



(334) 240-4680 | www.centralalabamaaging.org | Autauga, Elmore and Montgomery Counties

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Free Memory Screenings

Join us the last Thursday of each month from 10am-11am for a free memory screening at our office. Screenings are confidential. No appointments necessary.

If you would like to electronically receive this newsletter, please give us a call at (334) 240-4680!

Need to Reach Us?

2500 Fairlane Drive, Suite 200
Montgomery, AL 36116
(334) 240-4680

HOURS:

Monday-Friday
8:00am - 4:30pm

Look for us on Facebook!

SHIP - Medicare Open Enrollment

MEDICARE Annual ENROLLMENT

October 15th- December 7th

Now is the time for people with Medicare to review the changes being made to their current plans and compare them to others to make sure that their current plans continue to meet their needs for 2019. Central Alabama Aging Consortium's SHIP program will be hosting Medicare Part D assistance events. Insurance Counselors will be available to assist Medicare Beneficiaries in comparing Medicare Part D plans. Central Alabama Aging Consortium's office is located at 2500 Fairlane Dr. Suite 200 36116.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- Switch from Original Medicare to Medicare Advantage, or vice versa.
- Switch from 1 Medicare Advantage plan to another, or from 1 Medicare Part D (prescription drug) plan to another.
- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in Medicare Part A and B.
- You must live in the plan's service area.
- You cannot have End-Stage Renal Disease (some exceptions apply-if you were already enrolled in a plan before the change was made).

*Call for more information or
to schedule an appointment at 240-4680.*

Thursday, October 25

10:00-2:00 pm

Adams Drugs 37 Mitchell Dr.
Montgomery, AL 36109

Tuesday, October 30

9:00-2:00

Montgomery Cancer Center
4145 Carmichael Road
Montgomery, AL 36106

Thursday, November 8

10:00 - 2:30 pm

Adams Drugs 185 Ashton Plaza
Millbrook, AL 36054

Thursday November 15

10:00-2:00 pm

Adams Drugs 103 S Memorial Dr.
Prattville, AL 36067



Central Alabama Aging Consortium's
Director Susan Segrest

Director's Corner

By: Susan Segrest

CAAC is here to serve you! We are the Area Agency on Aging for Autauga, Elmore, and Montgomery counties. We provide a variety of Home and Community-Based services to the region's senior and disabled populations and their caregivers. Our primary goal is to develop, coordinate, and support services in the community that promote an active and independent life-style where those we serve can live and thrive.

Services include advocacy, community-based services, in-home services, and preventative services. We provide advocacy services through our Elder Justice, Legal, Ombudsman and SMP programs. Community-Based services are provided through our Aging and Disability Resource Center, Elderly Nutrition program, as well as our Dementia Friendly Alabama, Nutrition Counseling, Senior Rx and SHIP (insurance counseling) programs. CAAC has 19 senior centers in the tri-county area that provide educational programs, recreational activities, and meals. CAAC's In-Home services include the Alabama Cares (for caregivers), Homemaker, and the Home and Community-Based Waiver programs. The Agency also provides Chronic Disease Self-Management, Diabetes Self-Management, and Matter of Balance Preventative Services programs.

It is our privilege to serve those in need in the communities in our service area. Contact our staff of professionals who are ready to assess your needs and connect you to available resources.

Visit our web-site at
www.centralalabamaaging.org.
You may also contact us by calling
334-240-4680.

Residents' Rights Month

October 2018

Across the country, residents of nursing homes and other long-term care facilities along with family members, ombudsmen, citizen advocates, facility staff and others will honor the individual rights of long-term care residents by celebrating Residents' Rights Month in October. Designated by the National Consumer Voice for Quality Long-Term Care, this month highlights the importance of listening to residents who live in our country's nursing homes, assisted living and board and care facilities.

For more information about Residents' Rights, please contact your local Ombudsmen Representatives at (334)240-4680.



2018 CENTRAL ALABAMA FAMILY CAREGIVERS CONFERENCE

Caregiving
A MATTER OF BALANCE

THURSDAY, NOVEMBER 8, 2018 • 8:30 A.M. - 1:30 P.M.
AUTAUGA COUNTY EXTENSION OFFICE
2226 AL-14 W, SUITE E • AUTAUGAVILLE, AL 36003



Seating is limited. Register today via phone at 334.361.7273 or email at nshr0014@aces.edu

WHAT TO EXPECT:

- **Managing Someone Else's Money Workshop**
- **Stress Management Tips**
- **Effects of Opiate Abuse Workshop**
- **Unused/Expired Prescription Drug Collection**
8:30 a.m. - 10:00 a.m.
- **Free Elder Law Clinic**
8:30 a.m. - 11:45 a.m.
- **Exhibitors/Resource Booths**
- **Free Lunch**

A collaboration of:



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!