



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 Advantage Disenrollment

January 1 - February 14

What can I do?

If you’re in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. If you switch to Original Medicare during this period, you’ll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

What can’t I do?

Switch from Original Medicare to a Medicare Advantage Plan. Switch from one Medicare Advantage Plan to another. Switch from one Medicare Prescription Drug Plan to another. Join, switch, or drop a Medicare Medical Savings Account (MSA) Plan.

Contact us for more information or to schedule an appointment for individual assistance!

Farmers Market Vouchers *Starting January 1st!*

The Senior Farmers Market Nutrition Program is administered by the Alabama Department of Agriculture & Industries, Farmers Market Authority Section to provide coupons to low-income seniors that are 60 years of age or older that can be used to purchase eligible foods (fruits, vegetables, honey, and fresh-cut herbs) from farmers that grow them and are selling them directly to you at local farmers markets and roadside stands.

If you are interested in applying for the SFMNP vouchers, we can assist you in completing an application! Give us a call, 334-240-4680!

Dementia Friendly Alabama & Whole Foods Market Partnering to Host Montgomery’s First Memory Café

Friday, February 9, 2018

10AM – 11AM

Whole Foods Market, 1450 Taylor Rd, Montgomery, AL 36117

Whole Foods and Dementia Friendly Alabama have partnered and are delighted to announce they will host a first for Montgomery... a Memory Café!



Central Alabama Aging Consortium's
Director Susan Segrest

Director's Corner

By: Susan Segrest

Happy New Year! We at CAAC hope that you had a wonderful holiday season. We are excited about the new year, and the opportunity to continue serving those who are elderly and disabled in our coverage area.

In fiscal year 2017, CAAC provided 103,147 meals to 1,162 clients at the senior centers in the tri-county area. We also provided 149,770 meals to 1,128 home-bound clients. We provided 11,005 units of respite care to relieve family caregivers through our Alabama Cares program. Through our SenioRx program, 481 individuals received no or low- cost medication assistance. Over 3,000 Medicare beneficiaries received one-on-one assistance with Medicare or Medicare care related programs and issues. CAAC also provided case management, homemaker, personal care, respite, adult day care, and/or meals to over 400 individuals through our Elderly and Disable Waiver program. We provide these and other services. If you need assistance or have any questions about available services and benefits, please contact us by calling our Aging and Disability Resource Center at 334-240-4670 or our main line at 334-240-4680.

We also look forward to continuing to develop our Dementia Friendly Community Program and to building and strengthening our partnerships with local governments and community partners. Let's work together to help those who need a helping hand.

Memory Cafés are social engagement opportunities for people with dementia and their care partners to come together and just have some fun. Dementia is a socially isolating disease so it's important for people to participate in social engagement opportunities like this. People need to come together to make sure they're feeling heard and understood.

At any given café, organizers encourage attendees to not focus on the disease and have fun with the group.

For more information call Stephanie Holmes @ (334) 240-4680. We hope to see you Friday, February 9th!



Dementia Friendly ALABAMA

**2nd Annual Golf Classic | Friday, March 9, 2018
Robert Trent Jones (Legislator Course) Prattville
8A REG / 9A TEE**

Registration \$125 per person | \$500 per team!

Reserve YOUR spot today!

"Let's not forget to fight for those who can't remember."

For Sponsorship Opportunities or Team Registration information, please call or email Stephanie Holmes at (334) 240-4680, Stephanie.Holmes@adss.alabama.gov.

Remember to care!



**Volunteer Ombudsman Representative Training
March 15-16, 2018**

9:00 am - 3:00 pm • Lunch provided

Become a Volunteer, Advocate, Companion and Friend!

Residents of long-term care facilities sometimes have little or no contact with the outside world. Many feel they lack control over their lives. A friendly volunteer who visits regularly can be a bright spot in an elderly resident's day. Many residents are alone and would be very happy to have your visits. This may also help ensure they get good care if someone from the community is looking in on them regularly. Ombudsman help to protect resident's rights in Nursing Facilities. They promote better quality of life for residents. Make a difference in someone's life!

Central Alabama Aging Consortium

Contact Lindsey Solomon or DeLane Richardson

(334) 240-4680