Senior Snapshots

Limestone County Seniors are still enjoying their craft classes offered in the senior centers. Each month there will be a different craft offered. If you would like to be a part of your local senior center’s crafting class, call Madison Curnutt, 256-216-3897.
Are You 55 or Older and Seeking Employment?

Low-income seniors may qualify for paid job training opportunities.
To learn more, call (256) 716-2454.

Top of Alabama Regional Council of Governments

Senior Service America’s Senior Community Service Employment Program (SCSEP) is funded by a grant from the U.S. Department of Labor Employment and Training Administration. SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.
Centers offer sense of belonging to one area resident

By Lora Scripps

Kathy Pyburn is the type who speaks straight from the heart, the kind-hearted but honest type.

The 81-year-old can be found most mornings at the Owens Senior Center on Alabama 99. One recent morning she talked about why the Owens Senior Center is a place she enjoys frequenting.

She found the center after she moved here from Huntsville to be closer to family, which includes a son, daughter-in-law and two grandchildren.

Like many others who attend the senior centers in Limestone County, Kathy enjoys the opportunity for fellowship while expanding her knowledge and pursuing her passions.

In fact, it was a game of words — Scrabble — that enticed Kathy who retired from the federal government after 35 years — to first join her first center.

"I love to play Scrabble," she said, adding there were some really good players in Huntsville.

When Kathy moved to Limestone County, there weren’t as many Scrabble players, but plenty of other folks she describes as “wonderful people.” Now, she also strengthens her mind through playing dominoes.

"I’m not as good at dominoes as I am at Scrabble, but I’m pretty good," she said with a smile.

Kathy believes attending a senior center gives others a sense of belonging. It’s also place to continue learning.

"These people (at the Owens Senior Center) are intelligent. They are industrious. They know how to do things," she said. "There are a bunch of good people who come here. Good people. And I respect them."

Kathy explained how some of the ladies at the center make beautiful quilts and how others are always good conversationalists who talk about current events and world news. There are some who attend to play a game of cornhole or a hand of Rook. Others spend time exercising or walking track.

"Some days I just sit back, listen and learn," she said.

Kathy is happy a place like the Owens Senior Center is available for area residents.

"It’s good to get out of the house and not be by yourself all time," she said. "The TV gets to be boring. Sure, I can play Scrabble on my computer, but that’s not nearly as fun as coming down here and playing dominoes."

There are currently seven senior centers spread throughout Limestone County, including the one in Owens as well as those in Athens, East Limestone, Elkton, Tanner, Ardmore and Goodison.

Services at the centers, including transportation, are provided free, regardless of income. Those who attend contribute to the centers based on their means. Hot meals are served daily for a $1.25 donation.

The Limestone centers are frequented by farmers and engineers, those who spent their early years behind a desk as well as those with calloused hands. There are politicians, philanthropists, church members and neighbors.

The senior centers might not be what some imagine. Currently the centers offer everything from trips and special events to fine arts and crafts, music and dance, lifelong learning and health and fitness programs. The centers are open to anyone in Limestone County over age 60 and those who attend choose the activities they want to take part in.

"I’m glad I found out about the center," Kathy said. "They have accepted me. I’m so glad to be a part of it."
Council on Aging

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

How do Medicare and Medicaid work together?
If you qualify for Medicare and Medicaid, the two programs work together to cover your health care needs. People with Medicare and Medicaid are known as dual eligible. Many people who qualify for Medicaid also qualify for a Medicare Savings Program (MSP) called Qualified Medicare Beneficiary (QMB). QMB pays for your monthly Medicare premiums and cost-sharing, such as deductibles, coinsurance charges, and copayments. When you have Medicare, QMB, and Medicaid, the programs cover all of your health costs. If you are a dual eligible and have no other coverage, Medicare pays first for your health care services and Medicaid pays second. Medicaid is the payer of last resort, which means it pays for your health care costs after all other insurance has paid. For example, if you have Medicare, retiree insurance, and Medicaid, then Medicaid will pay for your health care costs after Medicare and your retiree insurance have paid.

Medicare Rights

Getting Medicare Right
Empowering Seniors to Prevent Healthcare Fraud

Local Help for People with Medicare

• Council on Aging will begin taking Medicare Part D appointments in September

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