



NEWSLETTER

(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
Call our ADRC for assistance
M-F, 8:00 am - 5:00 pm
(334) 240-4670

Look for us on Facebook!

Elderly and Disabled Medicaid Waiver Program

The Elderly and Disabled Medicaid Waiver Program provides homemaker, personal care, respite, adult day care, case management, and home delivered meal services to elderly and disabled persons, regardless of age. This program is income-based, and recipients are medically eligible for nursing home admission but would prefer to remain in their homes.

Currently, CAAC has sixteen case managers and 415 clients on the Elderly and Disabled Medicaid Waiver Program. Case Managers visit clients one time per month and assess for any needs or services the client may have.

For more information, contact our ADRC at (334) 240-4670.

Memory Cafe

On November 20th CAAC and Dementia Friendly Alabama hosted a “Memory Café” at the Alabama Archives and History. The event was sponsored by Crossbridge Behavioral Health and featured a talk on Alabama’s six constitutions.





Central Alabama Aging Consortium’s
Director Susan Segrest

Director’s Corner

By: Susan Segrest

It is 2020, and Central Alabama Aging Consortium staff has been busy this winter advocating for and providing services to older Alabamians and those with disabilities who live in our service area. The Senior Farmers Market Nutrition Program is currently taking applications. To be eligible to receive the vouchers for fresh fruits and vegetables, you must be 60 and older and meet the income guidelines set by the Alabama Farmers Market Authority. Applications are accepted on-line at <http://fma.alabama.gov>. If you have questions about eligibility or need assistance applying, please contact us. There is information in this newsletter about our Elderly and Disabled Home and Community-Based Services Waiver Program which serves individuals who meet the financial and medical eligibility criteria. This program provides certain services to help individuals continue to live in the community rather than having to be admitted into a facility. We are currently accepting referrals for this program. If you or someone you know is in need of the services offered under the program or if you need additional information, please contact us for screening and a potential referral to the program. Mark your calendars for May 8th. CAAC will hold its annual celebration of Older American Month at the Wetumpka Civic Center from 9 a.m. until 1 p.m. If you would like to nominate an older Alabamian who lives in the tri-county area for the Make Your Mark award, please contact Gina Mullins for an entry form. Those nominated need to have made a positive impact on their communities. There will be a winner for Autauga, Elmore, and Montgomery counties, as well as an over-all CAAC service area winner. For more information on our services and events or to receive a full screening, contact our Aging and Disability Resource Center by calling 334-240-4670. We are here to serve you.

Matter of Balance

Two of CAAC’s employees, Kim Wolfe and DeLane Richardson, traveled to Charlotte, North Carolina, November 14-15, 2019, to become Master Trainers for the program, “A Matter of Balance”. A Matter of Balance is a program designed to reduce the fear of falling and improve activity levels of older adults living in the community, thus reducing the number of falls and injuries from falls. The program consists of eight sessions and is taught by A Matter of Balance Coaches and Master Trainers. If you know of a group interested in hosting A Matter of Balance, please contact our office.



**“Make Your Mark”
Senior Mayfest Celebration**

*May 8, 2020
Wetumpka Civic Center
9:00am - 1:00pm*

**2020 Elder Justice and Fraud
Caregiver Conference**

*May 21, 2020
Millbrook Civic Center
9:00am - 3:30pm
Free CEUs Available*