

ANSWERS FOR AGING

January 2018

LIMESTONE COUNTY COUNCIL ON AGING

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HAPPY NEW YEAR!!!

Each year Americans usually make New Year's Resolutions. Statics prove that 45% of the American population have resolutions, but only about 8% stick and succeed in their resolutions.



Top 10 New Year's Resolution

1. Lose Weight
2. Getting Organized
3. Spend Less, Save More
4. Enjoy Life to the fullest
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in Their Dreams
9. Fall in Love



According to history.com Martin Luther King Jr. (1929-1968) was a Baptist minister and social activist who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. Martin Luther King day is recognized this year on Monday, January 15th.

Limestone County Council on Aging Update



The Limestone County Council on Aging (COA) is a department of the Limestone County Commission. It utilizes available resources to empower older adults, while enhancing their independence and enriching their quality of life. The COA offers a variety of services to Limestone County seniors, who are 60 and older, including transportation, in-home services and home delivered meals. The COA also offers services for legal, insurance benefit and medication assistance. In addition to these COA services, there are seven activity and nutrition centers throughout the county.

Transportation- The COA provided 14,031 rides to Limestone County seniors last year. These included rides to doctor's appointments, shopping, and field trips.

Alabama Cares – COA homemakers provide in-home services to assist caregivers with the duties involved in taking care of their loved ones.

Nutrition Program- Nutritional meals are delivered to homebound seniors Monday- Friday by staff and volunteers of the COA. Lunchtime meals are also served in five of our seven senior centers. Last year over 125,000 meals were served to Limestone County residents through our nutrition program.

Legal Assistance- A licensed attorney provides low-cost legal assistance at the COA office on a monthly basis to seniors citizens, who meet certain criteria.

Medicare Part D- Our staff offers assistance with selecting the best fit for prescription drugs plans during Medicare Part D Open Enrollment (October 15- December 7) each year. This year, we served 395 clients in our office and saved seniors of Limestone County a total of \$298,591.00.

SHIP (Alabama's State Health Insurance Assistance Program)- This benefits counseling service is free for **Medicare** beneficiaries and their families or caregivers. **SHIP's** mission is to educate, advocate, counsel and empower people to make informed healthcare benefit decisions. As of December 20th, for the year of 2017, COA assisted 599 Limestone County seniors through this program.

SenioRx- The SenioRx program provides assistance to persons 55 years of age and older, who meet certain financial guidelines, in receiving free or reduced cost prescription drugs from pharmaceutical manufacturers. From September - December 2017, Limestone County's SenioRx program assisted over 121 seniors in saving \$73,409.29 off their prescription costs. The SenioRx program relies on the guidelines set forth by the pharmaceutical companies providing the drugs.

Senior Centers- Each senior center provides a place for fellowship, recreational and educational activities each weekday. Center attendees also enjoy field trips to area places of interest, special events and restaurants on a regular basis. Transportation is available for attending center events.

The Limestone County Council on Aging is grateful for the citizens of this community and for our many volunteers. If you would like more information or would like to volunteer, please contact us at 256/233-6412.

Non-starchy Fruits

Nutrition Education



A S F S Y D T I G S Q B J S B F J L
P N H T Q C L S N X L A E J P X U A
R O A R N O F O E A H N Q X H C P F
I L D A K A M U C I I Y S P F G U L
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P R I I T M H T L C T X D O L S A E
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S S Z S R W H P T R S E G N A R O R
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S V F E T A U V X I D T N S I Y L K
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Find These Words:

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- MELONS
- NECTARINES
- ORANGES
- PEACHES
- PEARS
- PLUMS
- RASPBERRIES
- STRAWBERRIES
- TANGERINES



<http://healthyeating.sfgate.com/list-nonstarchy-fruits-9794.html>





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. 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:

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

When does current employee insurance pay primary?

Medicare generally pays first for most people who have Medicare, but Medicare by law is the secondary payer in certain cases. Current employee insurance may pay primary to Medicare. Whether it will pay primary or not depends on how you are eligible for Medicare and how many people work at the company that provides the insurance.

Insurance from your or your spouse’s current employment pays primary to Medicare if you:

- Are eligible for Medicare because you are 65 or older and the company has **20 or more employees**.
- Are eligible for Medicare because you have received Social Security Disability Insurance (SSDI) payments for more than 24 months and the company has **100 or more employees**.



LOCAL HELP FOR PEOPLE WITH MEDICARE

Upcoming Events

Council on Aging and ALL Senior Centers will be closed January 15, 2018 in observance of Robert E Lee/ Martin L King Jr. Day.

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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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<https://www.facebook.com/LimestoneCountyCouncilOnAging/?fref=ts>