

ANSWERS FOR AGING

November, 2017

LIMESTONE COUNTY COUNCIL ON AGING

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Master's Games

Our Seniors participated in the State Masters Games in Trussville Alabama. The games were held at the civic center in Trussville from Oct. 2 Through Oct. 5th. Our county is in district 2, and there were quite a few Seniors from across limestone county that took part in the activities.

Ms. Mary Shoulders, from the Athens Senior Center was nominated, and won the district All Star award. Mary has been an active member of the Athens Senior Center for a long time. She volunteers her time to help in the kitchen.



She loves to quilt and she usually spends some of her day working on a quilt at the center. She has attended the state masters' games for 8 years, and has won numerous medals. Mary exhibits a very compassionate and caring attitude for the clients at the center as well as her family. She had a family emergency at the last minute, and she could not go to the games this year. The award was accepted on

her behalf and presented to her when she returned to the center by Linda Black, nutrition coordinator. Congratulations to Ms. Mary Shoulders.

We want to congratulate all the seniors of Limestone County who participated in the games. They brought home several Gold, and Silver medals.

Thankful for our Veterans

“We often take for granted the very things that most deserve our gratitude.”



No More Sharing

For over a year, Danny and Diane Moss, who are both Diabetic, have been forced to share insulin because they couldn't afford to purchase two, individual prescriptions. They were getting half the amount of insulin they needed each day. Mr. Moss was unable to afford his prescribed inhaler or all his needed arthritis medications. They were "picking and choosing" what medications they could afford.

Although they each have prescription drug coverage, they had reached the "gap" or "donut hole", which left them paying for medications out of pocket. Add in regular household bills and the couple was left with less than \$6 for the past two months.

The Moss' said they saw a news piece on Limestone County's SeniorX program. They called the Council on Aging and made an appointment with Carla Sims at the Limestone County Council on Aging. After reviewing the Moss' history, Mrs. Sims made a few calls. The Moss' were approved for the help they needed!

Through the SeniorX program, Mr. and Mrs. Moss will each receive their individual insulin prescriptions at no cost. Mr. Moss will receive his inhaler and arthritis medication at no cost. The program will save them over \$800 per month.

When asked what they will do with this extra money they were saving on medications, Mrs. Moss replied, "We are going to pay off bills and fix up our house, so that we can play with our grandkids." "There are not enough words that I can say. If it had not been for Carla and the SeniorX program, we would be stuck where we were 2 months ago. The Council on Aging has helped more than anyone has ever helped us."



The year has turned its circle,
The seasons come and go,
The harvest all is gathered in,
And chilly north winds blow.

Orchards have shared their treasures,
The fields, they're yellow grain,
So open wide the doorway,
Thanks giving comes again



Staff Spotlight



Linda Black

Linda Black graduated from Athens High School and attended Calhoun Community College. She previously owned and ran Mama's Fried Kitchen, worked at Saginaw Steering for 20 years, and Cutler Hammer for 5 years. Linda has 3 children: Kimberly, David, and Anthony. She also has 5 grandchildren: Spencer, Taylor, Haley, Blake, and Emma. Linda enjoys cooking and spend time with her family. She says her favorite thing about her job is of course helping seniors but especially helping seniors who are homebound get meals.

Amelia Owen

Amelia Owen graduated from Athens Bible School. She previously worked as an artist, dental assistant, office manager for an audiologist, and owned her own daycare. Amelia is married to Larry Owen and has 1 daughter Laurie Johnson. She also has 4 grandchildren: Natalie, Clay, Lydia, and Grant. Amelia enjoys painting and listening to Elvis records. She says her favorite thing about her job is the many ways she gets to help seniors on a daily basis, whether it is transportation, Meals on Wheels, etc.



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

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.

A Medigap policy is standardized supplemental health insurance that pays for part or all of the Original Medicare cost-sharing gaps that you owe. You may hear Medigaps referred to as Medicare supplements or supplemental health insurance. The costs that Medigaps cover include deductibles, coinsurance amounts, and copays. For example, a Medigap pays for your Part B coinsurance charges, meaning that it will pay for the 20% coinsurance you normally owe when you receive Medicare-covered physicians’ services. It is important to know that Medigap policies only work with Original Medicare Parts A and B. If you get your Medicare benefits from a private Medicare plan, known as a Medicare Advantage Plan, you cannot purchase a Medigap. Medigaps only pay for Original Medicare cost-sharing gaps. In fact, if you already have a Medicare Advantage Plan, it is illegal for anyone to sell you a Medigap policy unless you are switching back to Original Medicare. Contact your Senior Medicare Patrol – called “SMP” – if you experience suspicious of Medigap sales practices.



Upcoming Events

Council on Aging and all seven senior centers will be closed on the following dates:

Nov. 10th for Veterans Day

Nov. 23rd and 24th for Thanksgiving

Chairman: Mark Yarbrough
District One: Stanley Hill
District Two: Steve Turner

District Three: Jason Black
District Four: Ben Harrison

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