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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
Call our ADRC for assistance
M-F, 8:00 am - 5:00 pm

Look for us on Facebook!

Fraud Prevention Workshop
Central Alabama Aging Consortium, AARP, Alabama Cooperative Extension System of Autauga and Montgomery Counties, and Autauga County Department of Senior Services presented a workshop on Identity Theft & Fraud Prevention to a group of seniors in Prattville on June 14, 2019. Topics included: Impact of Identity Theft & Fraud/Methods Used to Defraud, Recognizing Fraud/Avoiding Victimization, Medicaid/Medicare Fraud, and Reporting Fraud. Participants were treated with a lunch and door prizes. Please contact us if you would like to schedule a presentation for your group (334-240-4680).

Celebrating 30 Years of Service!
Our dedicated employee, Lisa Peasant, celebrated her 30 year “work anniversary” here at CAAC on June 19, 2019. Lisa began her career with CAAC in 1989 when she was hired as a Case Manager. Since then, Lisa has worked in many different positions while at CAAC including Lead Case Manager, Case Manager Supervisor, and In-Home Division Chief. Lisa is currently our Compliance Director and works as a liaison between Direct Service Providers and CAAC. Lisa also serves on the Quality Assurance Committee and is Privacy Officer for our agency. Lisa’s commitment to the senior population in the tri-county area has made her a knowledgeable source of information and services for senior adults needing assistance. Lisa will be retiring on December 31, 2019, and we would like to thank Lisa for her time and service to CAAC, but more importantly, her heart for seniors!
Central Alabama Aging Consortium's Director Susan Segrest

**Director's Corner**

By: Susan Segrest

Central Alabama Aging Consortium celebrated Older Americans Month on May 10, 2019, at the Wetumpka Civic Center. The theme for the event was “The Art of Aging”, and more than 500 senior citizens attended the celebration. We want to thank our Corporate Sponsors – Viva Medicare and Oxford Healthcare- for their continued support of this event.

June 15th was World Elder Abuse Awareness Day. CAAC held an Elder Justice and Fraud Conference on June 13th. 125 individuals attended the event to learn more about how to protect our state's senior citizens from fraud and abuse. In June, CAAC also hosted several training events to educate the public and caregivers about Alzheimer’s and other dementia-related illnesses. Trainings were held in Auburn, Montgomery, and Birmingham. CAAC also partnered with M4A to host a training for law enforcement and first responders to create a Dementia Friendly culture that embraces, supports, and properly responds to individuals with dementia.

CAAC welcomes the newly appointed Commissioner of the Alabama Department of Senior Services. Jean Brown began her tenure as the commissioner of the Alabama Department of Senior Services on April 15, 2019. Prior to this appointment, she worked in the legal division of the Alabama Law Enforcement Agency. She received her bachelor's degree from Samford University and her law degree from the University of Alabama School of Law. Upon graduation, Brown served as assistant attorney general for twenty years. Commissioner Brown was then elected to the Alabama Court of Criminal Appeals and was subsequently elected as the first Republican woman to serve on the Supreme Court of Alabama. We look forward to working with Commissioner Brown as we serve the senior citizens in our service area and throughout the state.

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**Matter of Balance Class**

Central Alabama Aging Consortium conducted a Matter of Balance Class at Capitol Heights Place during the months of May and June. Twenty participants were enrolled in the class for the eight session course. Participants expressed they feel more “confident with getting around” and the exercises have increased balance and flexibility. Some of the topics discussed by the class included exploring thoughts and feelings about falling, exercise, fall prevention, and assertiveness.

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**Partners in Care**

Dementia Friendly Alabama recently partnered with Alzheimer's Foundation of America to bring the “Partners in Care” training sessions to Auburn and Montgomery. The AFA “Partners in Care” training has been a huge success! A special thanks to Auburn University School of Nursing and Turenne PharMedCo for hosting us. In addition, we appreciate Synergy HomeCare and John Knox Manor for generously sponsoring lunch. We are so grateful to Molly Fogel Fisher for being an exceptional leader from Alzheimer's Foundation of America. We believe that our participants have benefited greatly from the training sessions and appreciate everyone's interest.