

Answers for Aging

September, 2017

LIMESTONE COUNTY
COUNCIL ON AGING

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SHIP/ SeniorX, Carla Sims

Carla Sims comes to the Limestone County Council on Aging with over 10 years of experience in customer relations, insurance filing and advocacy. Carla will be reaching out to the community about our SeniorX prescription assistance plan and SHIP (State Health Insurance



Program). She will also be assisting clients during Medicare Part D Open Enrollment, which begins October 15th. Carla graduated from Giles County High School. She earned an Associate's Degree from Calhoun Community College and Bachelor's Degree from Jefferson State Community College. Carla is married to

Barron Sims of Athens. She has 2 daughters: Dr. Rema Simon and Rania Cottingham. She also has a granddaughter, Ava Claire Cottingham. Carla's hobbies include spending time with family, traveling to the beach, painting and crafting. Carla says she is excited about the opportunity to assist Limestone County seniors.

For questions regarding SeniorX, SHIP or Medicare Part D, call Carla at 256/ 233-6412.

MEDICARE PART D OPEN ENROLLMENT

October 15th – December 7th.

Limestone County Council on Aging will begin taking appointments September 1st.



Happy Birthday, Athens Senior Center!!!



In September, 1973, Athens Senior Center opened their doors. It was in the west wing of the former armory building on Pryor street. The nutrition program was serving 90 meals daily, the largest service in the state during that time. Athens Senior Center shared the building with the Athens Recreation Department. The building was then released to the Limestone County Council on Aging.

Now open five days a week, 7:30- 1:00, the senior center offers a variety of activities that also include Meals on Wheels and congregate meals.

The Council on Aging (COA) is a department of the Limestone County Commission. Its services are also supported by TARCOG, Area Agency on Aging, The City of Athens, and other local agencies.

Through the COA seniors of Limestone County are provided with services such as transportation, Meals on Wheels, homemaker services, nutrition and activity centers, SeniorX, SHIP(Medicare Part D counseling), and legal assistance

COA is currently serving and average of 11,000 meals per month county wide and providing over 1,000 rides to Limestone County seniors.



Assistant Director, Sabrina Bates



Sabrina Bates, Limestone County Council on Aging's Assistant Director, has been employed by the County Commission for 27 years. Sabrina started young, working as a dispatcher for the Limestone County Sheriff's Department, moved to Probate Judge's office and served as recording clerk. She spent 10 years at the Limestone County Commission as accounts payable clerk, and has now been at the Limestone County Council on Aging for 1 year. Sabrina graduated from West Limestone High School. She is married to Danny Bates and they have 2 sons, Daniel and Lucas Bates. She also has 2 grandchildren, Curt and Bryleigh. Sabrina enjoys camping, traveling, and shopping. She says that the most favorite thing about her job is helping seniors as much as possible and seeing their smiling faces.

First Day of Fall



The first day of the autumn season is the day of the year when the Sun crosses the celestial equator moving southward. This year it will fall on Friday, September 22nd.



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 |

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.



Upcoming Events

Open Enrollment- October 15th – December 7th. COA will begin taking appointments September 1st

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|----------------------------|-----------------------------|
| 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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