

LIMESTONE COUNTY COUNCIL ON AGING

October, 2018

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NEW LOCATION!!!!



The Limestone County Council on Aging has moved to 503 South Jefferson St. Suite A Athens, AL 35611.

Some remember the building as the old Big B Building. We are so excited about this new location and to help Limestone County Seniors. If you have any questions, please call 256-233-6412.

Medicare Part D



Medicare Part D Open Enrollment begins October 15th and will last until December 7th, 2018. The Limestone County Council on Aging provides free counseling sessions during this period and usually averages seeing 400 or more clients. These sessions are by appointment only, and appointments may be set beginning this month. Please don't delay your call for one of these important sessions. Call (256) 233-6412 to set your appointment. The counselors are trained each year on the latest changes and developments and can offer you updated information about changes in premiums, deductibles, etc.

Athens/ Limestone Senior Fun Fest 2018

When: October 12, 2018

10:00 a.m. – 1:00 p.m.

Where: Limestone County Event Center

This is a free event for Athens/ Limestone seniors. There will be entertainment, door prizes, and BINGO! Please make plans to attend! Lunch is provided, and this is a FREE event!

SenioRx Program- Prescription Assistance



Are you struggling to find the money needed to pay for your prescription medications? Do you need help in obtaining prescriptions? Then Carla Sims with Limestone County Council on Aging is ready to assist you through the SenioRx program. Since its inception in 2002, the program has saved thousands of Alabamians millions of dollars in medication expenses by providing free or low- cost prescription drugs from pharmaceutical manufactures.

SenioRx is a program for Alabamians who are age 55 and older and for persons with disabilities of any age, who are diagnosed with chronic medical conditions requiring daily medication. The program aims to help people manage their chronic illnesses earlier and prevent more serious health problems later in life.

This medication assistance allows individuals to utilize their limited income for food and other important expensed.

Call Carla Sims today at 256-233-6412 to see if you qualify.

Breast Cancer



According to nationalbreastcancer.org, “Breast Cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early detection and treatment, most people can continue a normal life.” That is why it is so important for women to get an annual mammogram starting at the age of 40. The earlier it is caught, usually can be treated much better. There is a 99%, 5- year relative survival rate of early stage breast cancer. According to the Susan G. Komen website approximately 246,660 new cases of invasive breast cancer will be found this year.





Nutrition Center

Athens	256-233-6412
East Limestone	256-230-2829
Elkmont	256-732-4777
Owens	256-230-2753
Tanner	256-230-6400

Activity Centers

Ardmore	256-423-2099
Goodsprings	256-232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals, Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality, and the ability to enrich the quality of life for themselves and others. Working closely with The Limestone County Commission, Tarcog, The City of Athens, the Area Agency on Aging, and other local agencies, the COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation
Nutrition Centers
Meals-on-Wheels
In-home services

SHIP/Medicare Part D
SeniorX program
Legal assistance
Volunteer Opportunities

Know how and when to enroll in a Part D plan

Unless you already have good drug coverage through employer insurance or another source, you should sign up for a Part D plan for the first time during your Initial Enrollment Period. Your Initial Enrollment Period begins three months before your 65th birthday, includes the month of your birthday, and ends three months after. If you delay enrollment, you may have a late enrollment penalty added to your monthly premium when you later enroll.



LOCAL HELP FOR PEOPLE WITH MEDICARE

Upcoming Events

Open Enrollment begins October 15th and ends December 7th.

Happy Fall Y'all!!!

