

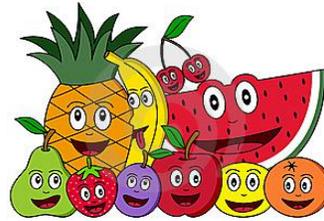
ANSWERS FOR AGING

February, 2018

Limestone County Council on Aging

- Farmers Market Vouchers
- Groundhog Day
- Heart Month
- Valentine Gift Ideas
- 2018 Poke Sallet Follies
- Valentine Treasures
- Medicare Minutes

Farmers Market Vouchers



Goals of the Farmers Market Nutrition Programs

- 1) To provide fresh, nutritious, unprepared, locally grown fresh fruits, vegetables and herbs from farmer's markets and roadside stands to low-income seniors and nutritionally at-risk women and children.
- 2) To increase domestic consumption of agricultural commodities by expanding or aiding in the expansion of farmers markets, roadside stands.
- 3) To develop or aid in the development of new and additional farmer's markets, roadside stands.

SENIOR Eligibility Requirements 1. Age - person must be 60 years of age or older on the day of application, no one under age 60 is eligible. 2. Income level - to be eligible on the basis of income, recipients' gross household income must not exceed the following limits:

- \$1,634.00 monthly.....for a household of -----1
- \$2,203.00 monthly.....for a household of -----2
- \$2,772.00 monthly.....for a household of -----3
- \$3,341.00 monthly.....for a household of -----4
- \$3,911.00 monthly.....for a household of -----5
- \$4,480.00 monthly.....for a household of -----6

Applications can be picked up at the Athens Senior Center (912 W. Pryor St.)

Groundhog Day



Groundhog Day is a holiday in the United States recognized on February 2nd. The folk tale explains if it is cloudy when a groundhog comes out of his burrow, then the spring season will arrive early. However, if it is sunny, the groundhog will see its shadow and go back to his den and winter will continue six more weeks. This day was started in the year of 1887 in Punxsutawney, Pennsylvania

February is Heart Month



According to healthfinder.gov, heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
 - Motivate teachers and administrators to make physical activity a part of the school. This can help students start good habits early.
 - Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.
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Valentines Gift Ideas



For Her

1. Flowers
2. Candy
3. Jewelry
4. Weekend getaway
5. Spa/Massage Treatment

For Him

1. Watch
2. Collectible Pocket Knife
3. Candy
4. New Clothes
5. Weekend getaway

POKE SALLET FOLLIES 2018



Senior centers in Athens and Limestone County provide critical services to Limestone County seniors, 60 and older. The Athens-Limestone Foundation on Aging was established by Limestone County citizens to raise money to help support these centers and their services and other local organizations that provide assistance to the elderly. Over the years, the organization has expanded its services to include other organizations, programs, and individuals.

The successful Poke Sallet Follies is an annual fundraiser hosted by the foundation board each spring. The 2018 show is called, The Book of Athens, a bicentennial event. Come join the fun as we learn about our towns history.

Tickets will go on sale February 17th at 10:00 at the Athens Senior Center (912 W. Pryor St. Athens, AL 35611). Tickets are \$35. The show will be held on March 8,9, and 10 at the Athens Senior Center.

Valentine Treasures

Valentine treasures are people who have often crossed your mind, family, friends and others, too, who in your life have shined the warmth of love or a spark of light that makes you remember them; No matter how long since you've actually met, each one is a rare gem, who gleams and glows in your memory, bringing special pleasures, and that's why Valentines come to you- You're one of those sparkling treasures!





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**.



Upcoming Events

Council on Aging and ALL Senior Centers will be closed February 19, for President’s 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>