

Answers for Aging

May, 2017

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Happy Mother's Day!

Mother's always had advice, whether it was wanted or needed. Until we grow up we don't realize how much the advice was needed. The following is advice offered by moms:



- Be careful what you wish for, it might come true.
- If you don't have anything nice to say, don't say anything at all,
- When you get to be my age, you will understand.
- Because I'm the mom, that's why!
- If I've told you once, I've told you a thousand times.
- Because I said so, that's why!
- Just wait 'til your daddy gets home.
- You were not raised in the barn.

Memorial Day

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday, which is observed every year on the last Monday of May, originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established it as a time for the nation to decorate the graves of the Union war dead with flowers.



What's Going on at Limestone County Council on Aging?

Council on Aging (COA) has a lot of new, exciting events. Along with offering services such as transportation, Meals on Wheels, homemaker services, seniorX, SHIP (Medicare Part D counseling), and legal assistance. COA also has seven senior centers throughout the entire county. These senior centers offer different activities; however, we are wanting to implement more such as Line Dancing, and paint/craft classes. Right now, we are looking for volunteers that would want to teach any of these classes. If interested please call Madison Curnutt, 256-216-3897.

April Showers Bring May Flowers.... and Ticks!



What are the Symptoms of Lyme Disease?

Early symptoms may be mild and easily missed. If you find a tick attached to your skin, remove with tweezers and watch for symptoms. The first symptom may be a rash, at or near the site of the bite. A "bull's-eye" patch that grows larger appearing three days to one month after the bite with a diameter of two to six inches and lasts three to five weeks. It may be warm to the touch and is not usually painful or itchy.

How is Lyme Disease Treated?

Early treatment involves antibiotics and almost always results in a full cure. However, the chances of a complete cure decrease if treatment is delayed. In a small number of cases, Lyme disease can become a chronic condition.

Where do Ticks Live?

Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods. Deer ticks cannot jump or fly, and do not drop onto passing people or animals, only by direct contact.

To Protect Yourself in Tick Infested Areas:

Wear light-colored clothing with a tight weave to spot ticks easily. Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants. Consider using insect repellent. Stay on cleared trails. Avoid contacting vegetation. Avoid sitting directly on the ground or on stone walls. Keep long hair tied back, especially when gardening (warren).



Senior Citizen's Month

Council on Aging (COA) is a department of the Limestone County Commission. Our main goal is to serve the seniors of Limestone County as best as we possibly can. Each day we strive to help seniors have a fun filled day no matter what type of service they are utilizing. However, in May, it is just a little more special. May is Older American's Month. This is the month that is set aside to honor senior citizens. According to oam.acl.gov Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.



1st Row- Athens Senior Center, East Limestone Senior Center, Tanner Senior Center

2nd Row- Ardmore Senior Center, Elkmont Senior Center, Owens Senior Center

3rd Row- Goodsprings Senior Center



912 W Pryor St.
Athens, AL 35611

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. COA is a department of The Limestone County Commission. Working closely with 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	SHIP/Medicare Part D
Nutrition Centers	SeniorX program
Meals-on-Wheels	Legal assistance
In-home services	Volunteer Opportunities

What are Part A costs for hospital care?

If you have Original Medicare, your hospital stay is covered by Part A (hospital insurance) if you are a hospital inpatient, and by Part B (medical insurance) if you are a hospital outpatient.

If you are a hospital inpatient, you first must meet the Part A hospital deductible of \$1,316 at the beginning of each benefit period (see question 4). Once you meet the deductible you pay zero dollars for the first 60 days of inpatient care in each benefit period. You owe \$329 for days 61 through 90 in each benefit period and \$658 per lifetime reserve day (see question 5) after day 90. You have 60 lifetime reserve days that can only be used once.

If you have a Medicare Advantage Plan, contact your plan to learn what its costs are for inpatient hospital care. Many plans have a deductible and/or daily copayments for inpatient care.



Announcements:

COA and all senior centers will be closed May 29, 2017 for Memorial Day.

Chairman: Mark Yarbrough	District Three: Jason Black
District One: Stanley Hill	District Four: Ben Harrison
District Two: Steve Turner	

Like COA Facebook page for announcements



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