

SOUTH ALABAMA REGIONAL PLANNING COMMISSION Area Agency on Aging

Mobile

Baldwin

Escambia

MARCH
2023



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



SNAPSHOT

2023 LLI Graduates

Legal Assistance Program

Senior Nutrition Centers

Upcoming Events

From the Area Agency on Aging Director

Julie McGee



EXCITING NEWS FROM YOUR AREA AGENCY ON AGING!

The spring is always a busy time for our Agency, and we are working hard on bringing outreach events to the community that can educate and engage our Seniors, their caregivers and persons with disabilities. Here are two events you will want to “Save Your Date” to attend.

May is Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound. On May 16, we are holding a community event at the Abba Shriners Center from 9 a.m. to noon to honor our Seniors and celebrate OAM. We want all of our Mobile County Senior Nutrition Centers to participate. Lunch will be provided, and we are lining up some great entertainment. We'll have business and community organizations on hand that can provide information on Senior programs and services. It will be a day for fellowship and fun



They're Back...Our Senior Expos Have Been Scheduled

Due to safety issues resulting from the Covid-19 pandemic, we had to suspend our Senior Expos for a couple of years. If you haven't participated before, you need to gather a group of friends, family, church members and the like and plan on attending. Our Expos are free to attend and feature information on aging services, health and wellness programs, free medical screenings and vaccinations, entertainment, local vendors, games and door prizes and giveaways. Our “Medicare Mall” will help you compare Medicare plans available in 2024 and answer other questions you may have. And, all participants receive a free lunch and a tote bag. You don't want to miss it!

- ♦ Mobile County Expo: Thursday, October 5 at The Grounds (Greater Gulf State Fairgrounds) from 9 a.m. to 1 p.m.
- ♦ Baldwin County Expo: Wednesday, October 11 at the Baldwin County Coliseum and Fairgrounds (Robertsdale Coliseum) from 9 a.m. to 1 p.m.

And one more announcement...I am pleased to welcome Brittney Bragg as our new staff attorney for the Legal Assistance Program. You can read about Brittney in the Program Spotlight .

We look forward to seeing you at our upcoming events,

Julie

Celebrating Senior Nutrition Program Month

As part of our celebration of Senior Nutrition Program Month, "Cooking Up Community," we are sharing the wonderful work of our Senior Centers. Our Centers are a place to have meals with friends and enjoy recreation and enrichment activities. The AAA supports 26 Senior Nutrition Centers in Mobile, Baldwin and Escambia Counties.



Find Your Center

Aging Hotline: 251-706-4680/1-800-243-5463

Visit Our Webpage: <https://agingsouthalabama.org/senior-nutrition-centers/>



UPCOMING EVENTS



251.706.4680



aginginfo@sarpc.org

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

APRIL

♦ New to Medicare?

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

♦ NCOA Boost Your Budget Week

April 10-14 inflation fighting programs promotion

♦ Free TCE Tax Preparation Services in Baldwin and Escambia Counties

Ends April 14

♦ Free Community Fraud Summit

Tuesday, April 25 from 9 a.m. - 11 p.m. at the Via Health Fitness and Enrichment Center. Lunch provided.

OCTOBER

- ♦ Mobile County Expo: Thursday, October 5 at The Grounds (Greater Gulf State Fairgrounds) from 9 a.m. to 1 p.m.

- ♦ Baldwin County Expo: Wednesday, October 11 at the Baldwin County Coliseum and Fairgrounds (Robertsdale Coliseum) from 9 a.m. to 1 p.m.

Resources for Seniors, Caregivers and the Disabled

Visit the AAA Online Resource Guide: www.agingsouthalabama.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

2023 Legacy Leadership Institute Class Graduates

Seniors from Mobile and Baldwin Counties who participated in our 3 day leadership program are now better equipped to advance their important work. The LLI utilizes University of South Alabama faculty and community advocates and experts to train participants in aging issues, methods for impactful volunteering, and connecting to volunteer opportunities at the AAA and in the community. Highlights included:

- ♦ AAA Executive Director and staff sharing programs and services offered by the agency
- ♦ USA Faculty presentations: Dr. Leo Mundy, Center for Generational Studies; Rachel Fenske Information Services/Library Outreach; Dr. Joshua Keller, Health, Kinesiology & Sport; Dr. Antionette Francis-Shearer, Center for Healthy Communities; Dr. Robert Israel, Internal Medicine; Joy Washington, Public Relations; and Dr. Roma Hanks, Center for Generational Studies.
- ♦ Presentations from former LLI graduates who opened the Dauphin Island Parkway Senior Center (Graduate Betty Fowler) and started a Dementia Care Support Program (Graduate Beth Reinert)
- ♦ Recap of AARP's Advocacy agenda for the state and federal level by Associate State Director - Community Outreach Dorothy Dorton
- ♦ Opportunities to become involved in The Alabama Silver Haired Legislature by Ann Burhans
- ♦ Ways to engage in the community through volunteer advocacy by Dr. Bobbie Holt-Ragler



PROGRAM SPOTLIGHT

Legal Assistance Program

Our Agency is pleased to welcome Brittney Bragg as our new staff attorney for the Legal Assistance Program. The Legal Assistance Program is funded by our Agency to provide legal services at no cost in non-criminal and non-fee generating matters. Services are provided to persons age 60 and older, and outreach is provided for those in the most social or economic need. We provide direct services or referrals to other organizations to get you the assistance you need. Some of the areas our program can assist you with include: advanced directives; elder abuse, exploitation and fraud; income maintenance for loss of income or benefits; wills; and powers of attorney.



Brittney S. Bragg

About Our Attorney

Brittney is a former Partner in the Montgomery law firm of Abell & Bragg, LLC, where she specialized in Social Security, family law and wills. She earned a Bachelor of Arts Degree from the University of South Alabama in 2011. She subsequently obtained her Juris Doctor Degree from Thomas Goode Jones School of Law in May of 2015. While in law school, Brittney was an active member of the Student Animal Legal Defense Fund and Jones Public Interest Law Foundation. She also clerked for the Alabama Court of Civil Appeals.

Brittney is currently a member of the Junior Board for Presbyterian Home for Children where she spends some of her time helping homeless children across the state of Alabama. Brittney is also a member of the Mobile and Montgomery County Bar Associations, the Alabama Bar Association, Alabama Association for Justice, and Montgomery Alabama Bar Women's Section. Licenses & Certifications: Alabama Bar; Poarch Band of Creek Indians Tribal Court, United States District Court Middle District of Alabama

You can see the complete list of services provided by visiting our website:

<https://agingsouthalabama.org/legal-counseling/>



First Memory Café Held

We held our first Memory Café' this month and our participants and their caregivers had fun creating "Spring Into Art" projects. Our Café' was a relaxed social gathering held free of charge and anyone affected by memory loss or related cognitive changes was invited to attend. We are working to become a Dementia Friendly Community, where those living with Alzheimer's and their care partners feel respected, supported, and included in everyday life.

Learn more about the caregiver support we provide through the Alabama Cares Program: <https://agingsouthalabama.org/caregiver-programs/>



What is an Ombudsman?

The Ombudsman program helps to protect the health, safety, welfare and rights of residents in long-term care facilities. AAA Ombudsman Frank Willis can assist with residents' rights, care provided, transfers and discharges and how to choose an assisted living or nursing facility. The Ombudsman also provide assistance in accessing the services of the Gateway Program, a Medicaid program designed with getting residents from nursing home and assisted living facilities back into the community. Anyone can contact the Ombudsman, including residents or employees of long-term facilities, or their friends or families. Everything is kept confidential unless the complaint or the resident gives us permission. If you need assistance, please reach out to our Long Term Care Ombudsman at 251.433-6541.

Visit the Long-Term Care Ombudsman Program page: <https://agingsouthalabama.org/long-term-care-ombudsman/>



Inflation Fighting Programs

**April 10–14 is the National Council on Aging's
Boost Your Budget Week**



**Boost
YourBudget**

The U.S. Census revealed a troubling fact: Seniors 65+ were the only group with an increased poverty level. Every day, the cost of groceries, gasoline, prescription drugs, medical care and cable continues to rise. You can participate in our inflation fighting programs to improve your health and financial stability.



Eating Right When Money's Tight

Rising food costs are impacting Seniors more than other age groups. No program has more public misconceptions than the Supplemental Nutrition Assistance Program (SNAP). SNAP provides much needed support to thousands of Seniors 60+, however, only 30% of those eligible for the program are receiving benefits. The program has been improved for convenience and privacy and benefits can average more than \$100 per month. Certain medical deductions can actually increase benefits. Seniors receive a debit card for tax free groceries and other eligible items, and the simplified application is renewable every 3 years.



Connecting to Combat Senior Isolation

The Covid Pandemic created a need for Seniors to connect in the other ways to avoid being isolated from friends and family. The internet is now a must have for Seniors who want to engage with loved ones and access information and entertainment. The Affordable Connectivity Program provides cost-offsets for internet services, smart phones or internet connected tablets. Savings can be as much as \$2,600 per year.



Reducing Healthcare and Prescription Drug Costs

Seniors need to maximize their healthcare dollars, and Alabama has programs that can save money on Medicare costs and prescription drugs. The Medicare Savings Programs saves the average Senior \$2,040 in Medicare Part B premiums and/or copays and deductibles. SenioRx clients may receive a three-month supply of medication from pharmaceutical companies free or at a low cost.



Our partners in fighting Senior hunger include: the National Council on Aging, the Alabama Department of Human Resources and the Alabama Department of Senior Services.

News...

SCAM ALERT: PHISHING

“Phishing” is sending emails or text messages purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers. Be wary of emotional lures, such as threats to cancel your Medicare. **If you aren't sure, don't click it.** *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*



SCAM ALERT: TEXTS TO THOSE WITH EBT CARDS

The Alabama Department of Human Resources is warning people to beware of fraudulent text messages that falsely claim your SNAP EBT card is locked. The text says to call a 24/7 support number with a specific ID because the card is locked. More information: <https://dhr.alabama.gov/county-office-contact>



FUNDING OPPORTUNITY: ORGANIZATIONS CAN APPLY FOR ENHANCED MOBILITY GRANTS FOR SENIORS AND THE DISABLED IN SMALL URBAN/RURAL AREAS

The Alabama Department of Transportation is now accepting applications for funding consideration through the Section 5310 Enhanced Mobility of Seniors and Individuals with Disabilities Program. Available federal capital funds for the Section 5310 program are approximately \$1,727,536 for small urban areas and \$ 2,464,225 for rural areas. A local match of 20% is required. The deadline for submitting grant applications to the South Alabama Regional Planning Commission June 1, 2023 at 5 p.m. View application: <https://www.dot.state.al.us/programs/EnhancedMobility.html>

\$50 FARMERS MARKET BENEFIT CARD FOR LOW INCOME SENIORS OVER 60

The Senior Farmers Market Nutrition Program (SFMNP) is offering the program, and vouchers can be redeemed at certified vendors to purchase fruits, vegetables, honey, and fresh-cut herbs. Contact the Aging Hotline at 251-706-4680 or 1-800-243-5463. Online application: <https://agi.alabama.gov/farmersmarket/>



NOMINATIONS FOR SENIOR HALL OF FAME DUE 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 Centurion and Couples Married 65 Years Form:

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



PROGRAM ANNOUNCEMENTS



UPCOMING EVENTS



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



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



BBB and AARP Present:

Better Business Bureau
Serving South and Central
Alabama

2023

MOBILE FRAUD SUMMIT

Come for detailed information
on Medicare Fraud, Phishing,
Crypto Scams, Veterans Scams,
Grandparent Scams, Identity
Theft, Travel Scams, and more.



**LUNCH
WILL BE
PROVIDED**

**TUESDAY,
APRIL 25TH
9:00AM-11AM**

**VIA HEALTH FITNESS
AND ENRICHMENT
CENTER
1717 DAUPHIN
STREET
MOBILE, AL 36604**

OUR SPONSORS:



Investor
Protection
Trust



OUR SPEAKERS:

- Better Business Bureau Serving Central and South Alabama
- AARP
- Alabama Securities Commission
- Senior Medicare Patrol

**RSVP BY APRIL 21ST FOR YOUR
FREE TICKET!**

**CALL 877-926-8300 OR SCAN
THE QR CODE BELOW**

[HTTP://BIT.LY/FSUMMIT423](http://bit.ly/FSUMMIT423)

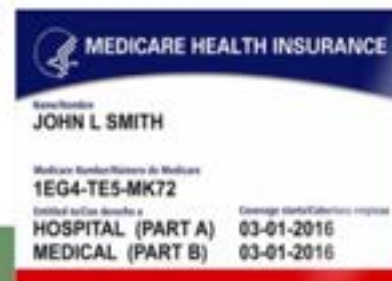


MONEY IN YOUR WALLET



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

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



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

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



Join Us!

Discover what your local Senior Center has to offer you.

Fellowship & Enrichment

Senior Centers give you a place to meet others, enjoy education and recreation programs, arts & crafts and social activities.

Meals with Friends

Senior Nutrition Program Center meals are hot and nutritious, 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.

**Find Your Senior Center:
251-706-4680**



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
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.



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

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

Information:

251.706.4680



FREE TAX PREPARATION

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

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.

CALL: 251.706.4680



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

