



NEWSLETTER

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

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Free Memory Screenings

Join us 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!

New Medicare Card

Have you heard about the new Medicare card?

Social Security will start mailing these new cards beginning in April 2018! You don’t need to do anything to get your new Medicare card – it will automatically be mailed to you. While the Medicare card is changing, your Medicare coverage and benefits will stay the same.

Health & Wellness Awareness Seminar

Saturday, April 7, 2018

10AM-1PM

Flatwood Community Center

Free Health Screening for Men, Women, and Children

For registration, contact **Monica F. Barnes**
334-240-4680 • monica.barnes@adss.alabama.gov

It’s a Celebration at Every Age! Central Alabama Senior MayFest

Friday, May 11, 2018

9AM – 1PM

Wetumpka Civic Center, 410 South Main Street, Wetumpka, AL

Join us for Food, Fun, Games, Prizes, Entertainment, Exhibits and MUCH MORE! Age 60 & older. This is an event to honor senior citizens. No children please.

Call by April 13, 2018 for reservations.





Central Alabama Aging Consortium's
Director Susan Segrest

Director's Corner

By: Susan Segrest

It is spring time in Alabama, and what a wonderful time of the year it is! Here at Central Alabama Aging Consortium, we are excited about the opportunities we have to serve the communities in our area. On March 9th, we held our second annual Dementia Friendly Alabama Golf Classic to raise money to serve those with dementia and their caregivers. It was a great day for golf, and we raised over \$5,000. The money will be used in the tri-county area in an effort to make the cities and towns in our area places where those with dementia can not only live and remain in the community setting, but can thrive. We are so thankful to all the sponsors and all of those who participated in the tournament.

We will also be hosting a celebration of Older American's Month on May 11, 2018. Older Alabamians are an important part of our community, and we are excited to be celebrating with the senior citizens in our area. We will have dancing and singing, door prizes, contests, informational exhibits, and lunch. We look forward to this fun event and to interacting with those we serve.

Visit our web-site at
www.centralalabamaaging.org.
You may also contact us by calling
334-240-4680.

**2018 Elder Justice and
Caregiver Conference**

*Tuesday, May 15, 2018 • 9AM - 3PM • Lunch and
CEU's Provided*

*Doster Memorial Community Center
424 S Northington Street, Prattville, Alabama*

Registration Deadline May 10, 2018
For registration, contact DeLane Richardson
delane.richardson@adss.alabama.gov

(334) 240-4680



LET THE GAMES BEGIN

2018 Masters Games of Alabama

The 2018 Masters Games of Alabama for the Central Alabama District 9 will kick off Wednesday, June 13, and continue through August 17. Men and women from age 50 to 85 plus will come from the nine counties around the Montgomery area to compete in events such as golf, bowling, horseshoes, dominoes, rook, table tennis, soft ball throw, basketball throw, shuffleboard, and many more.

Except for bowling and golf, the regional games will be held at the Gillespie Senior Center in Prattville and will have horseshoes, softball throw, basketball throw, Nerf/Frisbee, Shuffleboard, and Table Tennis on June 13, dominoes on June 14, and Rook and Checkers on June 15. Bowling will be held at Bama Lanes in Montgomery on August 17th and golf will be held at Valley Grand Golf Course in Selma on August 13 and 14. There is a one-time entry fee of \$10.00 for any and all district games plus an additional \$8.00 for bowling and \$35.00 for each day of golf.

District 9 Masters Games are sponsored by the Central Alabama Aging Consortium and Prattville's Department of Leisure Services.

For more information or to register for the games, call Central Alabama Aging Consortium at 240-4680

Program Spotlight

ADRC - Aging and Disability Resource Center

CAAC's ADRC works diligently to assist people in the community by screening them for services. We will screen for eligibility for public and community benefits and services and will also help with the application process! Not only do we direct callers to resources, we also provide them with the opportunity to speak with a real person not an automated system. CAAC's ADRC program has a no wrong door policy and we will assist each person as best as we can to help better our client's lives.