

Answers for Aging



District 2 Masters Games 2018 - June 18, 20, 21, 22, 26

Masters Games of Alabama is a non-profit organization dedicated to promoting healthy lifestyles for active adults ages 50 and older through social, mental, and physical activities. The games were developed in Oxford, AL in 1989 to provide adults ages 50 and older an opportunity to maintain an active lifestyle by participating in a variety of events. While the games provide an Olympic-type atmosphere, the focus is not on competition, but fun and fellowship. Each year there are between 600 and 800 participants from across the state. The Masters Games will be held at Huntsville-Madison County Senior Center, Brahan Spring Park, and Stars and Strikes. The Masters Games are sponsored by Humana. You can follow the Masters Games on Facebook at www.Facebook.com/district2mastersgames

Council on Aging Shopping Routes



The Council on Aging provides shopping routes for the senior citizens of Limestone County. These routes take the citizens to get necessities such as groceries, medication, and bank needs. For more information, contact Council on Aging at (256) 233-6412.

Staff Spotlight



This summer we will have an intern joining us. Hannah Martin is a senior at Spring Hill College in Mobile, Alabama. She is majoring in Communications with a concentration in Public Relations and Advertising. Hannah is a Graduate of Clements High School and is excited about getting to serve her hometown community in this aspect. Hannah said "It is nothing better than getting to come back home and serving the people who have made Limestone County what it is today."

Old Glory Berry Pie



Makes 1 9-inch pie

Prep Time: 45 minutes

Total Time: 2 hours 45 minutes

INGREDIENTS

-Pie dough, enough for 2 crusts

-4 1/2 cups fresh strawberries, hulled and sliced

-1 1/2 cups fresh blueberries

-1/2 cup granulated sugar

-1/3 cup corn starch

-1/2 teaspoon almond extract, divided

- 1 large egg, beaten

-Sanding sugar

Directions

1. Preheat the oven to 425 degrees Fahrenheit
2. On a lightly-floured surface, roll out the dough for one of the pie crusts into a 12-inch, 1/8-inch-thick circle. Fold into quarters and place into an ungreased 9-inch pie dish. Unfold and press against the bottom and sides of the dish. Trim excess dough to 1/2 inch from the edge of plate. Set aside.
3. In a small bowl, combine the granulated sugar and the corn starch until well-mixed.
4. Take 1/4 cup of the sugar mixture and 1/4 teaspoon of almond extract, and add to a small bowl with the blueberries. Toss to coat.
5. Add the remaining sugar mixture and 1/4 teaspoon of almond extract to a medium bowl with the strawberries. Toss to coat.
6. Fold a piece of aluminum foil in half several times to create a 2-inch-wide strip. Fold the ends in so that the strip fits inside the pie dish, and place into the dish, dividing the crust into 1/3 and 2/3 sections. Press gently into the dough.
7. With your hand on one side of the foil, gently pour the blueberries into the 1/3 section. Pour the strawberries into the remaining 2/3 section. Gently level out the fruit and carefully remove the foil.
8. On a lightly-floured surface, roll out the remaining pie crust into an 11-inch circle.
9. Cut 5 3/4-inch wavy strips of dough to make the stripes of the flag. Place the strips over the strawberry portion of the pie, leaving space in between each and trimming as needed. Fold the bottom crust over the edge of the strips and crimp the edges with a fork.
10. Using a 2-inch star cookie cutter, cut 7 to 8 stars from the remaining dough. Arrange the stars over the blueberry portion of the pie.
11. Brush the pie with the beaten egg wash and sprinkle generously with sugar. Cover the edge of the crust with a crust shield or a 2-inch strip of aluminum foil.
12. Bake for 25 minutes, then remove the foil/crust shield. Reduce the heat to 375 degrees Fahrenheit (190 degrees Celsius) and continue to bake for 60 minutes, until the crust is golden brown and the filling is bubbling.
13. Cool the pie for 1 hour before serving.

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:

What are Part A costs for hospital care?

If you have Original Medicare, your hospital stay is covered by Part A (hospital insurance) if you are a hospital inpatient, and by Part B (medical insurance) if you are a hospital outpatient.

If you are a hospital inpatient, you first must meet the Part A hospital deductible of \$1,316 at the beginning of each benefit period (see question 4). Once you meet the deductible you pay zero dollars for the first 60 days of inpatient care in each benefit period. You owe \$329 for days 61 through 90 in each benefit period and \$658 per lifetime reserve day (see question 5) after day 90. You have 60 lifetime reserve days that can only be used once.

If you have a Medicare Advantage Plan, contact your plan to learn what its costs are for inpatient hospital care. Many plans have a deductible and/or daily copayments for inpatient care.

Announcements:

Masters Games

Like COA Facebook page for announcements

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

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