

FTAAAD QUARTERLY NEWS



April–June 2025 Volume 13 Issue 2

FROM THE DIRECTOR

Flip the Script on Aging! As Commissioner Turner said at last year’s Aging Conference, “Aging is not a death sentence! It’s an opportunity. Find contentment.”

Research suggests that having a positive mindset about growing older can extend your life by seven-and-a-half years. So how do we do this? Through diet, exercise, sufficient sleep, staying active and engaged, finding purpose, making a bucket list and checking things off, finding ways to make life easier (gadgets, apps, “smart” technology, etc.), making your home fit your needs, and using local resources.

Tennessee is becoming an aging state—by 2031 19.1 percent of the population will be over age 65 (an increase of 18 percent since 2022). With more older adults needing more expensive services in the coming years, focusing on your own

healthy aging and doing what you can to help ensure that you age safely with as little necessary intervention as possible will benefit you mentally, financially and physically in the coming years.

Another way to support healthy aging in Tennessee is to volunteer. I encourage you to get involved with any organization that reflects your values and share your experience and time with them. You will both benefit in so many ways!

If you are looking for volunteer opportunities with older adults, FTAAAD has a wide-ranging number of programs that always need more volunteers. Contact us and we can tell you how you can help your community with just a few hours of your time a month.



**Angie Gwaltney,
Director**

CONTENTS

WEAAD.....	2
Conference on Aging Preview	2
Hurricane Assistance Available ...	3
Stolen SNAP Benefits	3
Free LED Light Bulb Packs	4
Family Caregiver Online Portal....	4
SafeSeniorTN.com.....	4
Photo Gallery	5

Save The Date!

FTAAAD ANNUAL CONFERENCE ON AGING

April 29, 2025
Kingsport, TN

NET-VAC MEETING DATES

NET-VAC Meeting

April 2, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

NET-VAC Meeting

May 7, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

NET-VAC Meeting

June 4, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City





WEAAD IS JUNE 15

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society: elder abuse.

Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

WEAAD was officially recognized by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

In many parts of the world, elder abuse occurs with little recognition or response. It is a global social issue that affects the health, well-being, independence, and human rights of millions of older people worldwide and an issue that deserves the attention of all in the community.

According to WHO, prevalence rates or estimates exist only in selected developed countries – ranging from one to 10 percent. Although the extent of elder mistreatment is unknown, its social and moral significance is obvious.

Individuals, communities, municipalities, and organizations will come together across the globe to hold events on June 15th that raise awareness of elder abuse.



FTAAAD CONFERENCE ON AGING–APRIL 29

FTAAAD’s 35th Annual Conference on Aging is approaching quickly! This year’s event will be held on April 29, 2025, at our regular venue: MeadowView Conference Resort and Convention Center in Kingsport.

This year’s conference will feature Gary Karp, disability expert, as our keynote speaker. At 18 years old, Gary Karp’s spinal cord was injured when he fell from a tree. Following surgery, a long hospital stay, and seven weeks of intense rehabilitation, Gary learned how little access there was for wheelchair users at the time. In 1999 the first of his four books on disability was published. Life On

Wheels: For the Active Wheelchair User is a definitive guide that has helped many people find their way to acceptance and achievement following paralysis. Gary certainly embraced his life on wheels fully, performing as a guitarist/singer following his accident, becoming an accomplished juggler, backgammon player, and baker of bread.

Of course, the conference will also feature workshops on a number of timely and instructive topics for aging-industry professionals and older adults, including veteran

-directed care, preventing caregiver abuse, self-care for social workers, making the most of Medicare, home modifications for aging in place, reducing debt on a fixed income, plus many others.

And this year, we’ll have an additional celebration marking the 50th anniversary of the creation of the Tennessee AAADs in 1975 as a result of the 1973 amendments to the Older Americans Act of 1965.



Registration for the conference closes on April 15 so be sure to get your entries submitted. To register, go to www.ftaaad.org and click the registration link on the home page.

There are also a few Sponsor and Exhibitor spots still available. The Conference on Aging is the perfect way to interact with your current and prospective clients and take advantage of all the other conference offerings at the same time—at affordable prices.

For more information about the conference, sponsorships or how to register, call Kathleen McLaughlin at 423-722-5093. And we hope to see you there!

—Courtesy of FTAAAD





FTAAAD HURRICANE HELENE ASSISTANCE AVAILABLE—APPLY NOW!

FTAAAD currently has financial assistance available for older adults whose homes or lives were affected by Hurricane Helene. Through a grant from the East Tennessee Foundation we can spend up to \$2,500 per household on almost any type of need caused by the hurricane—home or driveway repairs, property clearing, replacement of household goods, etc.

A second grant, from Meals on Wheels America, can pay for

replacement food-related kitchen appliances, such as stoves, freezers, refrigerators, or microwaves, and there is no price cap per household.

For both grants, funds are paid to the service provider or retail outlet directly—NOT to the homeowner—and will be distributed on a first-come, first-served basis.

For additional eligibility requirements or to request a one-page application, please contact Genie Guinn at 423-722-

5111, or call FTAAAD’s Information & Assistance Line at 1-866-836-6678. Please mention Hurricane Helene in your phone message.

—Courtesy of FTAAAD



REPLACEMENT OF STOLEN SNAP BENEFITS ENDED DECEMBER 21, 2024

In late December 2022, Congress passed a law to protect and replace SNAP benefits stolen via card skimming, card cloning, and other similar methods. The law required states to replace such benefits that were stolen between October 1, 2022, and September 30, 2024. The Continuing Appropriations and Extensions Act, 2025 then revised the end date of the benefit theft period from September 30, 2024, to December 20, 2024. The American Relief Act, 2025 did not extend this authority for benefits stolen beyond December 20, 2024. Thus, SNAP benefits that are stolen on or after Dec. 21, 2024, are not eligible for replacement using federal funds.

Until this program ended, states could use federal funds to provide these replacements following the procedures in their approved state plan.

Replacement benefits could not exceed the actual amount stolen or the household’s benefit allotment amount for the two months immediately preceding the theft, whichever is lesser.

How Are SNAP Benefits “Skimmed”?

Thieves place an illegal device on an ATM or a retailer’s card-swiping machine to copy EBT card information. This is called card skimming. Criminals can then use the information to make fake EBT cards. This is called card cloning. Thieves use the fake cards to purchase food and beverages from SNAP-authorized stores using stolen SNAP benefits.

Ways To Keep SNAP Benefits Safe

Avoid simple PINs.

Number combinations such as 1111, 1234 or 9876 may be easy for others to guess.

Keep your PIN and card number secret.

Do not share your PIN or card number with anyone outside your household. Cover the keypad when you enter your PIN on a machine.

Beware of phishing.

State agencies and EBT processors will never call or text to ask for your PIN or card number.

Change your PIN often. Change your PIN at least once a month, right before your benefit issuance date.

Check your EBT account regularly for unauthorized charges. If you see any, change your PIN right away to stop the thief from making new purchases. Report suspicious activity to your local SNAP office.

—Courtesy of USDA





FREE LED LIGHTBULBS FROM FTAAAD

While supplies last, four-packs of energy-efficient LED bulbs are available from FTAAAD to low-income individuals and to community organizations serving low-income individuals.

LED bulbs use up to 70 percent less energy than incandescent or fluorescent bulbs and last thousands of hours longer. TVA is offering this Community-Based Bulb Distribution Program through FTAAAD to promote the benefits of energy-efficient lighting.

To request free LED bulbs from FTAAAD (while supplies last), email



Kathleen McLaughlin at kmclaughlin@ftaaad.org. Individual households can receive one pack, and community organizations can receive multiple packs for distribution. There are no eligibility requirements to receive these bulbs.

—Courtesy of FTAAAD



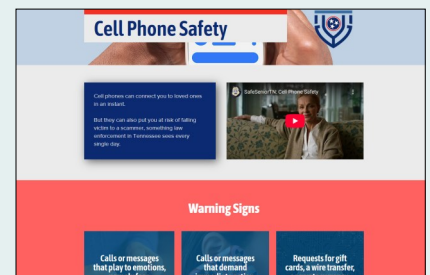
SAFESENIORTN.COM

Our colleagues at the East Tennessee Area Agency on Aging and Disability (ETAAD), based in Knoxville, have announced a joint project with the Tennessee Bureau of Investigation (TBI) to produce an easy-to-navigate website containing educational videos on how older and vulnerable Tennesseans can protect themselves from fraud and abuse.

The website address is SafeSeniorTN.com, and it centers around common-sense tips related to healthcare fraud, patient abuse, cell phone safety, email safety, financial exploitation and social-media safety. There are also specific phone numbers within each category to report instances of fraud or scam attempts.

ETAAD and their TBI partners plan to continue expanding the website's offerings over the coming months, so bookmark the site and check it regularly for new educational content that can help protect the older or vulnerable adults that you know.

—Courtesy of ETAAD



TRUALTA FAMILY CAREGIVER PORTAL OPEN

As part of FTAAAD's efforts to both support family caregivers and reduce the isolation of rural residents, we have partnered with Trualta to offer a comprehensive online portal for caregivers that offers all the tools needed to manage the at-home care of a loved one.

This portal gives free access to a nationwide community of caregivers and experts who provide training and support to improve caregivers' confidence, reduce their stress and prevent burnout.

Participants can connect with other caregivers through community chat

rooms, access on-demand resources, and utilize their preferred types of learning materials (videos, articles, audios, interactive scenarios) in both English and Spanish.

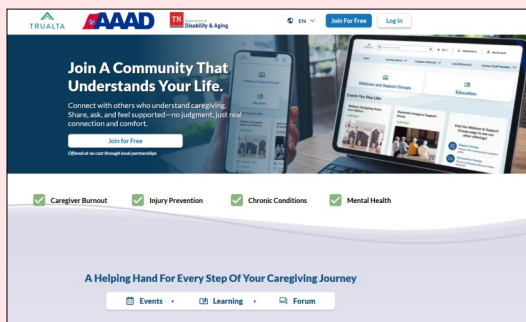
Topics include behavior management, hospital-to-home transitions, personal care, mobility and fall prevention, documents and decision-making, grief and loss,

activities and recreation, caregiver wellness and much more.

Spots are limited, so caregivers should contact Tracy Buckles at 423-722-5109 or

at tbuckles@ftaaad.org to learn more.

—Courtesy of FTAAAD





FTAAAD

First Tennessee Area Agency on Aging and Disability

3211 N. Roan St.
Johnson City, TN 37601

1-866-836-6678 (Toll-Free)
1-877-801-0044 (SHIP)
423-928-3258 (Local)

www.ftaad.org

No person shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

This project is funded under a grant contract with the State of Tennessee.

Contributions are encouraged to support all programs but no one is refused service for inability to pay.

The FTAAAD is part of the First Tennessee Development District.



join us on
facebook

www.facebook.com/ftaad

Scan our QR code to go directly to the FTAAAD website



SHIP
State Health Insurance Assistance Program

This project was supported, in part by grant number 90SAPG0069-02-00, 2001TNMISH-00, 2001TNMIAA-00, and 2001TNMIDR-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



PHOTO GALLERY



FTAAAD Advisory Council and staff at the annual Holiday Luncheon



LED lightbulbs from TVA arrive at FTAAAD offices for distribution to local households and organizations



The 2nd Annual Brain Olympics were held at the Jonesborough Senior Center on December 17.