



# NEWSLETTER

(334) 240-4680 | www.centralalabamaaging.org | Autauga, Elmore and Montgomery Counties

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## Free Memory Screenings

Join us on the last Thursday of each month from 10am-11am for a free memory screening at our office. Screenings are confidential. No appointments necessary.

If you would like to electronically receive this newsletter, please give us a call at (334) 240-4680!

## Need to Reach Us?

2500 Fairlane Drive, Suite 200  
Montgomery, AL 36116  
(334) 240-4680

### HOURS:

Monday-Friday  
8:00am - 4:30pm

**Look for us on Facebook!**

## Medicare Open Enrollment

*October 15 - December 7*

Medicare health and drug plans change each year; these changes may include increased cost, medications, and the providers and pharmacies in their networks. October 15 to December 7 is when all people with Medicare can change health plans and prescription drug coverage for the following year to better meet current needs.

### How do you know if you need to change plans?

People in a Medicare health or prescription drug plan should always review the materials your plan sends you. If your plan is changing, you should make sure your plan will still meet your needs for the following year. If you are satisfied that your current plan will meet your needs for next year and it is still being offered, there is no need to change anything!

### What can I do?

- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Join a Medicare Prescription Drug Plan
- Switch from one Medicare Drug Plan to another Medicare Drug Plan

**Contact us for more information on Medicare Open Enrollment or to schedule an appointment for individual assistance!**

## Virtual Dementia Training and Snoezelen Room Presentation

*October 12 | 2-4 pm*

*Country Cottage in Montgomery (235 Sylvest Drive Montgomery, AL 36117)*

The Virtual Dementia Tour is an innovative hands-on sensitivity training, designed to simulate the dementia experience. The Snoezelen room provides sensory therapy for individuals living with Alzheimer’s and other forms of dementia in a safe, stimulating, and therapeutic atmosphere.

**Come join us! Contact our office for more information**



Central Alabama Aging Consortium's  
Director Susan Segrest

**Director's Corner**

By: Susan Segrest

Fall is upon us, and another year of providing services to those who are elderly or disabled has come and gone. As we reflect on the accomplishments of this past year, we are pleased that we were able to add Matter of Balance classes (fall prevention) which were a huge hit with participants in the program. CAAC also added Personal Choices as an option for individuals on the Medicaid Waiver programs we administer. Personal Choices allows individuals on the program to work with a case manager to complete a spending plan and choose a caregiver to provide the services according to their care plan, providing another option for those receiving services under the program. Through our Dementia Friendly Alabama Program funded by the Alabama Department of Senior Services, we provided mini-grants to other areas of the state to start their own programs, as well as continue to grow the program in our service area. We also added new meal routes so that more elderly individuals could receive frozen meals through the Elderly Nutrition Program. We added an additional staff member to our Aging and Disability Resource Center so that we could better serve those calling for information, services, and benefits. The Alabama Cares Program provided many educational and training opportunities for caregivers, as well as respite services. CAAC sponsored a series of Lunch and Learn trainings on Alzheimer's Disease and other related illnesses which was available to staff, professionals, and caregivers. Our other programs - SenioRx, SHIP, Ombudsman, Legal, Elderly and Disabled Waiver, Community Transition Waiver - are continuing to grow and serve those in need. We are so thankful for the opportunity to serve our community. If you have questions, need information, or wish to apply for services or benefits, call our Aging and Disability Resource Center at (334) 240-4670 or our main line number at (334) 240-4680. Central Alabama Aging Consortium is here to serve you!

**OCT 1:** Visit our on-line Calendar of Events for the 2018 Dementia Friendly Communities Mini-Grant RFP. Please download a copy! Applications are due no later than November 15th. [www.CentralAlabamaAging.org](http://www.CentralAlabamaAging.org)



**Join us as we Walk to End Alzheimers!**

Take the first step to a world without Alzheimer's! Our Team Name is CAAC. Contact Alicia Crum at 240.4680 for more information.

*October 15th at AUM (Moore Hall)*

Registration at 1:30pm  
Ceremony at 3pm  
Walk at 3:15pm

**OCT 19:** Join us for "Alzheimer's vs. Dementia" at Elmcroft of Halcyon, 6PM @ 1775 Halcyon Blvd, Montgomery, AL 36117.

**NOVEMBER** is "National Alzheimer's Disease Awareness and Caregivers Month." Visit our Dementia Friendly Alabama Facebook Page to help foster dementia friendliness, and visit the CAAC website to view our Dementia Friendly Alabama Page.



**Alabama Cares**

**NOV 9:** Alabama Cares will be hosting our yearly Caregiver Conference on Thursday, November 9th at the First Baptist Church in Prattville Alabama. Contact Monica Barnes at (334) 240-4680 for more information.