

ANSWERS FOR AGING

June, 2017

LIMESTONE COUNTY
COUNCIL ON AGING

Senior Snapshots

- Senior Snapshots
- Susan's Note
- Free Prostate Exam
- Medicare Minutes
- Upcoming Events

Elkmont 4th graders did a walking field trip on May 16th from the school to the Elkmont Senior Center. They spent time, shared stories and donated show boxes of items for the clients at the Elkmont Senior Center and the Elkmont "meals on wheels". They purchased items through funds from a TRAIL grant they received. The teachers are Marcus Hobbs, Anita Bates and Valerie Haislep.

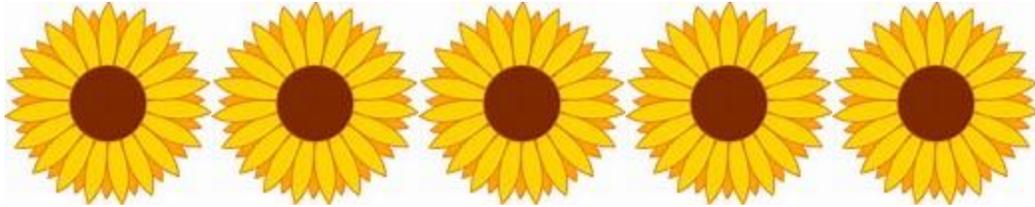


Creekside's Junior Beta Club visited the East Limestone Senior center recently. They learned about the meal program and senior activities, played games with the seniors and helped with a few housekeeping projects at the center.



Council on Aging seniors enjoyed their trip to the Amish in May.





The official beginning of summer is slated for Wednesday, June, 21, 2017 at 12:24am EDT. This is what scientists call the summer solstice. The timing of the solstice depends on when the sun reaches its northernmost point from the equator. My gauge for the start of summer is not so scientific. I can tell its summer when school is out; temps are rising; and the ice cream truck is singing.

I love summer! I like the long days that turn into fun nights talking on the porch. I like the freedom that kids and parents gain as schedules loosen up a bit. I like the smell of mowed grass. I even like the weather...humidity and all!

One of my favorite memories of summer is going to my grandparents' house in Winston County, Alabama. They had barns, a pond, a pump house, chicken houses, a dog named Yapper and a pony named Dan. My MaMaw cooked biscuits and egg custard pies. She would let me help her in their huge garden, but she always corrected me when I didn't pick all the pole beans off the branches. She was quite vocal about the fact that she had to go behind me to finish the job. She had the loudest laugh and used phrases like "They Lawd" and "Hey Doll". She never drove a car, but could wring a chicken's neck for dinner in no time.

My cousins and I would race to sit in PaPaw's lap at the table. I think he ate Eagle syrup and butter with every meal. He would let us ride in the back of his old, blue pick-up truck to the store down the road. In my mind, the only thing that store sold was hoop cheese, souse meat and chocolate footballs. I recall that all the men at that store wore work boots. None of the kids wore shoes. I don't think I ever saw a lady there. I guess this is where all the men took the kids in the evening because the mamas and grandmamas needed a break.

I'm sure my grandparents didn't know they were making memories that would last for this many years. They were just living their lives, taking care of each other and enjoying their people. I think there is a good lesson in that way of life...live, care and enjoy!

Have a great summer!

Susan McGrady

COA Director

FREE PROSTATE EXAM



JULY 11, 2017

10:00-4:00

Madison County Health Department

301 Max Luther Dr.

Huntsville, AL

For more information: 256-539-3711

Provided by:

Urology Health Foundation

Madison County Health Department



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:

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|-------------------|-------------------------|
| Transportation | SHIP/Medicare Part D |
| Nutrition Centers | SeniorX program |
| Meals-on-Wheels | Legal assistance |
| In-home services | Volunteer Opportunities |

1. What is the difference between an inpatient and an outpatient? When you enter a hospital for treatment you can be classified as an inpatient or an outpatient, and your status affects Medicare costs and coverage. You are an **inpatient** if your attending physician has **formally admitted** you as an inpatient. Ask your doctor or attending physician to be sure, as there are no specific characteristics of your hospital stay that automatically make you an inpatient. For example, an overnight stay in the hospital does not necessarily mean you are an inpatient. In general, doctors will admit you as an inpatient if they expect that you need to stay in the hospital for medically necessary, inpatient-level care over two or more midnights.

If you are not formally admitted as an inpatient, then you are considered a hospital **outpatient**. There are a number of hospital services that are almost always provided as outpatient care, such as an emergency room visit or planned outpatient surgery.



Upcoming Events

- Council on Aging will be closed June,5,2017 for Jefferson Davis’s Birthday**

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

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