions designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

**COMPLICATIONS RESULTING FROM FALLS ARE A LEADING CAUSE OF DEATH FOR OLDER ADULTS.**



## LEARN TO:

- View falls/the fear of falling as controllable
- Set realistic goals for increasing activity
- Change your environment to reduce fall risk factors
- Promote exercise to increase strength and balance
- Become more confident in managing falls
- Receive a certificate upon completion



## BENEFITS OLDER ADULTS WHO:

- Have sustained a previous fall
- Restrict activities due to fall concerns
- Are interested in improving flexibility, balance and strength
- Are age 60 and older, ambulatory and able to problem solve

A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS



### **Semmes Senior Center**

9635 Moffett Road  
Semmes, AL 36575

Begins March 20  
Classes held one  
day per week  
10 am to noon

### **REGISTRATION**

**Marcella Nettles**  
[mnettlles@sarpc.org](mailto:mnettlles@sarpc.org)  
**251.706.4663**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model (c)2006. This program is based on Fear of Falling: A Matter of Balance. Copyright (c)1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University





# GRANDPARENTS RAISING GRANDCHILDREN

## *We Can Help!*



**The Area Agency on Aging's Grandparents Raising Grandchildren/ Older Relative Caregivers (ORC) program provides needed support for those raising minor children in Mobile, Baldwin and Escambia Counties.**

### **Our Support Groups**

Generally meet once per quarter and become a welcome relief from the many responsibilities of caregivers' new roles. We invite in select community resources, provide the opportunity to network, and give you the space to listen to and talk about issues you are facing among a group of your peers.

### **Our Network Can Help You Access Information and Services**

How to obtain legal documents  
Legal issues, guardianship & custody  
Health, well-being, safety & development  
Child care & education  
Benefits, including food, medical insurance & other assistance programs  
Connections to community support services

### **Some of the ways we have supported our Grandfamilies:**

Held Grandparents Raising Grandchildren Workshops in all three counties, developed a working relationship with the key partners, assisted with legal custody processes, held special holiday donation events, helped local churches plan recognition events, and assisted with securing financial assistance for caregivers.



## **REACH OUT TO US**

Grandparents Raising Grandchildren/ORC  
Alabama CARES/SARPC/Area Agency on Aging  
Email: [vsimpson@sarpc.org](mailto:vsimpson@sarpc.org)  
Phone: 251.706.4633



# We Need Friendly Callers!



We need Seniors who can make quick check-in calls to those who are homebound or isolated. You will be trained by RSVP staff to make light hearted calls to those who just need to connect with a friendly caller.

FROM ONE OF OUR VOLUNTEERS:  
"Thank you for putting Miss V and me together. This friendship would never have happened without this program."

TO VOLUNTEER CALL: 251.620.1462

The Circle of Friends program reduces Senior isolation.







# New to Medicare?

So many overwhelming options...  
Important financial choices...  
Solicitations arriving every day...

**We Have the Answers.**

## FREE Monthly Medicare Educational Seminars

If you are new to Medicare, or turning 65 soon, the State Health Insurance Assistance Program (SHIP) has answers to all of your questions on Medicare basics, plan choices, and cost saving information. SHIP is funded by your tax dollars, provides unbiased information and is not affiliated with any insurance company.

### REGISTRATION & INFORMATION

Call: 251.706.4680 or  
1.800.243.5463

Email: [jroberson@sarpc.org](mailto:jroberson@sarpc.org)



### FIRST SESSION: Tuesday, April 4

9:00 a.m. – 12:00 p.m.  
Area Agency on Aging  
GM&O Building  
1st floor Conference Room  
110 Beauregard St.  
Mobile, AL 36602

Seminars are held the  
first Tuesday of each  
month.

This project was supported, in part by grant number 90SAPG0058, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



**James Roberson, MHA**  
**Regional SHIP Coordinator**  
**State Health Insurance**  
**Assistance Program**



# FREE TAX PREPARATION

## Free TCE Tax Preparation Baldwin and Escambia Counties Appointments Required.

The TCE (Tax Counseling for the Elderly) free tax preparation program is funded through a federal grant. Volunteers are recruited, trained and IRS certified by RSVP (Retired Senior Volunteer Program). Both federal and state tax returns are electronically filed.

### DOCUMENT REQUIREMENTS

1. COMPLETED Form 13614-C  
Download at: <https://www.irs.gov/pub/irs-pdf/f13614c.pdf> or available at sites prior to appointment
2. For married filing jointly, both spouses must be present.
3. All forms W-2 and 1099's, information on all other Income.
4. Social Security Cards and State Driver's License/State ID Required.
5. Information for all deductions and credits.
6. Forms 1095-A, B or C (Health Insurance/ACA Statements).
7. Copy of last year's tax return
8. Death Certificate on deceased dependent (s).
9. Divorce Decree/Power of Attorney/Court Documents.
10. Mileage/Medical Trips and itemized deduction information if applicable
11. Form 1098/Education Credit
12. Vehicle Tag Receipt/Ad Valorem Tax

### Information:

**251.706.4680**



### BALDWIN COUNTY

#### Bay Minette Senior Center

Tuesday 9:45 a.m. – 1:45 p.m.

Contact: 251.289.1391

#### Daphne-Macedonia Church (New)

902 Daphne Avenue

Wednesday 9:00 a.m. – 1:30 p.m.

Contact: 251.289.1391

#### Spanish Fort Public Library

Friday 9:00 a.m. - 1:30 p.m.

Contact: 251.289.1391

#### Fairhope Satellite Courthouse

Tuesday/Wednesday/Thursday

8:00 a.m. – 12:00 p.m.

Contact: 251.317.1877

#### Robertsdale BC Council on Aging

Tuesday & Thursday 9:00 a.m. – 12:00 p.m.

Contact: 251.972.8506

#### Foley Ecumenical Ministries (New)

102 W. Spruce Avenue

Tuesday 9:00am – 1:00pm

Contact: 251.943.3445

#### Orange Beach Senior Center

Tuesday & Friday 9:00 a.m. - 1:00 p.m.

Contact: 251.981.3440



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## ESCAMBIA COUNTY

All sites are by appointment only.

**Appointment Number:**

**251-241-9499**

**Lavan Martin**

**Assisted Living Facility**

Tuesdays

9:00 a.m. - 3:00 p.m.

**Atmore City Hall**

Wednesdays

9:00 a.m. - 3:00 p.m.

**Brewton Courthouse**

Thursdays

9:00 a.m. - 3:00 p.m.

**Flomaton Public Library**

Fridays

9:00 a.m. - 3:00 p.m.

**Information:**

**251.706.4680**

# HOMEBOUND?



**Are you homebound due to:**



**Disability**



**Advanced Age**



**Bedbound**

**The Area Agency on Aging is assisting people access boosters through local health departments living in Mobile, Baldwin and Escambia Counties.**

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**CALL: 251.706.4680**



*Area Agency on Aging:  
Dignity and Independence for  
the Disabled, Older Adults &  
Their Caregivers*

