

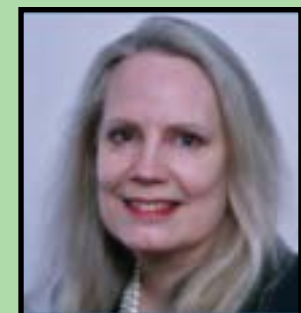
Directory of ■ 2024 **Senior** **RESOURCES**

- Answers to aging, disability and caregiver questions
- Medicare updates
- Help with Public Benefits
- South Alabama Senior Directory



Area Agency on Aging • South Alabama Regional Planning Commission
251-706-4680 • 800-243-5463 • www.agingsouthalabama.org

Need help or advice? The Area Agency on Aging has you covered



The Area Agency on Aging, a program of the South Alabama Regional Planning Commission, is pleased to partner with Gulf Coast Media to let area seniors and their families know about the variety of services

Julie McGee
Director, Area Agency on Aging

available locally. The Area Agency on Aging is the place to start your search for information on enriching your life, whether as a volunteer, through taking classes, joining a recreation or wellness program, maximizing your Medicare benefits, improving your financial security, finding in-home services to help you age in place, or with information on Alzheimer's care and nursing homes and assisted living facilities. We provide services both through our staff and through community partners, such as the Baldwin and Escambia County Councils on Aging, senior centers, direct care providers and city and county government. Our agency is officially designated by the State of Alabama as South Alabama's Area Agency on Aging. Our population of approximately 162,998 is the largest population of age 60-plus adults served by any of the 13 regional Area Agencies on Aging across Alabama. We work closely with the Alabama Department of Senior Services and receive federal, state, and local government funds, as well as some private grants. We are an unbiased government-funded, consumer-focused agency, and we are here to help you. We do not represent any business interests and our services are free. We work for you!

To learn more about our services and upcoming events, visit us online at www.agingsothalabama.org. You may call us at 251-706-4680 or 1-800-AGE-LINE (800-243-5463), or email aginginfo@sarpc.org. We're also on Facebook; like South Alabama Area Agency on Aging for regular updates. If you would like to be added to our monthly e-newsletter, email bestes@sarpc.org.

AGING AND DISABILITY RESOURCE CENTER: Answers to Aging, Disability and Caregiver Questions

| | | |
|----------------------------|----------------|--|
| Local Area Agency on Aging | 251-706-4680 | agingsothalabama.org |
| Alabama | 1-800-243-5463 | AlabamaAgeline.gov |
| National Eldercare Locator | 1-800-677-1116 | eldercare.acl.gov |

When you call the Aging and Disability Resource Center of the Area Agency on Aging you will be connected with local programs and services for older adults and caregivers. The following are some examples of services and supports commonly available through these resources:

Staying at Home

- Nutrition Programs – Home-delivered meals or group meal programs, food assistance
- In-home Services – Housework, personal care, meal preparation, companion or respite care
- Housing Choices – Housing alternatives in your community
- Wellness – Health promotion classes, wellness and exercise programs

Assisting Caregivers

- Caregiver Support – Programs to support those taking care of older adults, persons with dementia, and grandparents raising grandchildren
- Respite Care – Opportunities to relieve caregivers of daily duties
- Adult Day Care – A protective setting for older adults in need of assistance during the day
- Alzheimer's and Dementia – Programs to support families impacted by dementia

Getting Involved

- Senior Center Programs – Meals, recreation and socialization
- Volunteer Services – Opportunities to stay involved and give back
- Employment Services – Opportunities to explore training and employment options

Finding Additional Resources

- Legal Assistance – Advice and representation for legal matters, such as durable powers of attorney, government program benefits, Medicaid, tenant rights, consumer issues
- Financial Assistance – Screening and application assistance on available public benefits
- Case Management – Help identifying needs and coordinating services
- Elder Rights – What to do about elder abuse concerns, and resident rights in nursing homes and assisted living facilities
- Health Insurance Counseling – Assistance with health insurance related questions, including Medicare plan choices, Part D prescription drug options and Medicare Savings Programs
- Prescription Assistance – help applying for free and low cost prescription medicines.
- Transportation – Find ride services in your community

Waiting lists and financial eligibility may apply.



The State Health Insurance Assistance Program (SHIP) strengthens the state's ability to provide all Medicare-eligible individuals with information, counseling, and assistance on health insurance matters

SHIP is Alabama's State Health Insurance Assistance Program. SHIP counselors and volunteers are committed to helping participants make informed choices regarding health insurance benefits. Counselors and volunteers are not affiliated with any insurance company and will not attempt to sell insurance. All counseling records are strictly confidential.

SHIP is a trusted source for information about Medicare, related health insurance, and low-income resources. SHIP counselors can help participants know and understand their insurance options. SHIP is funded through the Administration on Community Living (ACL) and the Alabama Department of Senior Services (ADSS)

Alabama SHIP's understand the complexities of Medicare and issues that many beneficiaries and family members encounter once eligibility is near. Our services are designed to provide free unbiased assistance specific to the beneficiaries needs. SHIP's have a unique niche in the Medicare space in that we are the only federally funded counseling service in the nation. SHIP's pride themselves on being objective and empowering beneficiaries, caregivers, family members & community partners at local levels to make educated informed decisions on often times complex Medicare related issues.

WHAT CAN SHIP DO FOR YOU?

- SHIP can help you understand Medicare benefits.
 - SHIP can answer questions about Medicare Advantage Plans
 - SHIP can help you determine which Medicare Prescription Drug Plan best fits your needs.
 - SHIP can answer your questions about Medigap, long-term care insurance policies, and other health insurance programs for seniors.
 - SHIP can assist Medicare beneficiaries in specific areas such as home health benefits, Medicare claims and appeals, and other similar issues.
 - SHIP can provide details about benefits available in your area and refer you to other helpful programs.
- SHIP provides FREE education, counseling, and information concerning:

- Medicare
- Medicare Advantage
- Medicare supplements
- Medicare savings programs
- Medicaid
- Prescription drugs
- Coordination of Benefits
- Plan comparisons
- Billing & claims
- Rights & protections
- Long-term care



Medicare Open Enrollment- October 15th 2023 through December 7th 2023.

Medicare Open Enrollment is the time that Medicare beneficiaries should re-evaluate your plan to see what is new or often times better for them for the upcoming 2023 Year. It is very important to review your current 2022 year plan with new plans for the upcoming 2023 year to determine if you could benefit from potentially changing prescription drug plans and/or Medicare Advantage plans to get better coverage or lower prescription drug costs.

The Alabama State Health Insurance Assistance Program (SHIP) offers free, unbiased information and counseling and can assist you with plan comparisons, enrollment and subsidy cost saving applications that can save you money and frustration! Your local area agency on Aging's SHIP will be available to help you:

- Read the Annual Notice of Changes mailed to you by your health plan.
- Check the plan formulary-the list of covered prescription drugs-to make sure that yours are covered by the plan.
- Check provider networks if you have a Medicare Advantage Plan to ensure that your providers/doctors/hospitals are in the network.
- Compare your current plan against its competitors and educate you on the differences.
- Protect against potential Medicare fraud.
- Screen for cost saving programs that could produce significant health and drug cost savings.
- Tailored services to meet your needs remotely!

SHIP is your trusted source for information. The Area Agency on Aging's local SHIP provides free assistance in the Mobile, Baldwin and Escambia county region. Contact us at 251-706-4680 or 1-800-243-5463.

New 2024 Medicare Updates for Alabama



The Inflation Reduction Act of 2022 is impacting Medicare's prescription drug coverage, allowing the program for the first time to negotiate prices of some medications with pharmaceutical companies, cap out-of-pocket costs for beneficiaries and make vital vaccines free to enrollees. Changes will roll out in the next several years, but you need to be aware of changes that have already gone into effect. Benefits of the law apply both to people enrolled in original Medicare and those who belong to Medicare Advantage plans.

Key Points

- Medicare-covered insulin is now available at \$35 for each month supply for covered insulin with no deductible.
- Access to recommended adult vaccines without cost-sharing and deductible is effective now.
- Eligibility has been expanded for low-income subsidy benefits - the Extra Help Program - to individuals with limited resources.
- People with Original Medicare and Medicare Advantage may, depending on their coverage, pay a lower coinsurance amount for certain Part B drugs with price increases higher than inflation.

Insulin

Under a Medicare Part D prescription drug plan, if an insulin is a covered insulin product, the \$35 cap for a month's supply for each insulin product applies, as of January of this year. Also, if insulin is delivered through a traditional pump that is covered under the durable medical equipment benefit, the cost-sharing amount for a person with traditional Medicare or Medicare Advantage is capped at \$35 for a month's supply of insulin.

Vaccines

Since January, adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including Covid-19 and shingles vaccine, are available to people with Medicare Part D at no cost to them. There is no enrollee cost sharing on the ingredient cost of the adult vaccine, or any associated sales tax, dispensing fee, or vaccine administration fee.

Medicare Part B Drug Rebates

This January was the start of the first quarter for which drug companies will pay rebates to Medicare if prices for certain

MEDICARE

CONTINUED FROM 3

Part B drugs increase faster than inflation. In addition, the law also reduces coinsurance for some people with Part B coverage, and inflation rebates may lower out-of-pocket costs for some people with Medicare and reduce Medicare program spending overall for costly drugs.

Medicare Drug Price Negotiation Program

CMS has announced the first round of drugs selected under the Medicare Part D Negotiation Program. Visit www.cms.gov for listing. Maximum fair prices negotiated for these first drugs will go into effect in 2026. Medicare will negotiate directly with drug companies for certain high expenditure, single source Medicare Part D and eventually, Part B drugs.

Help with Medicare Part D Catastrophic Drug Phase

Starting in 2024, people enrolled in Medicare prescription drug coverage who have higher drug costs and reach the catastrophic phase of Medicare drug coverage will no longer have to pay cost-sharing toward their prescription drugs in the catastrophic phase.

Extra Help

Medicare Extra Help benefits will be expanded starting in 2024 for certain individuals with limited resources who earn less than 150% of the federal poverty level. This change will help people enrolled in Medicare drug coverage be better able to pay their premiums and cost-sharing.

Those with current partial Extra Help benefits will be newly eligible for full benefits in the new year. They will pay no deductible, no premium, fixed lower copayments for certain medications, and could save nearly \$300 per year, on average, according to estimates.

Important: Up to 3 million seniors and people with disabilities who could

benefit from the Extra Help program aren't currently enrolled. We encourage you to check your eligibility and enroll now if you qualify. Contact the Area Agency on Aging's State Health Insurance Assistance program (SHIP) at 251-706-4680 or 800-243-5463.

Future Benefits

In 2025, people with Medicare prescription drug coverage will benefit from a yearly cap (\$2,000) on what they pay out-of-pocket for prescription drugs. They will also have the option to pay their prescription costs in monthly amounts spread over the year rather than all at once.

Remember These Important Dates

September 2023

- The 2024 Medicare and You handbook is sent to every household with Medicare. The handbook can be accessed online at: <https://www.medicare.gov/medicare-you-handbook>. SHIP's contact number is listed on the back of each book.

- Health and drug plans begin notifying about changes to plans in 2024.

October 2023

- Individuals can begin shopping and comparing plans on Medicare.gov starting October 1, 2023.

- Individuals should watch their mail for notices from Medicare about changes in 2024.

- Medicare health and drug plan 2024 Star Ratings will be available on Medicare.gov on or around October 6, 2023. Medicare's Star Rating System measures how well Medicare Advantage and Part D plans perform. Medicare scores how well plans perform in several categories, including quality of care and customer service. Ratings - ranging from one (lowest) to five (highest) can be used to evaluate plans.

December 2023

- Medicare Open Enrollment ends December 7, 2023.

- Medicare health and drug plan coverage for 2024, begins January 1, 2024.

Local Councils on Aging provide convenient locations for County Residents

With the Area Agency on Aging located in downtown Mobile, the South Alabama Regional Planning Commission has partnered with our neighboring counties to provide local walk-in access for the citizens in Baldwin and Escambia Counties.

The Baldwin Council on Aging, a department of the Baldwin County Commission, serves as a local resource for information and assistance for seniors. The Council on Aging provides guidance navigating the issues seniors face. A few of the services offered are: personalized case management, insurance counseling, prescription assistance, benefit screening, legal assistance, tax information, consignment gift shop, ceramic classes, nutrition sites and assist those approaching retirement. The Council on Aging is located at the Central Annex, 22251 Palmer Street in Robertsdale. If you have a need not listed here, additional questions or concerns, please call us at 251-972-8506 Central Baldwin, 251-943-5061 South Baldwin, 251-928-3002 Eastern Shore or 251-937-0264 North Baldwin.

The Escambia County Council on Aging supports local senior centers and provides opportunities for socializing, adequate nutrition and supportive services to the senior residents of Escambia County, AL. The Council on Aging also provides information and referral for other services. The office is located in the County Satellite Office at 8600 Hwy 31. Call Sheila Brown at 251-368-1032.

Elderly and Disabled Waiver

allows elderly and/or disabled individuals to remain in a home or community-based setting rather than a nursing home or other institutional care.

Eligibility

- Individuals receiving SSI
- Individuals receiving State Supplementation
- SSI-related protected groups deemed to be eligible for SSI / Medicaid
- Special HCBS waiver disabled individuals whose income is not greater than 300% of the SSI Federal Benefit Rate
- Federal or State Adoption Subsidy Individuals



Services Covered

- Case Management Services
- Homemaker Services
- Personal Care Services
- Adult Day Health Services
- Respite Care Services (Skilled and Unskilled)
- Companion Services
- Home Delivered Meals (Frozen, Shelf-Stable, and Breakfast Meals)
- Pest Control Services
- Medical Supplies
- MORE

NEED ASSISTANCE?

CONTACT THE AGING & DISABILITY RESOURCE CENTER (ADRC):

251-706-4680
800-243-5463



SenioRx and Ozanam Charitable Pharmacy offer local Prescription Assistance

SenioRx is a prescription assistance program of the Area Agency on Aging that helps persons of any age with chronic health conditions obtain free or low cost prescription medications who have no or inadequate health insurance coverage, or find themselves in the Medicare Part D prescription coverage gap. The Area Agency on Aging and their partners at the Ozanam Charitable Pharmacy, the Baldwin and Escambia Councils on Aging, and the Mostellar Medical Center, help people

apply to national pharmaceutical companies for free prescription medications.

When more immediate help with prescriptions is needed, or for medications not available through these patient assistance programs, the Ozanam Charitable Pharmacy can often help. The Charitable Pharmacy provides some generic prescription medications and donated name brand medications for lower income adults. A detailed description of their program can be found at www.ozanam-pharmacy.org.

pharmacy.org.

To apply for assistance contact:

- Baldwin, Escambia and Mobile counties:
Area Agency on Aging at 706-4680 or Ozanam Charitable Pharmacy at 432-4111
- Escambia County Council on Aging at 251-368-1031
- Baldwin County Council on Aging at 972-8506

Falls Are Serious and Costly: A Matter of Balance Classes Can Help

Each year, millions of older people those 65 and older fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls Are Serious and Costly

- One out of five falls causes a serious injury such as broken bones or a head injury,
- Each year, 3 million older people are treated in emergency departments for fall injuries
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture
- Each year at least 300,000 older people are hospitalized for hip fractures
- More than 95% of hip fractures are caused by falling, usually by falling sideways
- Falls are the most common cause of traumatic brain injuries (TBI)
- In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs.

What Can Happen After a Fall?

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.

Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't have a

brain injury.

Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

What Conditions Make You More Likely to Fall?

Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.

A Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance community classes are held over eight



weeks and are led by two trained facilitators for a small group of 8-12 participants. This nationally recognized program was developed at the Roybal Center at Boston University.

The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments. Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down

safely.

A Matter of Balance classes are offered at no cost by the Area Agency on Aging. For more information to take a class, host a class or become a volunteer instructor, call Marcella Nettles at 251-706-4663 or mnettles@sarpc.org



MANAGING CONCERNS ABOUT FALLS



IT'S YOUR MONEY. CUT BACK ON MEDICARE COSTS.

The State of Alabama has **Medicare Savings Programs** that can save you money!

Medicare Savings Programs pay Medicare premiums, and in some cases, Medicare deductibles and coinsurance. The services you get depend on how much income you have. If you qualify for any of the savings programs, you automatically qualify for extra help to lower the costs of your Medicare prescription drugs. **You must apply to qualify!** To qualify, you must be eligible for Medicare Part A (Hospital Insurance), live in Alabama, be a U.S. Citizen, and have a monthly income at or below a certain limit.

- The programs may help you pay for your Medicare Part A (Hospital) and Medicare Part B (Medical Insurance) premiums.
- The programs have different monthly income requirements.
- Only your and your spouse's incomes count to qualify, not your assets and/or resources.
- In 2023 the highest income limits are **\$1,661** for individuals and **\$2,239** for married couples. The monthly income limits go up each year.

Medicare Savings Programs: QMB (Qualified Medicare Beneficiary), QI-1 (Qualified Individual), SLMB (Specified Low-Income Medicare Beneficiary)

Call SHIP (State Health Insurance Assistance Program) today!

**South Alabama Regional Planning Commission
Area Agency on Aging**

251-706-4680 or 1-800-243-5463

www.agingsouthalabama.org



AARP Foundation
For a future without senior poverty.

Caregivers Need Support

Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and also provide care, experiencing conflicts between these competing responsibilities. Research indicates that caregiving also exacts a significant emotional, physical, and financial toll. With nearly half of all caregivers older than age 50, many are vulnerable to a decline in their own health. Studies have shown that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care. It's easy to become overwhelmed as a new caregiver. Here are some steps that can help:

- Identify yourself as a caregiver
- Get a good diagnosis of your loved one's health condition
- Learn what specific skills you might need to care for someone with this diagnosis
- Talk about finances and healthcare wishes
- Complete legal paperwork, e.g., Powers of Attorney, Advance Directives
- Bring family and friends together to discuss care
- Keep them up to date on the current situation
- Identify resources, both personal and in the community
- Find support for yourself and your loved one
- Remember, you are not alone

It's one thing to gear up for a short-term crisis. But it takes different skills to provide care over a longer period of time. You'll be more successful if you learn to take care of yourself, starting immediately. Taking care of yourself is as important as taking care of someone else. Some things to remember to care for yourself:

- You cannot be perfect
- You have a right to all of your emotions
- Depression is the most common emotion of long-term caregivers

- Set realistic expectations — for yourself and your loved one
- Learn about the disease and what you can expect
- Learn the skills you need and which ones you are or are not able to perform
- Learn to say “no” to things you cannot do
- Learn to accept help from others
- Build resilience
- Identify your button-pushers/stressors
- Identify your coping skills. Admit when you are experiencing burnout and get help
- Remember the big three for successful coping: Eat right, Exercise and Sleep.

Grandparent-headed families — a vulnerable population

An estimated 2.7 million grandparents serve as surrogate parents to grandchildren in the United States (U.S. Census Bureau, 2017). The Society for Child and Family Policy and Practice found that while this family arrangement is generally considered more desirable for the well-being of the grandchildren than placement with non-relatives in the foster care system, it may be linked to negative consequences for the caregiving grandparent's well-being. Grandparent-headed families tend to be economically disadvantaged and headed by single women of racial-minority status, although they are represented across all socioeconomic and racial sectors. Parenting “later in life” often exacts its toll on custodial grandparents. Research indicates that grandparents raising grandchildren have a propensity for diminished physical health as well as relatively high levels of psychological distress, including depression, which can interfere with their ability to effectively nurture and support the children in their care.

Children Raised by Grandparents

The vast majority of children raised by grandparents are in informal kinship care, which involves unofficial arrangements among family mem-

THE ALABAMA CARES CAREGIVER SUPPORT PROGRAM

The Alabama Cares program is operated by the Area Agencies on Aging and provides caregiver information and referral, education, support, counseling, provides respite care and a dementia helpline. We offer in-person Grandparent workshops and the Trualta on-line educational platform for family caregivers of persons of all ages. Trualta is an innovative program to bring actionable, skill based training directly to the family caregiver. Available on-line and in print, best-in-class learning helps caregivers manage difficult situations. This service is being provided free to residents of Baldwin, Mobile and Escambia counties through the Area Agency on Aging of the South Alabama Regional Planning Commission. For information about services available through the Alabama Cares program or to sign up for Trualta, contact us at 251-445-3890 or cboyington@sarpc.org or sarpcaregivers.trualta.com/signup

bers; as a result, their families are not entitled to the same benefits and support services as official foster care families. This is of particular concern because custodial grandparents often lack the basic resources needed to raise grandchildren (e.g., adequate housing, clothes, beds, food). The lack of resources is exacerbated when they are thrust into assuming the care of their grandchildren with little or no time to prepare. The Area Agency's Grandparent Program can provide important information on resources available to grandparents raising grandchildren for needs such as education, health, mental health care, legal services and public benefits.

Grandparent well-being

It is imperative caregiving grandparents access health care for themselves. This is particularly important because custodial grandparents tend to ignore their own health needs while attending to the myriad needs of the grandchildren in their care. This self-sacrificing, while admirable, could ultimately be detrimental to the well-being of the grandchildren they are raising. For instance, research findings indicate that poor physical health and increased stress levels in custodial grandparents is associated with increased behavior problems in the grandchildren they are raising. Furthermore, if grandparents become too ill to continue parenting, the grandchildren are

likely to enter the foster care system leading to further emotional trauma. Lastly, because grandparents raising grandchildren often experience social isolation, the Area Agency on Aging's support groups for grandparents raising grandchildren are beneficial. Contact the Area Agency on Aging at cboyington@sarpc.org or 251-445-3890 for information on the Alabama Cares grandparent program.

Got Questions? Get Answers!

Whether you are turning 65 or want to learn more about your Medicare options - I am here to help you!



★ 205-616-3659 ★



CHUCK HAYES
Your local Medicare Agent
chayes@southboundbenefits.com
THE MEDICARE MAN - GULF COAST



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¹Every year, Medicare evaluates plans based on a 5-star rating system. The Star Ratings referenced are for contract years 2022-2023. VIVA MEDICARE is an HMO plan with a Medicare contract and a contract with the Alabama Medicaid Agency. Enrollment in VIVA MEDICARE depends on contract renewal. VIVA HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-830-8482 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-830-8482 (TTY: 711). H0154_mcdoc3711A_M_01/22/2023

SNAP helps provide healthy food for Seniors

For a large portion of seniors in Alabama, senior hunger and economic security are daily struggles. The State of Alabama has recognized it was harder for seniors to get the help that they need to apply for food assistance benefits. Alabama's Area Agencies on Aging, partnering with the State and the National Council on Aging, began working with the Alabama Elderly Simplified Application Project (AESAP) to make it easier for older adults to navigate the process of filing for SNAP (Supplemental Nutrition Assistance Program).

The 13 Area Agencies on Aging throughout Alabama support their local seniors by participating in the SNAP campaign to make sure local seniors are helped with the application process and enrolling. The South Alabama Regional Planning Commission – Area Agency on Aging is one of dozens of community organizations across the country increasing its efforts to assist seniors in applying for SNAP and provides a free, quick, confidential screening, using the NCOA's BenefitsCheckUp screening tool: www.benefitscheckup.org/sarpc to screen for benefits available.

Nationally, the U.S. Department of Agriculture estimates 3 out of 5 seniors, aged 65+ who qualify for SNAP, do not apply. However, in Alabama only 32% apply, despite the fact that 80% of seniors who apply and are

awarded receive more than the minimum benefits. Older adults are significantly less likely to participate in the food program than other demographic groups, when SNAP can improve health outcomes for seniors. The lower nutrient intakes can make seniors more likely to suffer from diabetes, depression, high blood pressure, heart attacks, gum disease and can limit ability to do daily activities. Having access to adequate, healthy food is a major factor in healthy living. The SNAP program helps seniors get the food they need.

Some groups of seniors are more affected and are more likely to be food insecure if they:

- Live in a southern state.
- Have a disability
- Live with/raising a grandchild

Are African American or Hispanic

Are younger than age 69

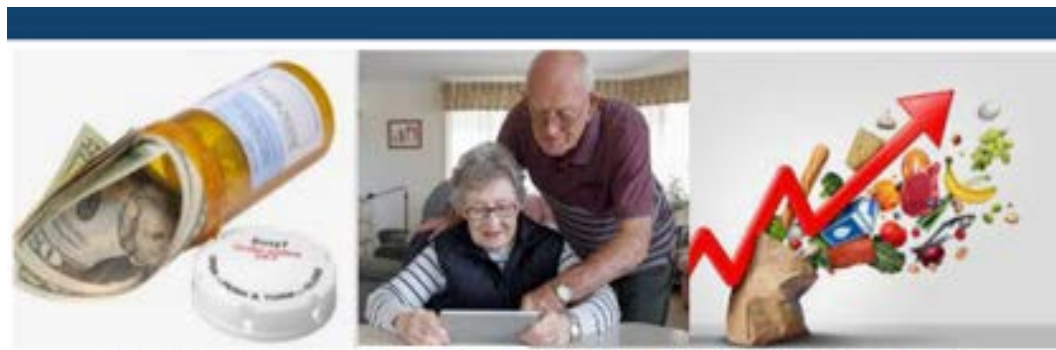
The AESAP process:

No office visit required
Application can be mailed, faxed, emailed or completed on-line

Households where all persons are 60+, with No earned income (job or business) can self-declare income

Allowable income amounts change yearly in October
Actual medical expenses can be submitted to increase award amount

Approval is for 3 years; with annual updates/recertification
Benefits are awarded on a tax free EBT card, allowing for privacy



JOIN ONE MILLION OLDER ADULTS WHO HAVE CONNECTED TO INFLATION FIGHTING PROGRAMS!

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 the inflation fighting food assistance SNAP to receive a debit card for tax free groceries. It's private and easy to apply with the SNAP/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. Alabama's SeniorRx can help you obtain free or very low cost prescription medicines.

MAKE ONE CALL AND YOU MAY QUALIFY FOR THEM ALL

800-243-5463 * 251-706-4680



**The Area Agency on Aging
is your trusted local
advocate to help you fight
inflation and save money.**



**In Alabama 85,580
seniors are using
SNAP to buy
healthy food.
Are you?**

Alabama has made a special effort to help older adults age 60+ have healthy diets through improvements in its SNAP food assistance program that provides money to buy groceries. It is estimated that 2/3 of Alabama seniors who are eligible for this benefit do not apply, leaving an average of \$1,248 (annually) in benefits on the table. If your gross income is not over \$1,473 for one person, or \$1,984 for a couple or if you have high medical expenses not covered by insurance, contact the Area Agency on Aging to find out more about SNAP eligibility and benefits, 251-706-4680/ 1-800-243-5463, at www.agingsofthelabama.org, or visit us at www.facebook.com/agingsofthelabama.

* Income limits reflect information at the time of publication printing and may change October 1.





Job Training and Employment Assistance for Older Adults

We believe that older workers provide a valuable resource to the needs of a 21st century workforce.

The South Alabama Regional Planning Commission's Senior Community Employment Services Program (SCSEP) – also called the Senior Aides Program – provides a valuable service to the community. SCSEP provides high quality job training and employment assistance for job seekers aged 55 and older who are income eligible. Participants receive on-the-job training skills while working, allowing them to be more competitive in their search for other employment opportunities. SCSEP provides Seniors with a way to stay engaged and con-

nected to their community, while earning additional income to offset increased cost of living expenses. For more information on the employment program, or to apply for participation, call 251-706-4627 or 800-243-5463 or email ssnow@sarpc.org.

The Value Add of Older Workers

1. Experienced in problem solving and communication
2. Vast experience in dealing with all types of people leads to enhanced customer service
3. Loyal, resulting in reduced turnover and absence costs
4. Open to learning
5. Excellent work ethic

Long-Term Care Ombudsman

The Area Agency on Aging provides the local Ombudsmen for Mobile, Baldwin and Escambia counties. The Ombudsmen are advocates for residents in long-term care facilities — Nursing Homes and Assisted Living Facilities. They work with all parties to protect the health, safety, welfare, and rights of Alabama's long-term care residents. Anyone can use the Ombudsman, including residents, their friends and family, or employees of long-term care facilities.

An Ombudsman's role is to:

- Provide information to the public including how to choose a facility, and residents' rights in long term care facilities. Staff are available to make presentations.
- Educate residents, family members,

and facility staff, and assist with resident and family councils.

- Visit each facility to evaluate conditions and help ensure residents receive quality care to which they are entitled.
- Investigate and resolve complaints on behalf of residents.
- Act as a mediator between residents, family members and staff.

Individuals can file a complaint in writing, by phone, or in person. You do not have to give your name and all information if kept confidential.

Contact Frank Willis, Regional Long Term Ombudsman Representative, at fwillis@sarpc.org, 251-706-4666 or 251-406-9232.

Many Free Legal Services Are Available through the Area Agency on Aging

Every day someone pays for legal services that are provided at no cost by the Area Agency on Aging because they did not know about our Elder Law program. Through federal Older Americans Act funds certain non-fee generating and non-criminal legal services are provided to persons age 60 and older at no cost. The program targets those with social or economic needs, but provides services regardless of income and donations are accepted. Everyone needs an Advanced Directive; and with this service provided for free, there is no need to delay. Call to have one made and put your mind at rest — your family will thank you.

The legal assistance program can as-

sist you with the following:

- Accessing health and nursing home care
- Advanced directives
- Consumer issues
- Debt collection
- Deeds
- Elder Abuse, exploitation, and fraud
- Housing
- Income maintenance (loss of income/benefits)
- Medicare and Medicaid
- Powers of Attorney
- Social Security
- Wills

Contact the Area Agency on Aging of the South Alabama Regional Planning Commission at 251-706-4662 for services.

Be Prepared, Not Scared

Let's face it, talking about passing away, illness, or severe injury is not the most fun way to spend our time, but reality is, life and death happen to all of us. Be prepared, not scared.

One way we can make sure we are prepared is to have specific legal documents drafted and executed. One of the most important legal documents to have prepared, is a Power of Attorney (POA).

What is a Power of Attorney?

A POA is a legal document granting authority to an agent (of your selection) to act and make decisions on your behalf. The person who forms the POA is known as the "principal," and the person granted the authority over the principal's affairs is the "attorney-in-fact" or "agent."

There are multiple types of POA that can be tailored to your specific needs, such as medical only, financial only, durable, and springing. I usually recommend clients get a Durable Power of Attorney (DPA) that gives both financial and medical authority.

What Are The "Powers" of a Durable Power of Attorney?

A DPA can be tailored to your specific needs and wants, though they typically allow you to appoint another person to make medical and financial decisions on your behalf. A DPA can also allow the person you appoint to handle your property, business, and legal matters. The person or agent you assign to be your attorney-in-fact has the ability to make decisions if you have lost your mental capacity or have become unable to make those decisions due to incapacitation.

This may sound similar to a document called an Advanced Health Care Directive or Healthcare Proxy, which grants authority to a person to make medical decisions for you. The difference is, an Advanced Health Care Directive does not grant any additional authority or powers to the nominated person other than administering your healthcare needs. A DPA goes the extra mile, and permits financial needs to be managed.

What If This Still Sounds Scary?

This may seem like appointing an attorney-in-fact for a DPA means you lose control of any decision making and how your assets are used. Luckily, this is not the case. You still have the ability to make your own decisions while

you are competent and have decision making capacity. A POA is also a revocable document, meaning it can be changed, or ended.

When Should I Get A Power of Attorney?

It is important to know that legal documents will need to be signed while you are competent. If you were to become incompetent without a POA already in place, your financial and medical decisions and tasks would be very difficult for your loved ones to accomplish. Since we never know when incompetency may happen, due to accident or illness, and whether or not it be temporary or permanent, it's better to be prepared now.

How Do I Get a Power of Attorney?

The Area Agency on Aging provides free Power of Attorney preparation through our Legal Assistance Program. The program is funded by our agency and provides 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. Our program can assist you with: elder abuse, exploitation & fraud; income maintenance (loss of income/benefits); accessing health/nursing home care; consumer issues & debt collection; housing; Advanced Directives; wills; deed preparation; and Medicare, Medicaid & Social Security.

Please reach out to us at 251-706-4680 or 800-243-5463 for more information or to schedule your appointment. We want you to be prepared, not scared.



Brittney S. Bragg, Elder Law Attorney
South Alabama Regional Planning Commission
Area Agency on Aging
Legal Assistance Program

Medicaid Waiver Programs serve all ages

The South Alabama Regional Planning Commission serves over 1,500 frail elderly or disabled adults and children annually through several Medicaid Waiver programs. This program provides services in the home and community to allow people to remain in their homes and to avoid or delay nursing home placement. All programs have financial and medical eligibility criteria. Generally clients must be on SSI and Medicaid or become deemed eligible for Medicaid; and meet medical criteria that would otherwise require them to be in a nursing home if these home and community based services were not provided. Deeming is considered for persons up to 300% of the poverty level with limited assets.

Elderly and Disabled Waiver (E&D Wavier)

For over 30 years SARPC has managed the Elderly and Disabled Program, which is designed to provide services to seniors and persons with disabilities of all ages whose needs would otherwise require them to live in a nursing home. Our goal is for clients to retain their independence by providing services that allow them to live safely in their own homes for as long as it is appropriate.

Case managers work with clients to develop a care-based plan according to the clients' medical needs. Depending upon their plan of care, individuals in this program may receive personal care, homemaker, respite, adult day health, companion services, or home-delivered frozen meals, pest control services, medical supplies and more.

Personal Choices

Alabama's Option for Self-Directed Home and Community-Based Services. The Personal Choices program is Alabama's option for self-directed home and community-based services designed to offer seniors and people with disabilities more choice and flexibility in the type of care they receive by allowing them to hire their own workers, including friends and family. Personal Choices fosters independence as participants have greater control over their finances and decisions directly related to their care.

Alabama Community Transition Waiver (ACT)

The ACT Waiver provides services to individuals with disabilities or long term illnesses who currently live in a nursing facility and who desire to transition to the home or com-

munity setting. There is no age requirement, but the individual must have been in a nursing facility for 90 days or more; and are expected to move into the community within 180 days. Individuals must be determined to be eligible for transition into the community based on an assessment. Most will already meet income criteria, with incomes up to 300% of the SSI income limits. Depending upon their plan of care, individuals in this program may receive personal care, homemaker, respite, adult day health, companion services, home-delivered frozen meals or skilled nursing, up to \$1,500 in expenses needed to move back into an apartment or home; home modifications, assistive technology, personal emergency response systems and medical equipment.

Technology Assisted Waiver for Adults (TA Waiver)

This program is for individuals who are 21 years of age or older with complex skilled medical conditions who are ventilator dependent or who have a tracheostomy. The TA Waiver is a community-based alternative for those adults who would otherwise require the nursing facility level of care if these services were not available. Covered services include

private duty nursing, personal care/attendant services, medical supplies, assistive technology and case management.

Hospital to Home (H2H) Program

The Alabama Medicaid Agency Hospital to Home (H2H) program assists individuals with returning home from the hospital with Medicaid waiver services that begin instantly upon discharge. H2H uses an expedited application process to initiate services immediately. To qualify for H2H you must meet the following requirements:

- Must have a Medicaid eligible status
- Must be medically eligible for long-term care
- Must have a safe and suitable home to return to

May be required to have a willing and able caregiver. Services provided are similar to the other Medicaid Waiver programs.

For information about any of these programs contact SARPC's Area Agency on Aging's Aging & Disability Resource Center (ADRC) at 251-706-4680 or 1-800-AGE-LINE (1-800-243-5463).



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South Alabama RSVP volunteers assisted with the Anchor Cross Foundation Annual Ball held at the Daphne Civic Center in June. Proceeds from the event provide financial relief for families, including utility bill assistance, prescription co-pays, transportation to and from treatment and necessary medical supplies.

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity and lower mortality rates. One of the key benefits of volunteering is social support, as many seniors are at risk for social isolation and aging-related stresses. Our community needs Seniors who can use their skills and abilities honed over a lifetime to benefit the greater good.

RSVP provides Seniors (55 and over) with meaningful and rewarding volunteer experiences in their local community. RSVP is one of the largest volunteer networks in the nation, and the South Alabama RSVP serves Baldwin and Escambia counties. RSVP Volunteers choose how, where, and how often they want to serve, with commitments ranging from a few hours to 40 hours per week. Volunteers receive an orientation and training from the organization where they will serve. And, they receive supplemental insurance while on duty.

There are many diverse volunteer opportunities to choose from, including: facilitating a Healthy Futures class for Seniors; Friendly Callers to make connections with the isolated and homebound; writing notes to long-term care patients; tutoring youth; helping people reach financial independence; community beautification projects; disaster assistance; and helping non-profit and local communities with special events. As part of the annual Tax Counseling for the Elderly program, 42 RSVP volunteers completed 2,244 tax returns, saving taxpayers \$448,800 in tax preparation fees.

Lead, inspire and change the world! You will experience first-hand what Senior volunteers have found: "Giving back is good for the heart and mind!" South Alabama RSVP has office locations in Daphne and Atmore. Persons interested in volunteering can reach out to Kim Tate at 251-236-3881/ktate@sarpc.org or Dawne Biggs at 251-620-1462 / dbiggs@sarpc.org



During the Volunteers Rock! campaign, rocks painted by our volunteers will be placed around Baldwin County this summer/fall. The lucky finder calls the number on the rock and receives a special gift for participating.

Legacy Leadership Institute for Older Adults

If you think you may want to volunteer, but are unsure which direction you want to go, consider attending the Area Agency on Aging Legacy Leadership Institute for Older Adults.

This three-day program is held at the Area Agency on Aging and on the campus of the University of South Alabama, with faculty and staff providing education on aging issues and impactful volunteering. This institute is designed to help retired professionals and baby boomers find their niche in the world of volunteering among opportunities at the Area Agency on Aging and in their communities. For information, contact Kim Tate at 251-236-3881 or 251-620-1462 or ktate@sarpc.org.

2024 LLI Dates: March 11-13, 2024



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COVID and the Triple Threat

Three years into the pandemic and older adults continue to bear the brunt of Covid; they disproportionately have been isolated, fallen sick, been hospitalized, and died. Americans over 65 make up 17 percent of the U.S. population, but they have accounted for three-quarters of all Covid deaths. The Covid Public Health Emergency ending in May hasn't ended Covid's impact on Seniors. However, the CDC has simplified its Covid-19 vaccine recommendations, allowing those 65 and older and immunocompromised adults to get a second dose of the updated (bivalent booster) vaccine. Updated boosters can both help restore protection that has decreased since previous vaccines and protect against new variants – which will continue to emerge as the virus

mutates into new forms.

And now, Seniors have a new phrase to add to their public health glossary of terms, the “Tridemic” or “Triple Threat.” Health officials are preparing for a situation to begin in the fall, when Covid, the flu and RSV (respiratory syncytial virus) are all expected to surge at once. All three viruses have overlapping symptoms, which makes it hard to tell the difference among the infections without a test.

The CDC is now recommending that adults 60 and older get vaccinated against RSV. Two new drugs have been approved - both administered as a single dose - that will work to prevent RSV. Both vaccines — Arexvy from GlaxoSmithKline and Abrysvo from Pfizer — have received full approval from the Food and Drug

Administration and are highly effective. GSK's vaccine is 88 percent effective against severe RSV infection; Pfizer's is 85 percent. These vaccines durability appears strong: at eight to 12 months after the shot, Pfizer's effectiveness remains at 75 percent; and GSK's maintains more than 50 percent protection up to 18 months.

The CDC has long recommended the annual flu shot, which has a high uptake among older individuals. Last flu season, 71 percent of those 65 and older received it. Everyone older than 6 months is urged to get their flu shots, preferably by Halloween, an approach called “flu before boo.” It is safe to receive a Covid vaccine or booster at the same time you receive a flu and RSV vaccine, according to the CDC.

Avoid the Triple Threat

- **Get Your Flu Shot.** “Flu Before Boo.” The annual flu vaccine is recommended for everyone 6 months and older, but it is most important for adults ages 65 and older.

- **Update Your Covid Vaccination.** Updated Covid shots are expected this fall from Pfizer, Moderna and Novavax, and all are designed to target XBB.1.5, the Omicron variant that currently accounts for roughly 12 percent of cases.

- **Talk to Your Doctor About the New RSV Vaccines**

The Area Agency on Aging is partnering with local health departments in Mobile, Baldwin and Escambia Counties to provide COVID-19 vaccinations to the homebound. Call 251-706-4680 or 800-243-5463.



RSV



FLU



COVID

TRIDEMIC CONCERNS

Loneliness Linked to Serious Health Conditions

More than half of adults age 60 and older experience social isolation, and this epidemic of loneliness has profound negative impacts on their mental and physical health. A study published in the Journal of the American Geriatrics Society found older people who are socially isolated face a 28 percent greater chance of developing dementia than do their non-isolated counterparts. Persistently lonely Seniors were also more likely to later develop Alzheimer's disease, the most common type of dementia.

Research from the National Council on Aging, AARP and the National Institutes of Health has shown:

- Seniors with strong social bonds have an increased survival rate of 50%
- People with poor social relationships face a 29 percent increased risk for heart disease and a 32 percent increased risk of stroke
- Social isolation can increase the risks of having or dying from heart attacks and strokes, and those with heart disease are more likely to die from the condition
- People with weak social ties are more likely to get diabetes and are less able to manage it. They also are more likely to suffer complications from the disease, such as heart attacks, vision loss, foot problems and kidney damage, regardless of their blood sugar levels
- Poor connections result in depression and anx-

ety, but those who can confide in someone else have a better chance of staving off depression, even potentially lowering the risk of suicide

Easing Loneliness and Senior Isolation

The Area Agency on Aging has resources to ease loneliness and potentially help combat some of the health risks associated with isolation for those in Mobile, Baldwin and Escambia Counties:

- Circle of Friends Friendly Caller Program - Telephone reassurance program aimed at addressing feelings of social isolation and improving mental and emotional well-being through increased socialization and friendships. Volunteers are recruited and trained to make check-in calls to those who live alone, are homebound, have no family, friends or support system, or would simply like to talk to someone on a regular basis.
- Online resources to include free access to many social, educational and health zoom classes through Connect2Affect and Trualta
- Robotic pet dogs and cats for persons with dementia
- Senior Centers for socialization, health and wellness and enrichment programs
- Trualta free on-line classes for socially isolated caregivers

To volunteer for the Circle of Friends program or for more information on all of our programs, please reach out to the Area Agency on Aging staff at 251-706-4680 or 800-243-5463.



Memory Cafe'



Dementia Friendly Alabama

The Memory Cafe' was held to make people living with dementia feel comfortable and successful and provide fun and a much-needed break for caregivers. The event is part of efforts to become a Dementia Friendly Community, where those living with Alzheimer's and their care partners feel respected, supported, and included in everyday life.

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.



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Seafood Kitchen

Lunch Menu

HOME-STYLE LUNCH SPECIALS

(Served with your choice of two side dishes)

- Fried Shrimp - tail less
- Blackened Catfish
- Fried Catfish
- Broiled Flounder
- Fried Flounder
- Grilled Chicken
- Chicken Creole
- Fried Chicken Tenders
- Country Fried Steak
- Hamburger Steak
- Pork Chops
- Country Ham
- Vegetable Plate

SANDWICHES

(Served with french fries)

- Complimentary Ice Tea and Bread Served with All Dine in Lunch Entrees.
- Add House or Substitute Salad for side dish
- Po-Boy Sandwich
- Cheeseburger
- Crab Cake Po-Boy
- *Monte Cristo Sandwich

Dinner Menu

STARTERS

- Oysters on the Half Shell
1/2 dozen1 dozen
- Southern Style Crab Cakes
- Crab, Spinach & Artichoke Dip
- Coconut Shrimp
- Stuffed Mushrooms
- Alligator Bites
- Fried Crab Claws
- Tuna Dip 1/2 lb
- Sweet Potato French Fry Basket 1 lb
- Fried Green Tomatoes

GUMBO & SOUP

- Seafood Gumbo cup
- Crab & Shrimp Bisque bowl

FRIED SEAFOOD FAVORITES

(Served with your choice of two side dishes)

- Butterfly Shrimp
- Tail-less Shrimp
- Bon Secour Oysters
- Crab Claws
- Fried Fish of the Day
- Shrimp & Flounder
- Shrimp & Oysters
- Fried Catfish

SALADS

Dressings: Honey-Mustard, Ranch, Bleu Cheese, Italian, Thousand Island, French, Low-Fat Ranch, Raspberry Vinaigrette, Balsamic Vinegar, Balsamic Vinaigrette, Sesame Asian, Oil & Vinegar

- Riviera Salad
 - with pecan chicken tenders
 - with chicken tenders
 - with boiled shrimp
 - with grilled or blackened chicken

- Caesar Salad
 - w/grilled or blackened chicken
 - w/boiled shrimp

- Gumbo & Salad - a cup of Seafood Gumbo and our
- Bisque & Salad

SEAFOOD FAVORITES

(Served with your choice of two side dishes)

- Add House or Caesar Salad
- Substitute Salad for side dish
- Fried Butterfly Shrimp
- Fried Oysters
- Fried Crab Claws
- *Coconut Shrimp
- Grilled Shrimp
- Fried Seafood Platter

SEAFOOD PLATTERS

(Served with your choice of two side dishes)

- Shrimp Lover's Platter
- Fried Seafood Platter
- Broiled Seafood Platter
- Creole Platter
- Caribbean Platter
- Crab Platter

SEAFOOD SPECIALTIES

(Served with your choice of two side dishes)

- Stuffed Shrimp
- Shrimp Scampi
- Blackened Catfish
- Coconut Shrimp
- Grilled Shrimp
- Shrimp Creole
- Crawfish Etoufee
- Crab Cake Dinner

STEAMED SEAFOOD

(Served with new potatoes & one side)

- Snow Crab Legs - 2 lbs.
- Royal Red Shrimp - 1 lb.
- Combo - 1/2 pound Royal Reds & 1 pound Snow Crab

TONIGHT'S CATCH

(Served with your choice of two side dishes)

Choose from the following preparation styles:

- Fried Catch
- Blackened Catch
- Grilled Catch
- Broiled Catch

- Broiled Seafood Platter
- Stuffed Shrimp
- Mahi-Mahi
- Yellow-Fin Tuna
- Tilapia
- Grouper
- Snow Crab Legs
- Royal Reds - 3/4 lb.
- Combo - 1/2 lb. Each
- Crab Cakes - 2 cakes

PASTA

- Fettuccini Alfredo
 - w/grilled or blackened chicken
 - with shrimp or crawfish
- Basil Pesto Pasta
 - with Roma Tomatoes
 - with grilled chicken
 - with shrimp

SIDE DISHES

- Fried Green Tomatoes ~ Green Beans
- Turnip Greens ~ Sweet Potato Casserole Corn
- Fritters ~ French Fries
- Mashed Potatoes w/Gravy ~ Fried Okra
- Au Gratin Potatoes ~ Steamed Veggies
- Kernel Corn ~ Yellow Rice
- Black-Eyed Peas ~ Cole Slaw
- Lima Beans ~ Macaroni & Cheese

- New Orleans Catch
- Mediterranean Catch
- Caribbean Catch
- *Pecan Encrusted Catch
- *Paneeed Catch

LAND LOVER'S FARE

(Served with your choice of two side dishes)

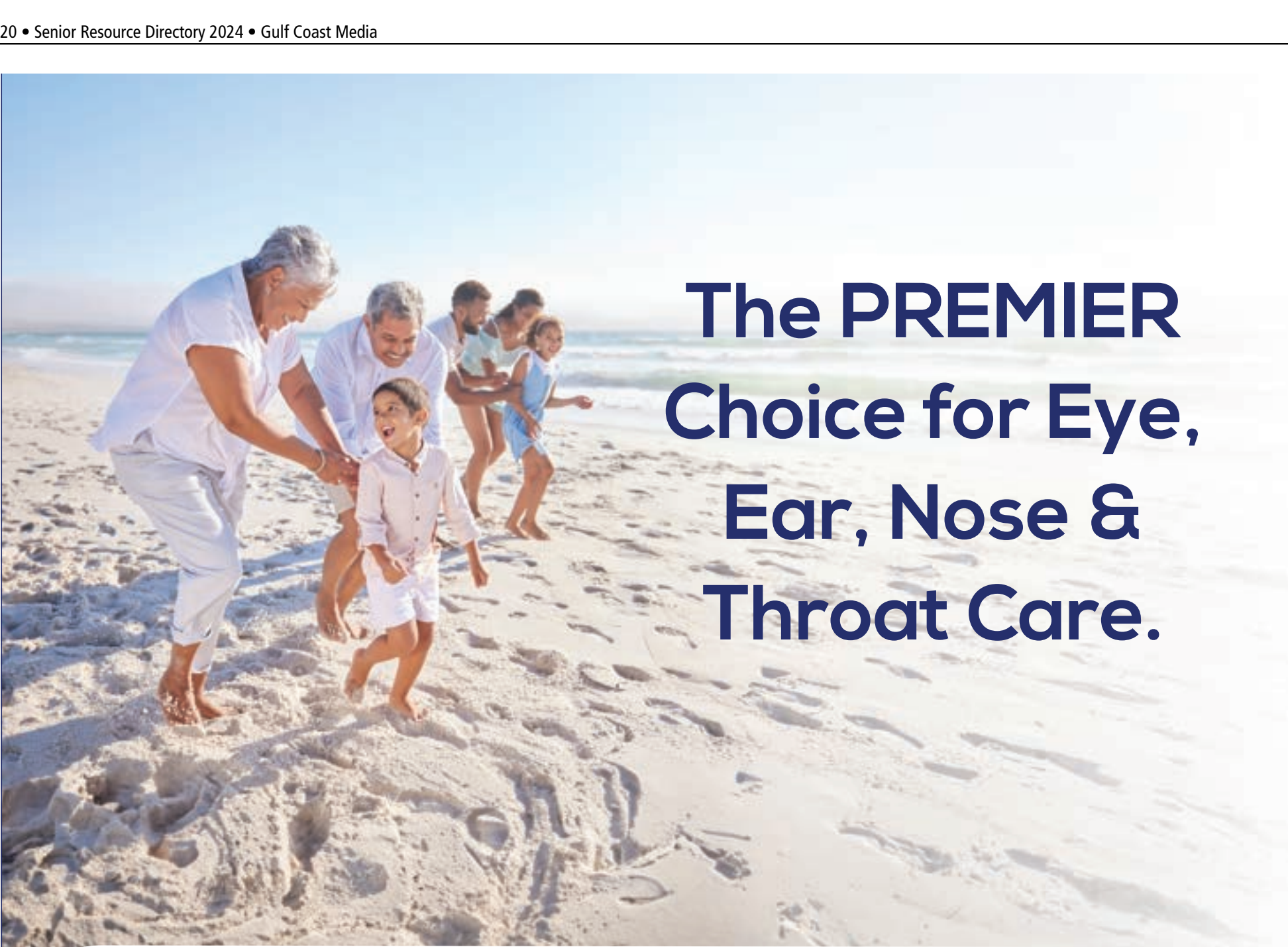
- Hawaiian Rib-eye - (12 oz.)
 - add jumbo grilled or fried shrimp
- Jamaica-Jerk Chicken
- Grilled Chicken Breasts
- Fried Chicken Tenders

PASTA

- Fettuccini Alfredo
 - with grilled or blackened chicken
 - with shrimp or crawfish
- Scallops Alfredo
- Shrimp & Pasta Marsala
- Basil-Pesto Pasta
 - with grilled chicken
 - with shrimp

SIDE DISHES

- Substitute House or Caesar Salad for a Side Dish
- Sweet Potato Casserole ~ Cole Slaw
- Baked Potato ~ Steamed Vegetables
- Yellow Rice ~ French Fries
- Fried Green Tomatoes



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South Alabama Honorees



(L-R) Frank Willis, Ombudsman of the Year; Virginia Moore-Bell, Alabama's State Long-Term Care Ombudsman Program Director

AAA's Frank Willis Named 2023 Ombudsman of the Year

Frank Willis has been named Ombudsman of the Year by Alabama's Long-Term Care Ombudsman Program. Willis is the only full-time local ombudsman for the South Alabama Regional Planning Commission (SARPC), which serves Baldwin, Escambia, and Mobile counties.

Willis was honored for providing exceptional service to the long-term care residents in the SARPC region and for going above and beyond as an advocate for residents. He was recognized by Alabama's State Long-Term Care Ombudsman Program Director, Virginia Moore-Bell on May 31, 2023, in Montgomery.

In Fiscal Year 2022, Willis addressed 67 complaints, provided 1,046 consultations to facilities, gave consultations to 1,195 individuals, organized 39 training sessions to staff, and made 54 community education presentations on long-term care issues. He also is a strong advocate for the Gateway to the Community Program.

"Willis has exceeded typical daily requirements of the ombudsman program by delivering care packages, robotic pets, and dressing as Santa Claus to deliver gifts at Christmas to residents in long-term care facilities," said Bell. "Alabama's Long-Term Care Ombudsman program received letters from facility staff and individuals praising the exceptional service Willis provides and commended him on his advocacy for dealing with sensitive and complex situations. His tireless efforts, hard work, and dedication to his role as local ombudsman representative is to be commended."

AAA Director Julie McGee Receives 2023 Mobile County Health Leadership Award

AAA Director Julie McGee Receives 2023 Mobile County Health Leadership Award SARPC Area Agency on Aging Director Julie McGee was selected as one of the annual award winners of the Mobile Medical Museum's Mobile County Health Leadership Award. The award recognizes

local leaders in education, awareness and action around Mobile's most urgent community health issues. McGee has served as the SARPC AAA Director for 25 years, overseeing aging, disability and health programs in Southwest Alabama. She is a licensed

master's level social worker and received her MSW degree from the University of Alabama. Previous work in the advancement of public health includes: serving as the Director of Social Services for Franklin Primary Health; Alabama Department of Human Resources Social Worker; Chairman of the Family Health Governing Council of the Mobile County Health Department; President of the Ozanam Charitable Pharmacy, the Alabama Association of Area Agencies on Aging and the Alabama Gerontological Society; and long-term board member of Community Services for Vision Rehabilitation. McGee has also been selected as Mobile's Social Worker of the Year.



Julie McGee, SARPC Area Agency on Aging Director

2023 Alabama Senior Citizens Hall of Fame Inducts Mobile County Seniors

An outstanding group of senior adults were honored on August 20, 2023 with induction into the Alabama Senior Citizens Hall of Fame during a ceremony in Montgomery. There were 10 permanent inductees into the Hall of Fames including Roland Harper (posthumously). Among other seniors recognized for their contributions and services to their communities was Althea P. Ford in the Religion category. Both honorees are from Mobile County.

Roland Harper – Mobile County

Roland Harper was a member of the Grand Bay Cemetery Association board and served as ad hoc manager of the veterans' plots in the Grand Bay Cemetery. He saw that gravesites were kept neat and decorated with a small American flag on Memorial Day. Harper organized and led the observation of Wreaths Across America at the cemetery.

Harper petitioned for two sections of Highway 90 in the Grand Bay area to be named for two soldiers killed in the line of duty in Vietnam. He helped veterans file paperwork for benefits, found the right telephone numbers and people to call, and helped veterans navigate bureaucratic red tape.

He was a member of the Jaycees, Civitan

Club, and Citizens for a Better Grand Bay. Harper was a regular participant at the Grand Bay Community Center and active in its senior citizens program. He was a member of the Friends of the Library and pushed for the establishment of the Grand Bay branch of the Mobile County Library.

Roland was an exemplary writer. He published a book of his childhood adventures, "Tales of the Dirty Dozen." All proceeds from the sale of this book were contributed to the local library. He would compose long posts and talk about life as a senior citizen. Roland wrote about how things were changing as he got older, what the world looked like from the perspective of someone in their 80's and 90's, and always infused his writing with humor. Harper Died December 21, 2022.



(L-R) Commissioner Jean Brown, Alabama Department of Senior Services; Inductee Althea Ford; Chairman Jerry Fielding, Alabama Senior Citizens Hall of Fame

Althea Ford – Mobile County

Althea Ford is a devoted member of Corinthian Missionary Baptist Church, where she has served in many roles. She served as chairman and co-chairman of the deaconess board, children's department Sunday school teacher, treasurer of the Foreign Mission, Vacation Bible School teacher, children's department special event program chair, member of the budget committee, treasurer of General Mission, and secretary of Senior Mission Choir. Currently she is co-chairman of General Mission, spiritual youth advisor, organizer of the youth ensemble and is the oldest living member of the Robinson-Carson Mission Circle.

Ford is president of the Mobile Baptist Sunlight District Women Auxiliary. This auxiliary aids more than 56 churches with mission events and outreach. During the pandemic, she began a Thursday Bible study by Zoom. She continues to host Bible studies every third Thursday by Zoom for senior adults.

Ford volunteers with the Providence Outreach Center, teaching computer classes for senior citizens. She and her husband visit seniors who are home-bound or in the hospital and bring communion. Ford founded the Culinary Committee, a group

that prepares 130 food trays, once a month, for the homeless.

The Alabama Senior Citizens Hall of Fame has honored and recognized Alabamians aged 60 and older for their outstanding contributions to the lives of older Alabamians in their local communities since 1983. In addition to the permanent inductees, special awards are presented in the categories of Lifetime Achievement, Community Service, Education, Government, Medical, Performing Arts, Religion, and for married couples who have celebrated their 65th wedding anniversary or more and individuals who are 100 years or older. For information on nominating someone for an award in 2024, visit AlabamaAgeline.gov or contact the Alabama Department of Senior Services at 334-242-5743 or Kathie.BlazeCapps@adss.alabama.gov.



Ivy Walker with SARPC's nutrition program leads Bingocize classes at the Daphne Senior Center.

Senior Center Spotlight: AAA Partnership with the Daphne Senior Center Shines

The Alabama Department of Senior Citizens is recognizing the Daphne Senior Center as part of its Senior Center Spotlight recognition program. The Area Agency on Aging partners with the Daphne Center to provide an Elderly Nutrition Program, a Matter of Balance Falls Prevention classes, Bingocize (combining bingo with education and exercise to improve health) and other education and socialization programs. The Daphne Senior Center's mission is to assist, encourage and empower the aging adults in the Daphne area to be part of a healthy beneficial environment and AAA is proud to support these efforts. AAA supports the work of 26 Senior Centers in Baldwin, Mobile and Escambia Counties, assisting staff to rebuild Center activities in the wake of the Covid pandemic. Senior Nutrition Centers provide variety of activities to promote a healthy lifestyle such as health classes, medical screening, exercise programs and nutritional education. If you would like to find a Senior Center in your area, visit the Senior Nutrition Center page at www.agingssouthalabama.org, or reach out to Ivy Walker at 251-445-3826/ iwalker@sarpc.org or Martin Lee at 251-706-4657/mlee@sarpc.org.

Senior Medicare Patrol (SMP) continue to assist Medicare beneficiaries fight Medicare Fraud

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.

The AL SMP's key objectives are to continuously work in these three main areas:

- Conduct Outreach and Education. The AL SMP gives presentations to groups, displays exhibits at events, and works one-on-one with Medicare beneficiaries.
- Engage Volunteers. Protecting older persons' health, finances, and medical identity while saving Medicare dollars is a cause that attracts civic-minded Americans.
- Receive Beneficiary Complaints. When Medicare beneficiaries, caregivers, and family members bring their complaints to the AL SMP, the AL SMP determines whether fraud, errors, and/or abuse is suspected. When fraud is suspected, AL SMP makes referrals to the appropriate federal agency for further investigation.

The SMP projects receive grants from the Administration for Community Living (ACL) to recruit and train retired professionals and other older adults and community members to prevent, recognize, and report health care fraud, errors, and abuse. These SMP team members then participate in outreach events to help educate Medicare and Medicaid beneficiaries on the same prevention, recognition, and reporting techniques.

The SMP program model is one of prevention. SMPs educate Medicare beneficiaries to scrutinize their medical statements and bills and subsequently reduce fraud and errors. Though beneficiaries have several avenues they can take to report fraud, such as the Office of Inspector General (OIG) hotline or 1-800-Medicare, some beneficiaries choose to report fraud to the SMP. In these cases, SMPs refer the complaint to the appropriate entity.

The COVID-19 pandemic continues to present challenges but has created various service delivery options to include; virtual outreach including live webinars, teleconferences, recorded presentations, public service announcements, group listserv emails, and telephone calls.

Alabama SMP relies on volunteers to educate and empower Medicare beneficiaries to take an active role in the detection and prevention of health care fraud and abuse.

To become an Alabama SMP volunteer or to receive assistance please call your local Area Agency on Aging (AAA) and Aging & Disability Resource Center (ADRC) at 1-800-AGE-LINE (1-800-243-5463) or 251-706-4680

Trending Medicare Fraud Schemes

COVID-19 SCAMS

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency continues. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19. Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or

Medicare numbers.

Report potential COVID-19 fraud, errors, or abuse if:

- You provided your Medicare number to someone other than your doctor, health care provider, or other trusted representative who contacted you through an unsolicited call, text, or email
- Someone comes to your door offering "free" coronavirus testing, treatment, or supplies
- You were told there was a COVID-19 Medicare card coming and you needed to confirm your Medicare number
- You took a survey and gave out your Medicare number in exchange for money or gifts
- You purchased a COVID-19 vaccination card

Medicare Marketing Scams

Unlike Original Medicare, Medicare Part C and Part D are administered, marketed, and sold by private insurance companies. The Centers for Medicare & Medicaid Services (CMS) has guidelines for marketing Medicare Part C and Part D insurance that protect beneficiaries from manipulative and deceptive sales and enrollment tactics.

Plan sponsors and their representatives, including agents and brokers, must follow strict guidelines when they wish to market to beneficiaries. A fundamental principle is that marketing cannot be conducted under the guise of education. Medicare Marketing Violations serve a higher risk during the Medicare Open Enrollment Period, October 15th through December 7th as plans solicit business based on changes for the new year.

Report potential Medicare marketing violations and/or enrollment fraud, errors, or abuse if:

- You receive an unsolicited phone call from a company you have no prior relationship with
- A company represents itself as coming from or sent by Medicare, Social Security, or Medicaid
- You receive information such as leaflets, flyers, door hangers, etc., on your car or at your residence from a company you did not have an appointment with
- An agent initiates a discussion about other insurance products, such as life insurance annuities, during a visit or meeting about a Part C or Part D Medicare product
- An agent returns uninvited to your residence after missing an appointment with them earlier
- You signed up for a plan after being told by a company that certain prescriptions or services were covered, but after reviewing your EOB, you found they were not covered by the plan and you received a bill instead

Pharmacy and Prescription Drug Fraud

Pharmacy and prescription drug fraud is a consistent trend in Medicare. Due to the lucrative nature of prescription drug diversion and pharmacy scams, criminals continue to exploit Medicare Part D.

Although there are many types of prescription drug schemes, pharmacy fraud primarily occurs when Medicare is billed for a medication that was not received or a beneficiary is intentionally given a different prescription drug than was prescribed. Report potential pharmacy or prescription drug fraud, errors, or abuse if:

- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:
- Prescription drugs (including refills) that were



- never picked up, delivered, or even prescribed
- Prescription drugs (occasionally controlled substances such as opioids) that were prescribed by a health care provider you have never seen
- Amounts beyond the quantity you were prescribed
- A different prescription drug (often a more expensive drug) than the one you were originally prescribed or a drug that is not approved by the U.S. Food and Drug Administration (FDA)
- A pharmacy intentionally provided you less medication than you were prescribed
- A pharmacy issued you expired drugs
- A pharmacy provided and billed for an expensive compounded medication, including topical pain creams, when a traditional or less expensive prescription was ordered by your provider
- A company offers you "free" or "discount" prescription drugs without a treating physician's order and then bills Medicare
- A pharmacy offers you gift cards or other compensation, so you switch your prescriptions over to that pharmacy
- A pharmacy automatically refills a prescription you no longer need. You do not pick up the prescription, but the pharmacy still bills Medicare
- An individual offers to pay you for the use of your Medicare number to bill for prescription drugs or offers you cash or other compensation to pick up prescriptions on your behalf

Telehealth Fraud

Due to the recent expansion of telehealth services and the ease in which this fraud can be committed, criminals are exploiting this new technology for fraudulent purposes. Medicare will cover telehealth services, including office visits, psychotherapy, consultations, and certain other medical or health services that are provided by an eligible provider who isn't at your location, that are performed via an interactive, two-way telecommunications system (like real-time audio and video).

Report potential telehealth fraud, errors, or abuse if:

- You receive an unsolicited phone call from someone wanting to verify your pain symptoms. This is more than likely a telehealth doctor trying to approve you for durable

medical equipment (DME) that you do not need or did not request

- You receive an unsolicited phone call from someone wanting to verify your family history of cancer. This is more than likely a telehealth doctor trying to approve you for a genetic testing kit that actually needs to be ordered by your treating physician

Consequences of Medicare Fraud

Medical Identity Theft

Medical identity theft occurs when a beneficiary's Medicare number is misused, either by a provider, a supplier, or by someone posing as the real beneficiary in order to receive medical care. Such Medicare numbers are considered "compromised." A beneficiary whose number is compromised may be affected forever by false claims against his or her Medicare number.

Health Impact

Receiving health care from a fraudulent provider can mean the quality of the care is poor, the intervention is not medically necessary, or worse: The intervention is actually harmful. A beneficiary may later receive improper medical treatment from legitimate providers as a result of inaccurate medical records that contain:

- False diagnoses
- Records showing treatments that never occurred
- Misinformation about allergies
- Incorrect lab results

Additionally, because of inaccurate or fraudulent claims to Medicare, beneficiaries may be denied needed Medicare benefits. For example, some services have limits. If Medicare thinks such services were already provided, they will deny payment.

Personal Financial Losses

Medicare fraud, errors, and abuse can all result in higher out-of-pocket costs for beneficiaries, such as copayments for health care services that were never provided, were excessive, or were medically unnecessary. Beneficiaries may also find themselves stuck with bills for services from providers who should have billed Medicare but instead billed the beneficiary for the entire cost of that service.

If you believe your Medicare number has been misused, contact your local SMP at 1-800-243-5463 or 251-706-4680



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USE YOUR VOICE! GAIN REAL-LIFE EXPERIENCE IN STATE GOVERNMENT

The ASHL delegation meets in Montgomery October 2-4 for this year's Legislative Session.



ALABAMA SILVER-HAIRED LEGISLATURE (ASHL) SEEKING CANDIDATES FOR 2023-2025 TERMS



ASHL AND SENIOR ADVOCACY

ASHL is a model, volunteer legislature that parallels the Alabama House of Representatives. Members are elected by their peers and represent each of the 105 state legislative districts. ASHL advocates for issues of importance to older adults in their districts, informs the Alabama Legislature about needs and concerns, and serves as an educational organization for Alabama's seniors. The local District 8 delegation is comprised of 14 members from Mobile, Baldwin and Escambia Counties. ASHL members participate in an annual legislative session at the Montgomery State House each fall.



SENIOR ISSUES IN STATE GOVERNMENT

Members need to be aware of district senior needs that should be addressed by the State Legislature. Resolutions on senior issues are introduced in the ASHL legislative session, prioritized, and presented to Legislature members for consideration. ASHL works with their counterparts in the Legislature to introduce and pass bills. Past resolutions becoming law include: SenioRx free/low cost prescriptions; leftover prescription recycling; and criminalizing home repair fraud. Other priority issues have included allowing video cameras in nursing home resident rooms and Medicaid expansion.

OPENINGS & QUALIFICATIONS

- Must be 60 or older and a registered voter in Alabama
- Applications sought for Mobile County Districts 96, 97, 98 and 99 and Baldwin County Districts 64 and 95.

APPLICATIONS & INFORMATION

**South Alabama Regional Planning Commission
Area Agency on Aging Director Julie McGee
jmcgee@sarpc.org or 251-706-4623**

FUTURE ISSUES

- Allow vote on lottery and casino gambling
- Abolish payday lending institutions
- Increase programs for mental health



UPCOMING EVENTS

Art Market Gulf Shore Pres. Church

Sept. 16, 2023

Nov. 4, 2023

Christmas open house at the gallery

Dec. 2, 2023

**Classes Available By
Appointment**



251.948.2627

gulfcoastartsalliance@gmail.com

GCAA-AL.com

225 East 24th Ave
Waterway Village, Gulf Shores

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SENIOR DIRECTORY

These listings are provided as a service to senior citizens in Baldwin, Escambia and Mobile Counties. Inclusion in these listings does not constitute an endorsement by SARPC or the Area Agency on Aging.

LOCAL AGING INFORMATION AND REFERRAL

Aging and Disability Resource Center/Area Agency on Aging

251-706-4680
800-243-5463
www.agingsouthalabama.org
www.facebook.com/agingsouthalabama

Baldwin County Council on Aging

Eastern Shore/Bay Minette 251-928-3002
Robertsdale 251-972-8506
North Baldwin Area 251-937-9561
www.baldwincounty.al.gov

Escambia County Agency on Aging

251-368-1032, Ext 102
www.co.escambia.al.us

Independent Living Center of Mobile (Assistance for Persons w/ Disabilities) Baldwin, Escambia, and Mobile Counties:

251-460-0301

TDD: 251-460-2872
Video Phone: 251-281-2442
www.ilcmobile.org

National Eldercare Locator (Locate Area Agency on Aging in your state)

800-677-1116
www.eldercare.gov

United Way Information and Referral Mobile

251-433-3624
www.uwswa.org

AGING ORGANIZATIONS - NATIONAL AND STATE

AARP Alabama

866-542-8167, 888-687-2277
www.aarp.org

Alabama Department of Senior Services

1-800-243-5463
www.alabamaageline.gov

American Society on Aging

800-537-9728
www.asaging.org

National Committee to Preserve Social Security and Medicare

202-216-0420
www.ncpssm.org

National Council on Aging

571-527-3900
www.ncoa.org

Administration for Community Living

202-401-4634
www.acl.gov

EMERGENCY RESPONSE SYSTEMS

Acadian Monitoring Services

1-855-222-3426
www.acadianmonitoringservices.com

Alert 1

1-877-959-7781
www.alert-1.com

Lifeline

855-681-5351
www.lifeline.phillips.com

LogicMark

Guardian Alert 911
Pendant acts like a phone, calling for emergency assistance
800-519-2419
www.logicmark.com

Project LifeSaver (Wandering)

Mobile County: 251-574-2423
Baldwin County: 251-972-8545
Escambia County: 251-809-0741
www.projectlifesaver.org

EDUCATIONAL PROGRAMS

Facilities offering free classes to older adults are marked with an asterisk (*):

Bishop State Community College*

Mobile County
251-405-7000
www.bishop.edu

Center of Continuing Education at University of South Alabama

University of South Alabama Office of Adult Learner Services (OALS)
251-460-6257
www.southalabama.edu

Coastal Alabama Community College

Main: 1-800-381-3722
www.coastalalabama.edu

Springhill College

Gerontology Certificate, Graduate and Continuing Studies
Mobile: 251-380-4000
www.shc.edu/academics/continuing-studies



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HOME DELIVERED MEALS**MOBILE COUNTY****Area Agency on Aging**

We offer frozen home delivered meals in areas not served by Senior Nutrition Centers, non-profits and churches.
251-706-4680

City of Chickasaw

251-452-6466

Cottage Hill Baptist Church

251-660-2422

Dauphin Way Methodist

251-471-1511

Government Street Presbyterian

251-432-1749

Mom's Meals

877-508-6667

www.momsmeals.com

City of Satsuma

251-675-1440

Springhill Baptist/Wheel a Meal

251-689-6574, 251-342-5320

Springhill Presbyterian Church

251-342-1550, 251-689-6574

St. Paul's Episcopal Church

251-342-8521

St. Ignatius Catholic Church

251-342-9221

BALDWIN COUNTY**Baldwin County Council on Aging**

We offer frozen home delivered meals in areas not served by Senior Nutrition Centers, non-profits and churches.
251-972-8506

Christian Service Center – Gulf Shores

251-968-5256

251-531-8374

Ecumenical Ministry

Eastern Shore: 251-270-9990

Foley: 251-278-5347

Mom's Meals

877-508-6667

www.momsmeals.com

Orange Beach Methodist Church

251-981-6751

ESCAMBIA COUNTY**Escambia County Agency on Aging**

We offer frozen home delivered meals in areas not served by Senior Nutrition Centers, non-profits and churches.
251-368-1032

Mom's Meals

877-508-6667

www.momsmeals.com

SENIOR NUTRITION CENTERS

Centers offering home delivered meals are marked below with an asterisk (*). For additional sites see Home Delivered meals section

Atmore Senior Center*

Escambia County

251-368-5742

Bay Minette Senior Center*

Baldwin County

251-580-1693

Bayou La Batre Senior Center*

Mobile County

251-824-4616

Citronelle Senior Center*

Mobile County

251-866-5047

Creola Senior Center*

Mobile County

251-675-7661

Daphne Senior Center*

Baldwin County

251-620-2400

Dearborn YMCA Senior Center*

Mobile County

251-432-4768

Dumas Wesley Senior Center*

Mobile County

251-479-0649

East Brewton Senior Center*

Escambia County

251-867-5568

Flomaton Senior Center*

Escambia County

251-296-2773

Grand Bay Senior Center*

Mobile County

251-865-4010

Hillsdale Senior Center

Mobile County

251-344-0341

Huxford Senior Center*

Escambia County

251-294-5646

Little River Center

Baldwin County

251-580-1824

Loxley Senior Center*

Baldwin County

251-964-5330

Mount Vernon Senior Center*

Mobile County

251-829-9696

MOWA Choctaw

Mobile County

251-829-6080

Parkway Senior Center

Mobile County

251-471-2503

Prichard Senior Center*

Mobile County

251-452-7918

Saraland Senior Center*

Mobile County

251-375-5438

Summerdale Senior Center

Baldwin County

251-989-6626

Thomas Sullivan Senior Center

Mobile County

251-438-7282

Tillman's Corner Senior Center

Mobile County

251-661-6600

Trinity Gardens Senior Center

Mobile County

251-456-6690

Wilmer Senior Center*

Mobile County

251-645-9209

Vaughn Senior Center *

Baldwin County

251-937-4228

SENIOR MULTIPURPOSE CENTERS

Offer recreation and wellness activities for older adults:

Baldwin County Council on Aging

Baldwin County

251-972-8506

www.co.baldwin.al.us

Bay Minette Senior Center

Baldwin County

251-580-1676

www.cityofbayminette.org

Chickasaw Senior Citizens

Mobile County

251-452-6464

www.cityofchickasaw.org

City of Mobile Adult Center

Mobile County

251-666-3922

Connie Hudson Mobile Regional Senior Community Center

Mobile County

251-208-6167

www.cityofmobile.org

Foley Senior Center

Baldwin County

251-943-1877

www.cityoffoley.org/senior-center

James P. Nix Adult Activity Center

Fairhope – Baldwin County

251-928-2835

www.fairhopeal.gov

Loxley Civic Center/Senior Program

Baldwin County

251-964-4995

www.townofloxley.org

Orange Beach Activity Center

Baldwin County

251-981-3440

www.orangebeachal.gov

Poarch Creek Indians Senior Center

Escambia County

251-368-9136 ext. 2617

www.pci-nsn.gov

G. P. Thames Senior Center (Robertsdale)

Baldwin County

251-947-8973

www.robertsdale.org/senior-center

Saraland Senior Center

Mobile County

251-679-5511

www.saraland.org/senior-center

Satsuma Senior Program

Mobile County

251-675-1440 ex.304

www.cityofsatsuma.com

Semmes Senior Center

Mobile County

251-649-2010

www.cityofsemmesal.gov

Spanish Fort Senior Center

Baldwin County

251-410-6523

www.cityofspanishfort.com/seniorcenter

Via Health, Fitness and Enrichment Center

Mobile County

251-478-3311

www.viamobile.org

SUPPORT GROUPS**ALZHEIMER'S SUPPORT GROUPS****Alzheimer's Association**

800-272-3900

www.alz.org

E. A. Roberts Alzheimer Center

Mobile County

251-435-6950

www.infirmarhealth.org

Frontotemporal Degeneration and Related Dementia Support Group

Contact the FTD Group Facilitator, Jerry Horn

251-367-5458

Helpline: 866-507-7222

www.theaftd.org

Gulf Coast Dementia Services & Support Group

251-445-4204

www.touchingheartsseniorcare.com

Haven Memory Care – Gulf Shores

251-923-2800

www.communityseniorlife.org

Parkway Senior Center Caregiver Support Group

251-479-8096

The Long Good Bye

Dauphin Way United Methodist Church

Mobile County

251-378-7524

www.dauphinwayumc.org

OTHER SUPPORT GROUPS**Southwest Alabama Alcoholics Anonymous**

Mobile County: 251-479-9994

www.mobileaa.org

South Baldwin County: 251-216-1182

gulfcoastaa.org

Eastern Shore: 251-301-6773

www.easternshoreaa.org

Alabama Disabilities Advocacy Program

205-348-4928

Toll Free: 800-826-1675

www.adap.ua.edu

Alabama Institute for the Deaf and Blind – Low Vision Support Group

251-432-7777

www.aicdb.org

Alabama Kidney Foundation

Mobile County

251-721-0235

www.alkidney.org

American Cancer Society

Helpline: 1-800-227-2345

www.cancer.org

American Stroke Association

888-478-7653

www.stroke.org

Amputee Coalition of America

888-267-5669

www.amputee-coalition.org

Epilepsy Foundation of Alabama

Mobile County

251-341-0170

www.epilepsy.com

National Alliance for the Mentally III (NAMI)

Alabama: 800-626-4199

Mobile County: 251-461-3450

Baldwin County: 251-279-0573

www.nami.org

National Multiple Sclerosis Society

800-344-4867

www.nationalmssociety.org

Parkway Senior Center Caregiver Support Group

251-479-8096

Providence Hospital Diabetes Center

251-266-1987

www.healthcare.ascension.org

Widowed Persons Services

Mobile, Baldwin and Escambia Counties

251-470-6866

www.widowedmobile.org

Trualta

Free Online Support Group provides the training you need to care for your loved one.

Contact Christina Boyington, AL Cares Coordinator @ 251-445-3890 or cboyington@sarpc.org.

TRANSPORTATION**AARP Driver Safety Program**

Call for class locations

888-227-7669

www.aarp.org

Baldwin Rural Area Transit System (BRATS)

251-972-6817, 251-937-0355

www.baldwincountyal.gov/departments/BRATS

City of Chickasaw – Senior and Disabled Van

251-452-6464, 251-452-6450

City of Saraland – Senior and Disabled Van

251-375-5439

Escambia County Alabama Transportation System (ECATS)

Atmore: 251-446-9681

Brewton: 251-867-0584

www.escambiacyoual.gov

GoGo Grandparent

855-464-6872

www.gogograndparent.com

Medical Transport of Alabama

888-318-6362, 888-599-2050

Taylor's House of Camellias LLC

251-225-4440

The WAVE (City of Mobile)

251-344-6600, 251-344-5656

Mobility Assistance Programs

www.thewavetransit.com

ZTrip Mobile

251-476-7711, 877-662-2384

www.mobile.org

VOLUNTEER PROGRAMS**AARP Alabama**

Chapter 56, Mobile, AL: 251-445-5243

National AARP: 866-542-8167

www.aarp.org

Alabama Silver-Haired Legislature

Mobile, Escambia and Baldwin Counties:

251-706-4680, 800-243-5463

(Elected by peers age 60 or older every two years to represent older adults in same Alabama House District involving the political process to support resolutions to improve the quality of life of older Alabamians)
www.alabamaageline.gov**Area Agency on Aging/SARPC**

Mobile, Baldwin and Escambia Counties

251-706-4680, 800-243-5463

(Volunteers trained to provide SHIP insurance counseling to older adults; Ombudsman services for residents of nursing homes or assisted living facilities; teach wellness classes; or train to work in disaster recovery centers after a hurricane or other disaster)

Foster Grandparents Program

Mobile County

251-574-6488

Provides small stipend to volunteers age 55 or older who work with children.

www.mobilecountyal.gov

Legacy Leadership Institute for Older Adults

Mobile, Escambia and Baldwin Counties:

251-236-3881, 251-706-4680

Free university-based training to prepare retired professionals for challenging volunteer opportunities in aging services. Sponsored by the Area Agency on Aging and the University of South Alabama.

www.libguides.southalabama.edu/legacy

Mobile County Sheriff's Volunteer Corp

251-574-2415

Volunteers work with the Yellow Dot Program, Child ID Division, Process Service Division, Parolee Verification Unit or Warrant Search and Call Division.
www.mobileso.com**RSVP of Mobile County**

251-574-7787

Provides a wide variety of volunteer opportunities.

www.nationalservice.gov

South Alabama RSVP

Eastern Shore: 251-620-1462

Escambia County: 251-236-3881

Provides a wide variety of volunteer opportunities.

Senior Companion Program

Mobile County

251-574-3232

Provides small stipend to volunteers age 55 or older providing in-home assistance for the elderly & disabled
www.mobilecountyal.gov**Volunteer Connect**

Provides a wide variety of volunteer opportunities.

Mobile County

251-433-3624

www.volunteer.uwsa.org

Volunteer Guardian Program

Via Health, Fitness and Enrichment Center

251-470-5222

VGP HOTLINE: 251-478-3311

Mobile County Probate Court-appointed Volunteer Guardians to support incapacitated individuals by making decisions related to basic needs, medical treatment and end of life care. Must be 21 or older, compassionate and caring and have 4-6 hours per month to spare.
www.viamobile.org/volunteerguardianprogram**Volunteers of America Southeast**

251-300-3500, 800-859-4431

Provides a wide variety of volunteer opportunities.
www.voase.org**WELLNESS PROGRAMS****Ascension Wellness Center**

Mobile County

251-266-2090

www.healthcare.ascension.org

Connie Hudson Mobile Regional Senior Community Center

Mobile County

251-602-4963

www.cityofmobile.org

Homestead Village Wellness Center

Baldwin County

251-929-0260

Infirmiry Health Fitness Center

North Baldwin Fitness Center, Bay Minette: 251-937-9099

ProHealth Fitness Center, Mobile: 251-435-2010

Thomas Fitness Center, Fairhope: 251-279-1684

www.infirmiryhealth.org/services/infirmiry-fitness-centers

James P. Nix Senior Center

Baldwin County

251-928-2835

www.fairhopeal.gov/services/james-p-nix-center

SARPC/AAA

"A Matter of Balance: Managing Concerns about Falls" courses help Alabamians age healthier and safer.

251-706-4680

800-243-5463

Senior Circle, South Baldwin Regional Medical Center

Baldwin County

251-949-3563

www.southbaldwinmc.com/senior-circle-program

Senior Olympics

Statewide

205-607-0504

www.alseniorolympics.org

Senior Spirit, Providence Hospital

Mobile County

251-633-1696 press #2

www.healthcare.ascension.org

Via! Health, Fitness and Enrichment Center

Mobile County

251-478-3311

www.viamobile.org

YMCA

Bounds Family YMCA (Daphne):

251-626-0888

Brewton Area YMCA: 251-867-9622

www.brewtonareaymca.org

Dearborn YMCA (Mobile): 251-432-4768

www.dearbornymca.org

John McClure Snook Family YMCA (Foley): 251-970-3003

North Mobile Family YMCA (Saraland):

251-679-8877

ELDER LAW**Alabama State Bar Lawyer Referral Service**

800-354-6154

www.alabar.org

Davis and Fields, PC

Baldwin County

251-621-1555

www.davis-fields.com/

Galloway, Wettermark & Rutens

Robert Galloway

Mobile and Baldwin Countyies

251-476-4493

www.gallowayllp.com

Gulf Coast Elder Law, LLC

Stephanie L. Booth

Special Needs Planning

251-445-7000

Kyla G. Kelim

Baldwin and Mobile Counties

251-281-8120

www.elderconsults.com

Legal Services Alabama

Mobile, Baldwin, and Escambia Counties

251-433-6560, 866-456-4995

Senior Helpline: 866-456-3959

866-785-1798 – Spanish

www.legalservicesalabama.org

Lusk Law Firm

Robert E. Lusk, Jr.
251-471-8017
www.lusklawfirmllc.com

Mobile Bar Association

251-433-9790
www.mobilebarassociation.com

South Alabama Volunteer Lawyer Program

Mobile and Baldwin Counties
251-438-1102, 855-997-2857
www.savlp.org

The Ladd Firm, LLC

251-431-6014
www.laddfirm.com

ELDER RIGHTS - ABUSE AND FRAUD**Adult Protective Services Department of Human Resources**

Mobile County: 251-450-7000 (1st option, language/2nd option #3)
Baldwin County: 251-945-2400
Escambia County: 251-809-2000
State of Alabama Elder Abuse Hotline: 800-458-7214
www.dhr.state.al.us

Alabama Attorney General

334-242-7300
www.alabamaga.gov

Alabama Securities Commission

334-242-2984
www.asc.state.al.us

Center for Fair Housing, Inc.

251-479-1532
www.southserves.southalabama.edu

Charity Navigator

201-818-1288
www.charitynavigator.org

District Attorney's Office

Baldwin County: Robert Wilthers
251-937-0274
www.baldwincountydistrictattorney.com
Escambia County: Stephen Billy
251-867-0239
www.co.escambia.al.us
Mobile County: Ashley W. Rich
251-574-8400
www.mobileda.org

Long Term Care Ombudsman Program

Mobile, Baldwin and Escambia Counties
251-706-4666, 800-243-5463

Medicare Fraud

251-706-4680, 800-633-4227
TTY 877-486-2048
www.medicare.gov/forms-help-resources/help-fight-medicare-fraud

US Dept. of Health and Human Services - OIG

oig.hhs.gov/

Senior Medicare Patrol

877-808-2468, 251-706-4680

DISASTER ASSISTANCE

Aging and Disability Resource Center
Mobile, Baldwin and Escambia Counties
251-706-4680

Emergency Management Agency

Mobile County: 251-460-8000
www.mcema.net
Baldwin County: 251-972-6807
www.baldwincountyal.gov
Escambia County: 251-867-0232
www.myescambiacounty.com/beready

United Way

211

EMPLOYMENT**Goodwill Easter Seals Senior Aides**

Senior Community Service Employment Program (SCSEP)
Mobile, Baldwin and Escambia Counties
251-300-6273
www.gesgc.org

SARPC Senior Aide / SCSEP Program

251-433-6541
www.sarpc.org

Southwest Alabama Partnership for Training and Employment/Alabama Works

Bay Minette: 251-937-4161
Brewton: 251-867-4376
Foley: 251-943-1575
Mobile: 251-451-4146
www.swapte.org
www.alabamaworks.alabama.gov

FINANCIAL ASSISTANCE

Alabama Center for Dispute Resolution
334-356-3802
www.alabamaadr.org

Alabama Elderly Simplified Application Program

251-706-4680
www.agingsouthalabama.org/seniors-snap/

American Red Cross

Mobile/Baldwin/Foley: 251-544-6100
Atmore: 251-368-3643
www.redcross.org

Benefits Enrollment Center

Mobile, Baldwin, Escambia Counties
800-243-5463
www.sarpc.org

Catholic Social Services

St. Teresa of Calcutta Senior Ministry:
251-434-1550
Mobile County: 251-434-1500
Baldwin County: 251-947-2293
www.catholicsocialservicesmobile.com

Christian Service Center

Gulf Shores, Orange Beach, Ft. Morgan
251-968-5256
www.cscgs.com

Community Action Agency

Mobile County: 251-457-5700
Baldwin County: 251-626-2646
Brewton: 251-867-4759
www.caaofsa.org

Credit Bureaus

Equifax: 888-378-4329
www.equifax.com
Experian: 800-831-5614
www.experian.com
Trans Union: 855-681-3196
www.transunion.com

Ecumenical Ministries

Fairhope: 251-928-3430
Foley: 251-943-3445
www.baldwinemi.org

Feeding the Gulf Coast

Mobile, Baldwin, and Escambia Counties
251-653-1617
www.feedingthegulfcoast.org

Food Assistance, Department of Human Resources

866-684-1575
Mobile: 251-450-6955
Baldwin: 251-945-2400
Escambia: 251-809-2000
www.dhr.alabama.gov

Independent Living Center of Mobile

251-460-0301
www.ilcmobile.org

Legal Services Alabama

866-456-4995
Natural Disaster Hotline: 877-393-2333
www.legalservicesalabama.org

**Lifelines Family Counseling Services
Lifelines Consumer Credit Counseling
Reverse Mortgage Counseling**

251-602-0909
www.lifelinesmobile.org

Love All Pantry

Mobile County
251-432-0591
www.loveallpantry.org

North Baldwin Ecumenical Association

251-937-8115
Tuesdays & Thursdays only, 9 a.m. - 12p.m.

Prodissee Pantry

Mobile County
251-626-1720
www.prodisseepantry.org

SafeLink Wireless

Free cellular phone and service: 800-723-3546
www.safelinkwireless.com

Salvation Army

Mobile County: 251-438-1625
Baldwin County: 251-943-3883
National: 800-725-2769
www.salvationarmyusa.org

United Way

Mobile County: 251-433-3624
Baldwin County: 251-943-2110
www.uwswa.org

Via Health, Fitness and Enrichment Center

Mobile County
251-478-3311
www.viamobile.org

**HOME REPAIR & WEATHERIZATION
Community Action**

Mobile County: 251-457-5700, 251-829-6362
www.mcamobile.org
Baldwin County: 251-626-2646
Escambia County: 251-867-4759
www.caaofsa.org

Ecumenical Ministries

Eastern Shore: 251-928-3430
Foley: 251-943-3445
www.baldwinemi.org

Independent Living Center

Mobile, Baldwin and Escambia Counties
251-460-0301
www.ilcmobile.org

Southwest Habitat for Humanity

251-476-7171
www.habitatswalabama.org
Baldwin County: 251-943-7268
www.habitatbaldwin.org

PRESCRIPTION ASSISTANCE**AAA SeniorRx (Prescription Assistance Program)**

Mobile County: 251-706-4680
Baldwin County: 251-972-8506
Escambia County: 251-368-1032

Franklin Primary Health Center, Pharmacy

Mobile County
251-432-4117
www.franklinprimary.org

Medicare Part D Prescription Drug Program

Medicare: 800-633-4227
www.medicare.gov
Local State Health Insurance Program Coordinator: 251-706-4680, 800-243-5463

Mobile County Health Department

Mobile County
251-690-8889
www.mcdh.org

Mostellar Medical Center

Irvington
251-824-2174
www.mostellarmedical.org

Ozanam Charitable Pharmacy

Mobile County
251-432-4111
www.ozanampharmacy.org

Pure Life Pharmacy

Mobile and Baldwin Counties
251-424-1544
www.purelifex.com

The Hope Center

251-455-2273
www.3circlechurch.com/hopecenter

Veterans Affairs

251-219-3900, 800-827-1000
www.va.gov

Low Cost Generic Prescriptions

Programs available at Publix, Sam's Club, Target, Walgreens and Walmart – contact your local store for information about which drugs are offered at a discount.

TAX COUNSELING**Goodwill Gulf Coast**

Mobile County
251-300-6278

RSVP

Escambia County: 251-867-0255
Baldwin County: 251-620-1462



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BrennityFairhope.com

50 Spring Run Dr., Fairhope, AL 36532

United Way
Mobile County
251-219-0606

INSURANCE RESOURCES
Alabama Department of Insurance
334-269-3550
www.aldoi.gov

Alabama Medicaid Agency
Statewide: 251-472-4360, 800-362-1504
www.medicaid.alabama.gov

Alabama Quality Assurance Foundation
205-970-1600
www.aqaf.com

Department of Veterans Affairs
800-827-1000
www.va.gov

Medicare
800-633-4227
www.medicare.gov

Medicare Fraud
State of Alabama: 800-243-5463
Senior Medicare Patrol: 251-706-4680

Railroad Retirees – Medicare Claims Information
877-772-5772
TTY: 877-566-3572
www.rrb.gov

Social Security Administration
866-593-1922, 800-772-1213, TTY: 800-325-0778
www.ssa.gov

State Health Insurance Counseling Program (SHIP)
1-800-Ageline (1-800-243-5463)
251-706-4680

Tri Care for Life (Retirees)
866-773-0404, TTY: 866-773-0405
www.tricare.mil

MEDICARE ADVANTAGE COMPANIES
Aetna Medicare Solutions
855-335-1407
www.aetnamedicare.com

Ascension Complete
844-578-1926 (TTY 711)
www.medicare.ascensioncomplete.com

Blue Cross Blue Shield of Alabama
888-627-4715 (TTY 711)
www.bcbsal.org

Cigna Healthspring of Alabama, Inc.
888-281-7867
www.cigna.com

Devoted Health
877-764-9446
www.devoted.com

Humana Insurance Company
844-330-8004
www.humana.com

Simpra Advantage
844-637-4770
833-312-0044 (Teletypewriter)
www.simpra.com

United Healthcare
844-818-2961 (TTY 711)
www.uhc.com

Viva Medicare Plus
888-830-8482
www.vivahealth.com

Wellcare
866-527-0056
www.wellcare.com

MEDICARE SAVINGS PROGRAM
(Subsidy that pays all or part of Medicare B & D premiums and may help with co-payments and deductibles)

Alabama Medicaid Agency
Statewide: 800-362-1504
www.medicaid.alabama.gov

Social Security Administration, Low Income Subsidy
800-772-1213
www.ssa.gov

State Health Insurance Program
Mobile County: 251-706-4680
Baldwin County: 251-972-8506
Escambia County: 251-368-1032
800-243-5463 (Alabama)

MEDICARE SUPPLEMENT/SELECT COMPANIES

For a list of companies providing Medicare Supplemental or Select policies in Alabama visit www.medicare.gov/medigap-supplemental-insurance-plans

For all of your Medicare questions contact:

Area Agency on Aging
251-706-4680, 251-706-4617

AFFORDABLE HEALTH CARE SERVICES : DENTAL

Alabama Donated Dental Services
Statewide: 334-834-1114
www.aldaonline.org

Baldwin Denture Center, LLC
Baldwin County
251-621-9404
www.facebook.com/Baldwin-Denture-Center

Brewton Family Dental Center - Franklin Primary
251-867-8020
www.franklinprimary.org

Dixie Dental Center
Baldwin County
251-910-9547
www.dixiedental.com

Franklin Primary Health Center, Dental Clinic
Mobile County
251-432-4117
www.franklinprimary.org

Mobile County Health Department
251-690-8158
www.mchd.org/familyhealth-services

U-Save Dentistry (Dentures)

Mobile County
251-338-3204
www.mchcd.org/familyhealth-services

HEALTH & REHABILITATION

Alabama Department of Rehabilitation Services

State Offices: 334-293-7500, 844-602-7245
SAIL Services: 251-479-8611, 888-388-3245
Vocational Rehab Services: 251-479-8611, 800-441-7607
TTY 800-499-1816
www.rehab.alabama.gov

Baldwin County Health Department

Health and Environmental Clinic: 251-947-3618
Robertsdale – Health Clinic: 251-947-1910
www.adph.org

Escambia County Health Department

Atmore: 251-368-9188
Brewton: 251-867-5765
www.alabamapublichealth.gov/escambia

Franklin Primary Health Centers

Brewton: Medical- 251-236-8250, Dental- 251-867-8020
Loxley: 251-964-4011
Maysville: 251-471-3747
Mobile, MLK Ave: 251-432-4117
Mobile, H.E. Savage Memorial Center: 251-694-1801
Mobile, Hadley Medical Center: 251-444-1000
Mobile, Central Plaza Towers: 251-434-2290
Mobile, J.R. Thomas Center: 251-432-7189
North Baldwin: 251-706-8700
North Mobile, Charles White Family Health Center: 251-444-1100
Prichard, Aiello/Buskey Medical Center: 251-452-1442
Prichard, Dr. Thomas Medical Center: 251-301-7011

Prichard: Prevention and Education Center (Substance Abuse): 251-434-8195
South Baldwin, Foley: 251-947-1083
West Mobile: 251-344-1964
www.franklinprimary.org

Goodwill Easter Seals

Mobile County
251-471-1581
www.gesgc.org

Mobile County Health Department

Citronelle Dental Center – 251-866-5585
Citronelle Health Center – 251-866-5940
Dauphin Island Parkway Health Center – 251-445-3450
Eight Mile Health Center – 251-456-1399
Downtown Mobile Health Center – 251-690-8158
Mobile Medical Unit I and II – 251-690-8823
Women's Health Center – 251-405-4524
North Baldwin Rural Health Center (Bay Minette) – 251-690-8889
North Mobile Health Center (Mt. Vernon) – 251-829-9884
Semmes Health Center – 251-445-0582
Southwest Health Center (Tillman's Corner) – 251-666-7413
USA Children's and Women's Hospital – 251-415-1000
Women's Health Center – 251-690-8935
www.mchcd.org/family-health

Mostellar Medical Center

Mobile County
251-824-2174
www.mostellarmedical.org

USA Physicians Group

Eastern Shore (Fairhope): 251-660-5860
Family Medicine Center (Center Street): 251-434-3475
Hillcrest: 251-660-5940
Mastin Center (University Hospital Road): 251-470-5890

Semmes Primary Care: 251-660-5840
Stanton Road: 251-471-7207
Strada Center: 251-434-3711
USA Mobile Diagnostic Center (Airport Blvd.): 251-633-8880
USA Mobile Diagnostic Center (University Commons): 251-660-5787
West Mobile (Schillinger): 251-660-5950
www.usahealthsystem.com

Veterans Affairs Outpatient Clinic

Mobile County
251-219-3900 Ext. 33672
www.va.gov

Victory Health Partners

Mobile County
251-460-0999
www.victoryhealth.org

HEARING

Alabama Department of Rehabilitation Services

Blind and Deaf Services: 334-293-7500
Mobile: 251-439-7890, 800-879-8163
Vocational Rehabilitation Services: 251-479-8611, 800-671-6842

Alabama Institute for the Deaf and Blind

Mobile, Baldwin and Escambia Counties
251-432-7777
www.aidb.org/mobile

Veteran's Hearing Aides

Outpatient Center
Mobile, Baldwin and Escambia Counties
251-219-3900
www.prosthetics.va.gov

MENTAL HEALTH & SUBSTANCE ABUSE SERVICE

Alcoholics Anonymous

Mobile County: 251-479-9994
www.aa.org
Gulf Coast: 251-216-1182
www.gulfcoastaa.org
Eastern Shore: 251-301-6773
www.easternshoreaa.org
Spanish Helpline: 205-432-8906

Alta Pointe Health Systems

251-450-2211, 888-335-3044
www.altapointe.org

Bright Haven Therapy

251-308-4004
www.brighthaventherapy.com

Catholic Social Services

Mobile: 251-434-1500
Robertsdale: 251-947-2293
www.catholicsocialservices.org

Department of Veterans Affairs

VA Outpatient Clinic, Mobile: 251-219-3900
www.va.gov

The Harbor at Thomas Hospital

251-279-1119
www.infirmarhealth.org

Home of Grace for Women

Mobile County
251-456-7807
www.homeofgraceforwomen.com

Lifeline Counseling Services

Mobile County
251-602-0909
www.lifelinesmobile.org

Mission of Hope

Mobile County
251-649-0830
www.missionofhopeministries.net

North Baldwin Infirmary

251-937-5521, Senior Behavioral Health: 251-580-1770
www.infirmarhealth.org

OneWay Restoration

Mobile County
251-217-8675, 251-217-8728
www.onewayrestoration.site

Penelope House

Mobile County
251-342-8994
www.penelopehouse.org

Salvation Army

Mobile County
251-438-1625
www.salvationarmyalm.org

Serenity Care for Men

Mobile County
251-635-1942
www.serenitycareinc.org

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The Shoulder of the Central Gulf Coast

Baldwin & Mobile Counties
251-626-2199
www.theshoulder.org

Waterfront Rescue Mission

Mobile County
251-433-1847
www.waterfrontmission.org

Wings of Life

Mobile County
251-333-4800
www.wings-of-life.com

VISION SERVICES**Alabama Department of Rehabilitation Services**

Mobile County
251-479-8611, 334-293-7500
800-671-6842
www.rehab.alabama.gov

Alabama Institute for the Deaf and Blind

Mobile, Baldwin and Escambia Counties
251-432-7777
www.aidb.org

Alabama Lions Club Sight Foundation

Alabama: 205-325-8519
Statewide: 800-967-4448 (800-96-SIGHT)
www.alabamalionsight.org

Alabama Public Library Services

800-723-8459
www.aplsws2.apls.state.al.us

American Academy of Ophthalmology

EyeCare America: 415-561-8500
www.aao.org

Community Services for Vision Rehabilitation

Mobile County: 251-476-4744
Daphne: 251-928-2888
Foley: 251-721-1160
www.csvrlowvision.org

Franklin Primary Health Center – Optometry

Mobile County
251-432-4117
www.franklinprimary.org

Knight's Templar Eye Foundation

214-888-0220
www.ktef.org

National Federation of the Blind

410-659-9314
www.nfb.org

New Eyes – Glasses for those in need

973-376-4903
www.new-eyes.org

ALZHEIMER'S & DEMENTIA SPECIFIC SERVICES**Aging and Disability Resource Center**

South Alabama Regional Planning Commission Area
Agency on Aging
Mobile, Baldwin and Escambia Counties
251-706-4680
800-AGELINE (800-243-5463)

Alzheimer's Association

800-272-3900
South Alabama: 850-462-5410
www.alz.org

Alzheimer's Foundation of America

866-232-8484
www.alzfdn.org

Project Lifesaver

Persons at risk of wandering wear a wristband transmitter that can be tracked by search and rescue teams.
Mobile County: 251-574-4455
Escambia County: 251-809-0647
Baldwin County: 251-972-8545
www.projectlifesaver.org

Support groups, day care centers, assisted living and nursing facilities with dementia specific programs are marked with asterisks throughout this publication.

PHYSICIANS - GERIATRIC**Dr. John Dixon, MD**

Does not accept Medicare
Saraland
251-675-4733

Dr. Kristin Kalmbacher

Does not accept Medicare
251-517-1050

Dr. Lloyd May, MD

Dr. John B. Howell, IV, MD
Dr. Sarah Joiner, MD
Mobile
251-666-8232

Dr. Thomas H. McCulloch, MD

Fairhope
251-990-8860

Veterans Affairs Out Patient Clinic

Mobile: 251-219-3900
Toll Free: 888-201-0110

PSYCHIATRISTS - GERIATRIC**Alta Pointe Health Systems: BayPoint Hospital**

Mobile County
251-450-2211
www.altapointe.org

Comprehensive MedPsych Systems

251-662-9466
www.medpsych.net

East Pointe Hospital (Adult)

Daphne
251-378-6500
www.altapointe.org

East Bay Psychiatry

Fairhope
251-928-4750
Mobile Infirmary
Senior Behavioral Health
251-435-5153
www.infirmaryhealth.org

North Baldwin Infirmary

Senior Behavioral Health
251-580-1770
www.infirmaryhealth.org

Southern Psychiatry Associates

Dr. Bradley Sadler
251-300-7134
www.southernpsychiatry.net

ADULT DAY CARE**E.A. Roberts Alzheimer's Center**

Mobile County
251-435-6950

Golden Rule Senior Care

Baldwin County
251-288-4148
www.goldenruleseniorcare.com

Grandfriends Via!

Mobile County
251-470-5228, 251-470-5232
www.viamobile.org

Nursetel Alabama Senior Center

Baldwin County
251-264-3009
www.alabamaseniorcenter.com

Shepherd's Place – Adult Day Respite

Fairhope
251-270-0097
www.shepherdsplacerespite.com

ASSISTED LIVING

Facilities offering care for Dementia patients are marked below with an asterisk (*).

Arbors Specialty Care at Somerby of West Mobile*

251-776-1455
www.somerbyseniorliving.com

Ashbury Manor*

Mobile County
251-340-7528
www.ashburymanormobile.com

Assisted Living at Somerby of West Mobile

251-776-1455
www.somerbyseniorliving.com

Baldwin House Assisted Living

Daphne
251-621-1717
www.baldwinhousealf.com

Carillon Oaks

Mobile
251-287-6300
www.carillonoaks.com

Country Place Senior Living of Brewton

251-809-3550
www.countryplaceseniorliving.net/

Country Place Senior Living of Fairhope

251-929-3627
www.countryplaceseniorliving.net

Country Place Senior Living of Foley

251-943-4412
www.countryplaceseniorliving.net

Crowne Place Assisted Living

251-344-3866
www.crownehealthcare.com

Dauphin Way Assisted Living

251-450-1110
www.dauphinwayalf.com

Gardens of Daphne

Baldwin County
251-625-0802
www.cavalierseniorliving.com/communities/gardens-of-daphne

**Gordon Oaks Assisted Living Community
Gordon Oaks Memory Care***

Mobile County
251-661-7600
www.gordon-oaks.com

Inn Assisted Living at Somerby of West Mobile

251-776-1455
www.somerbyseniorliving.com

Knollwood Pointe**Knollwood Pointe SCALF/Memory Care***

Mobile County
251-666-1005
www.knollwoodpointe.com

Little Sister Of The Poor Sacred Heart Residence

Mobile County
251-476-6335
www.littlesistersofthepoormobile.org

Live Oak Village

Baldwin County
251-943-6733
www.liveoakal.com

Murray House

Mobile County
251-432-2272
www.murrayhouseliving.com

Oakbridge Terrace Assisted Living at Westminster Village

Baldwin County
251-626-7007
www.westminstervillageal.com

Proveer at Heritage Woods

Mobile
251-665-9063
www.proveeratheritagewoods.com

Proveer at Port City Assisted Living

Mobile
251-380-0053
www.proveeratportcity.com

**Seabrook Pointe Assisted Living
Seabrook Pointe Memory Care***

Baldwin County
251-625-6400
www.cottageassistedliving.com/seabrook-pointe/

Seagrass Village of Gulf Shores

Baldwin County
251-200-5700
www.seagrassvillagegs.com

The Brennity at Daphne

Baldwin County
251-626-9000
www.brennitydaphne.com

The Brennity at Daphne Memory Care*

Baldwin County
251-626-9000
www.brennitydaphne.com

The Brennity at Fairhope

Baldwin County
251-928-5555
www.brennityfairhope.com

The Haven Assisted Living and Memory Care Facility*

(251) 923-2800
www.havenmemorycare.org

The Huntingdon at Homestead Village

Baldwin County
251-929-0275
www.seniorly.com/assisted-living/alabama/fairhope/
the-huntingdon

The Meadows of Atmore

Escambia County
251-446-9317
www.meadowsatmore.com

The Meadows of Brewton

Escambia County
251-809-0227
www.meadowsbrewton.com

The Summit

Atmore
251-368-0270
www.thesummitofatmore.com

**Vitality Living Regency Assisted Living
Vitality Living Regency Specialty Care***

Mobile
251-380-0053
www.vitalityseniorliving.com

CAREGIVER PROGRAMS**Alabama Cares caregiver support**

Mobile, Baldwin, and Escambia Counties
251-706-4680, 800-243-5463

**AL Lifespan Respite Resource Network/United
Cerebral Palsy of Huntsville**

256-859-8300
www.alabamarespite.org

**Veterans Affairs National Caregiver Support
Line**

855-260-3274
www.caregiver.va.gov

Veterans Affairs Out Patient Clinic

Mobile County
251-219-3900
Toll Free: 800-698-2411

**HOUSING - INDEPENDENT LIVING
(MARKET RATE)****Arbours at Pierce Creek**

Mobile County
251-473-0822
www.piercecreek.com

Brennity of Fairhope

Baldwin County
251-250-1870
www.brennityfairhope.com

Brookside Senior Living

Mobile County
251-776-5999
www.livingatbrookside.com

Gordon Oaks

Mobile County
251-661-7600
www.gordon-oaks.com

Homestead Village of Fairhope

Baldwin County
251-929-0250
www.hvfairhope.com

Live Oak Village

Baldwin County
251-943-6733
www.communityseniorlife.org/live-oak-village

Sandlewood Apartment Homes

Baldwin County
251-947-1186
www.rentrobertsdale.com

Sea Grass

Daphne: 251-306-8486
www.seagrassvillagedaphne.com
Gulf Shores: 251-306-8123
www.seagrassvillagegs.com

Somerby

Mobile County
800-949-7614
www.somerbyliving.com

University Oaks

Mobile County
800-322-0999
www.holidayliving.com

Westminster Village

Baldwin County
251-501-3476
www.actretirement.org

**HOUSING - INDEPENDENT LIVING
(SUBSIDIZED)****AHEPA 310 Apartments**

Bayou La Batre: 251-824-1895
Citronelle: 251-866-3000
Daphne: 251-626-9228
Mobile: 251-666-5696, 251-661-3732
Theodore: 251-653-9880
Saraland: 251-679-0770
Semmes: 251-645-2405
Fairhope: 251-928-7352
www.ahepaseniorliving.org

Anderson-Fisher Apartments

(physical disabilities only)
Mobile County
800-466-7722 x. 240
www.ahepaseniorliving.org

Arbours at Satsume Senior Living

Mobile County
251-348-7002
www.arbourvalley.com/communities

Atmore Housing Authority

Escambia County
251-368-8442

Atmore Rotary Village

Escambia County
251-368-5115

Baptist Oaks Apartments

Mobile County
251-432-2312

Bay Minette Housing Authority

Baldwin County
251-937-2211

Bay Minette Rotary Village Apartments

Baldwin County
251-937-2811
www.gulfbelt.com/apartment

Bayou La Batre VOA Elderly Housing

251-300-2385

Bayou Plaza Apartments

Mobile County
251-436-8773

Baytown Senior Village

251-338-0634

Brewton Housing Authority

Escambia County
251-867-5247

Cathedral Place Apartments

Mobile County
251-434-1590

Central Plaza Towers

Mobile County
251-434-2290
www.mobilehousing.org

Chickasaw Housing Authority

Mobile County
251-457-6841
www.chickasawha.com

Cottonwood Senior Apartments

Mobile County
251-661-9887
www.cottonwood-senior-apartments.com

Crepe Myrtle Village Apartments

Escambia County
251-867-7997

Dauphin Gate Apartments

Mobile County
251-473-7224

Downtown Renaissance

Mobile County
251-694-9058
www.mobilehousing.org

Driftwood Acres Apartments

Mobile County
251-471-1061
www.driftwoodacresapts.com

Emerson Gardens

Mobile County
251-434-2293
www.mobilehousing.org

Foley Housing Authority

Baldwin County
251-943-5370
www.foleyha.org

The Gardens at Wellington Apartments

Mobile County
251-287-0504
www.gardensatwellingtonapts.com

Highpoint VOA Elderly Housing

Mobile County
251-300-2380
www.voase.org/highpoint-apartments

Mobile County Housing Board

Mobile County
251-434-2200
www.mobilehousing.org

Oleander Park Apartments

Mobile County
251-639-1355

Point Escambia Apartments

Escambia County
251-368-4658

Prichard Housing Authority

251-283-0111
www.prichardhousing.com

Render Terrace Senior Apartments

Mobile County
251-300-2342
www.voase.org/render-terrace

Ridge Manor Apartments

Mobile County
251-283-0111 ext.161

Shadow Ridge Retirement Center Citronelle

251-866-2210

Spring Run Apartments

Baldwin County
251-928-0981

The Village at Meadowview

Baldwin County
251-928-7787

Village Oaks Apartments

Baldwin County
251-580-3333

**HOSPICES SERVICE IN THE HOME
Alabama Hospice Care of Mobile**

251-809-1717
www.lhcgroupp.com

ASERACARE

Mobile and Baldwin Counties: 251-343-0989
Escambia County: 251-800-7473
www.aseracare.com

Comfort Care Hospice

Mobile County: 251-304-3135
Baldwin County (Fairhope): 251-621-4229
Baldwin County (Foley): 251-621-4431
Escambia County: 334-427-4000
www.comfortcarehospice.com

Community Hospice of South Alabama

Baldwin County: 251-943-5015
 Bay Minette: 251-937-7330
 Foley: 251-943-5015
 Mobile County: 251-333-9335
www.communityhospiceal.org

Covenant Care

Mobile County: 251-478-8671
 Baldwin County: 251-626-5255
 Escambia County: 251-867-6993
www.choosecovenant.org

Encompass Home Health and Hospice

Mobile County: 251-666-2399
 Main: 251-661-5313
www.encompasshealth.com

Gentiva Hospice

Mobile: 251-478-9900
 Daphne: 621-2500
www.gentivahs.com

Saad Hospice Services

Mobile, Baldwin and Escambia Counties:
 251-343-9600 or 800-279-7223
www.saadhospice.com

Southern Care Hospice

Mobile: 251-666-2113
 Baldwin: 251-621-2844
 Escambia: 251-368-1101
www.southerncareshospice.com

Springhill Home Health and Hospice

Mobile: 251-725-1268
 Baldwin: 251-626-5895
www.springhillhomecare.com/hospice-care/

St. Joseph Hospice

251-675-7555
www.stjosephhospice.com

Veterans Affairs Outpatient Clinic

Mobile
 251-219-3900
 Toll Free: 888-201-0110

NURSING HOMES

Facilities offering care for dementia patients are marked below with an asterisk (*).

Allen Health and Rehabilitation*

Mobile County
 251-433-2642
www.nolandhealth.com/communities/allen-health-and-rehabilitation

Arabella Health and Wellness of Mobile

Mobile County
 251-479-0551
www.arabellahcm.com

Arabella Health and Wellness of Fairhope

Baldwin County
 251-928-2177
www.arabellahcm.com

Atmore Nursing Center

Escambia County
 251-368-9121
www.crownmanagement.com/atmore

Ashland Place*

Mobile County
 251-471-5431
www.ashlandplacehealthandrehab.com

Crowne Healthcare of Citronelle

Mobile County
 251-866-5509
www.crownehealthcare.com/citronelle

Crowne Healthcare Of Mobile County*

Mobile County
 251-473-8684
www.crownehealthcare.com/mobile

Crowne of North Baldwin

Baldwin County
 251-937-3501
www.crownehealthcare.com/northbaldwin

Crowne Healthcare of Springhill

Mobile County
 251-304-3000
www.crownehealthcare.com/springhill

Diversicare of Foley*

Baldwin County
 251-943-2781
www.dvcr.com/locations/foley/

Eastern Shore Rehabilitation and Health Center

Baldwin County
 251-621-4200
www.nolandhealth.com/communities/eastern-shore

Fairhope Health & Rehab Center

Baldwin County
 251-928-2153
www.nolandhealth.com/communities/fairhope-health-and-rehabilitation

Grand Bay Convalescent Home Inc.

Mobile County
 251-865-6443
www.grand.b.home.com

Gulf Coast Health and Rehabilitation

Mobile County
 251-634-8002
www.gulfcoasthealthandrehab.com

Kensington Health and Rehab

Mobile County
 251-433-5471
www.kensingtonhrc.com

Knollwood Healthcare

Mobile County
 251-661-7608
www.knollwood-hc.com

Little Sisters Of The Poor Sacred Heart Residence

Mobile County
 251-476-6335
www.littlesistersofthepoormobile.org

Lynwood Nursing Home*

Mobile County
 251-661-5404
www.lynwoodnursing.com

Mobile Nursing & Rehabilitation Center

Mobile County
 251-639-1588
www.mobilerehabcenter.com

North Mobile Health & Rehabilitation Center*

Mobile County
 251-452-0996
www.northmobilerehabcenter.com

Palm Gardens Health and Rehabilitation

Mobile County
 251-450-2800
www.palmgardenshealthandrehab.com

Robertsdale Rehabilitation and Healthcare Center

Baldwin County
 251-947-1911
www.ballhealth.com

Springhill Senior Residence

Mobile County
 251-343-0909
www.springhillmedicalcenter.com

Twin Oaks

Mobile County
 251-476-3420
www.ballhealth.com

West Gate Village

Escambia County
 251-867-6077
www.crownehealthcare.com/west-gate

William F. Green State Veterans Home*

Baldwin County
 251-937-9881
www.va.alabama.gov

Willow Brooke Court Skilled Care at Westminster Village

Baldwin County
 251-626-7007
www.westminstervillageal.com

PRIVATE DUTY AND IN-HOME CARE

A.D. Dale Services, Inc.
 251-441-7744

ADDUS

Mobile, Baldwin and Escambia Counties:
 251-414-5855, 866-414-5855
www.addus.com

Amedisys

800-239-9192
 Mobile County: 251-380-0492
 Citronelle: 251-866-3261
 Escambia County: 251-809-1717
 Foley: 251-971-1436, 800-763-6382
 Bay Minette: 251-580-8236
www.amedisys.com

ATC Healthcare Services

Mobile County
 251-660-8574, 866-473-0473

Atmore Community Home Care

Escambia County
 251-368-6286
www.LHCGroup.com

Bay Nursing

Mobile and Baldwin Counties
 251-471-3343
www.baynursing.com

Brightstar Care

Mobile and Baldwin Counties
 251-405-6451
www.brightstarcare.com

Center Well Home Health

Mobile County: 251-316-0917
 Baldwin County (Daphne): 251-621-0882
 Baldwin County (Foley): 251-943-3002
www.centerwellhomehealth.com

Comfort Keepers

Mobile County: 251-519-2948
 Daphne: 251-621-5555
 Foley: 251-861-1767
www.comfortkeepers.com

D W McMillian Home Health

Escambia County
 251-867-5054
www.dwmmh.org

Elderly and Disabled Medicaid Waiver

Mobile, Baldwin and Escambia Counties
 251-706-4680, 800-243-5463

Favor Home Healthcare

Mobile
 251-604-3898
www.favorhomehealthcare.com

First Light Home Care

Mobile, Baldwin and Escambia Counties
 251-300-8515, 866-481-5540
www.firstlighthomecare.com

Golden Rule Senior Care

Mobile and Baldwin Counties: 251-288-4148
 Escambia County: 251-314-1616
www.goldenruleseniorcare.com

Gracepoint Home Care

251-317-9555
www.gracepointcare.com

Gulf Coast Dementia Services Inc.

251-355-9123
www.gulfcoastdementiaservices.com

Help At Home

Mobile and Baldwin Counties
 251-661-9414, 888-290-9414
 Escambia County: 251-578-7222
www.helpathome.com

Homecare Companions

Foley: 251-943-6555
 Mobile: 251-660-4000
www.homecarecompanions.net

Home Instead Senior Care

Mobile and Baldwin Counties
 251-342-6655
www.homeinstead.com

Imperial Home Care

251-654-7453, 251-380-6969
www.imperialhomecareservices.com

In Home Caregivers of Alabama

251-265-3893

Infirmiry Home Care of Mobile

251-450-3300
www.lhcgroupp.com

Mercy Life Alabama (PACE)

251-287-8427
 855-367-6562
www.trinityhealthpace.org

Rebound Rehab In-Home Physical Therapy

Mobile and Baldwin Counties
 251-342-9008
www.movetobetterhealth.com

Saad's HealthCare Services

Mobile, Baldwin and Escambia Counties
 251-343-9600, 800-279-7223
www.saadhealthcare.com

Senior Companion Program

Mobile County
 251-574-3232

Southern Cross Home Care of Alabama

Mobile and Baldwin Counties
 251-776-2786
www.southerncrosshomecare.com

Springhill Home Health and Hospice

Mobile: 251-725-1268
 Baldwin: 251-626-5895
www.springhillhomecare.org

Synergy HomeCare

Mobile and Baldwin Counties
 251-621-1900
www.synergyhomecare.com

Touching Hearts Senior Care

Mobile, Baldwin and Escambia Counties
 251-445-4204
www.touchingheartsseniorcare.com

Thomas Home Health

Baldwin County
 251-990-9200
www.lhcgroupp.com

Veterans Affairs Out-Patient Clinic

Mobile
 251-219-3900, 888-201-0110



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