



FTAAAD QUARTERLY NEWS

October–December, 2018 Volume 6 Issue 4

FROM THE DIRECTOR

Through Victims of Crime Act funding, the Tennessee Commission on Aging and Disability (TCAD) has developed and implemented the Collaborative Response to Elder and Vulnerable Adult Abuse (CREVAA) program in each of the State’s Area Agencies on Aging.

The CREVAA advocate (Carolyn Phillips at FTAAAD) focuses on and addresses the unmet needs, both emergent and ongoing, of elder and vulnerable adult victims of crime by working with victims as well as stakeholders, including Adult Protective Services, law enforcement, District Attorneys, and aging service providers.

The CREVAA program advocates will seamlessly locate, coordinate,

and ensure the provision of a variety of victim-centered services and resources to elder and vulnerable adult victims of crime across Tennessee. The target population for the CREVAA program will be elders 60 and older and adults over age 18 with a disability. Referrals must come from law enforcement, APS or the courts.

Since its inception at FTAAAD on April 30, 2018, Carolyn has helped more than 30 vulnerable adults with materials and services that help them restore normalcy after a crime.

—Kathy Whitaker, Director

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SAVE THE DATE!
State Senior Brain Games



October 17, 2018
Jonesborough Area Senior Center

KEY DATES

NET-VAC Meeting

October 3, 9:30 am
Trinity Assembly of God,
617 University Pkwy., Johnson City

Washington County SALT Council

October 4, 2:00 pm
Jonesborough Senior Center,
307 E. Main St., Jonesborough

NET-VAC Meeting

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

Washington County SALT Council

November 1, 2:00 pm
Johnson City Senior Center,
510 Bert St., Johnson City

NET-VAC Meeting

NO DECEMBER MEETING
Trinity Assembly of God,
617 University Pkwy., Johnson City

Washington County SALT Council

December 6, 2:00 pm
Jonesborough Senior Center,
307 E. Main St., Jonesborough





FRAUD ALERT

The Federal Trade Commission (FTC) reports that a number of dangerous scams are currently targeting the elderly.

Your Social Security Number isn't Suspended. Ever.

A caller says that he's from the government and your Social Security Number (SSN) has been suspended. He sounds very professional. So you should do exactly what he says to fix things...right? Wrong.

The FTC has gotten reports about scammers trying to trick people out of their personal information by telling them that they need to "reactivate" their supposedly "suspended" SSNs. They say to call a number to clear it up—where they'll ask you for personal information.

Social Security Numbers Do Not Get Suspended. This is just a variation of a scam that's after your SSN, bank account number, or other personal information.

Here are a few tips to protect yourself:

1. Never give out or confirm personal information over the phone, via email or on a website until you've checked out whoever is asking you for it.

2. Do not trust a name, phone number, or email address just because it seems to be connected with the government. Con artists use official-sounding names and may fake caller ID or email address information to make you trust them. Besides, the government normally contacts people by postal mail.

Contact government agencies directly, using telephone numbers and website addresses you know to be legitimate.

—courtesy of Federal Trade Commission

MEDICARE OPEN ENROLLMENT 2018

Medicare's Part D Annual Enrollment Period is October 15–December 7, 2018. Medicare beneficiaries can join, switch or drop their Part D or Medicare Advantage coverage.

Plan coverage and costs change every year, so it's important to review your plan and compare it to others on the market every year. To assist, FTAAAD's Tennessee State Health Insurance Assistance Program (SHIP) is partnering with

ETSU's College of Public Health to provide free and objective assistance for plan comparisons at enrollment events across Northeast Tennessee (see dates and locations below).

Appointments are recommended, and can be made through the phone number listed for each event.

For other Medicare or private insurance assistance, call SHIP at 1-877-801-0044.

MEDICARE PART D OPEN ENROLLMENT EVENTS

Wednesday, October 17
9:00–11:00 am
Rogersville Senior Citizens Center
Appointments: 423-272-9186

Thursday, October 18
9:00–12:00 noon
Johnson County Senior Center
Appointments: 423-727-8883

Friday, October 19
9:00–12:00 noon
Johnson City Senior Center
Appointments: 423-722-5205

Wednesday, October 24
9:00–12:00 noon
Johnson City Senior Center
Appointments: 423-722-5205

Friday, October 26
9:00–12:00 noon
Greene County Skills
Appointments: 423-722-5205

Monday, October 29
9:00–12:00 noon
Kingsport Senior Center
Appointments: 423-392-8400

Wednesday, October 31
9:00–12:00 noon
Jonesborough Area Senior Center
Appointments: 423-753-4781

Friday, November 2
9:00–12:00 noon
Church Hill Senior Center
Appointments: 423-722-5205

Wednesday, November 7
9:00–11:00 am
Elizabethton Senior Citizens Center
Appointments: 423-722-5205

Friday, November 9
9:00–12:00 noon
Clinchfield Senior Adult Center
Appointments: 423-743-5111

—Courtesy of Melody Conkin, FTAAAD





EARLY DIAGNOSIS OF ALZHEIMER'S DISEASE?

Diagnosing Alzheimer's disease can be difficult, as several other conditions can cause similar symptoms. Now a new brain imaging method can show the spread of specific tau protein depositions, which are unique to cases with Alzheimer's.

"The method works very well. I believe it will be applied clinically all over the world in only a few years," says Oskar Hansson. Hansson is a professor of clinical memory research at Lund University in Sweden who has led a major international study on the new method.

There are two proteins that are known to be linked to Alzheimer's disease—beta-amyloid, which forms what is known as plaque in the brain, and tau, which forms tangles within the brain cells. Beta-amyloid spreads throughout the brain at an early stage, decades before the patient notices signs of the disease. Tau, though, starts to spread at a later stage, from the temporal lobes to other parts of the brain.

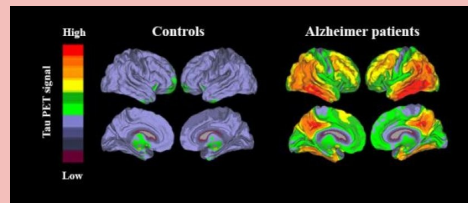
"It is when tau begins to spread that the neurons start dying and the patient experiences the first problems with the disease. If we scan a patient with memory difficulties and he or she proves to have a lot of tau in the brain, we know with a high degree of certainty that it is a case of Alzheimer's," says senior researcher Rik Ossenkoppele, Lund University and Amsterdam University Medical Center.

The presence of tau in the brain was revealed by a PET scanner, a medical imaging technology which uses radioactive markers that make their way to different areas in the body.

"We administer the special tau marker intravenously to the patient. If the patient has tau in certain parts of the brain, the marker will detect it. The result—whether Alzheimer tau is present or not—is very clearly visible on the PET images," says Oskar Hansson.

"If you are found to have tau in the brain according to tau-PET, it is, with few exceptions, due to Alzheimer's disease. If you have normal tau-PET and mild to moderate dementia, your memory problems are most likely due to other neurological diseases," summarizes Hansson.

—courtesy of Lund University and ScienceDaily.com



FALL PREVENTION

10 FALL PREVENTION TIPS for Seniors

June is National Safety Awareness Month — The National Safety Council has designated the third week of the month — the week of June 20th — to raise awareness around falls and fall prevention.

Falls remain a leading cause for injury in the United States: In fact, one in three older adults falls each year. In 2013 alone, over 2.5 million non-fatal falls were treated in the emergency room. Although falls may be more common in older adults, they can happen to anyone of any age, and there are many things you can do both in and out of the home to decrease the risk of falling.

Below are 10 Simple Tips for Fall Prevention from the National Safety Council and Other Resources

- 1 Remove tripping hazards such as books and papers, shoes, and boxes from stairs and hallways, and secure rugs.
- 2 Install grab-bars in the bathroom, both around the toilet and in the shower.
- 3 Keep frequently used items within easy reach, so you don't have to climb or strain for them.
- 4 Make sure that both inside and outside the home has adequate lighting so you can see your path while walking.
- 5 Check and repair any damages to walkways or steps regularly.
- 6 Wear sensible shoes with nonskid soles and a proper fit.
- 7 Poor vision is a major factor in falls. Get an eye exam at least once a year to keep prescriptions current and eyes functioning their best.
- 8 Consider adding extra personal security by using a mobile alert system with GPS to access emergency help at any time.
- 9 Medication errors are one of the main catalysts for falls. Keep an updated medication list, as well as all current labels attached to the bottle. Make sure to take the instructed dose, and talk to the pharmacist about any questions.
- 10 Stay active! Even gentle exercise can increase strength and balance, helping to reduce the risk of falls.



ONLINE RESOURCES FOR CAREGIVERS

National Family Caregivers Assn.
www.nfcares.org A family-oriented site offering tips and advice.
Caregiving.com
www.caregiving.com Information on expenses and government assistance, agency referrals and links to other sites of interest.
Alzheimer's Association
www.alz.org Information on current research, living with Alzheimer's, general facts, and resources for healthcare professionals and caregivers.

Nat'l Institutes of Health/Caregiving
www.nia.nih.gov/health/featured/caregiving Information from the National Institutes on Aging at NIH.
Alzheimers.gov
The U.S. government's information resource for people taking care of those with Alzheimer's disease and related dementias.
AgingCare.com
www.agingcare.com Online community connecting people caring for elderly parents to other caregivers for information, local resources, ideas, and conversations.



UPCOMING PARTNER EVENTS

2018 TFA Annual Conference

“Climbing the Mountain: Working Together to Reach New Heights in Aging”



Thank You To Our Major Partners



VOLUNTEER TRANSPORTATION PROGRAM UPDATE

The Volunteer Transportation Program has sparked a lot of interest in our region. We currently have two senior centers that are fully dedicated to the program: the Johnson County Senior Center and the Jonesborough Area Senior Center. Johnson County will be the first to launch on October 26th, and will offer the first available ride on October 29th. Jonesborough will be planning their launch and first ride after Thanksgiving, with a targeted date around December 1st.

We hope to expand the program to the Greater Kingsport Area after the first of the year, and will also be promoting it to areas such as Unicoi County and Greene County and to

other agencies that may be interested.

The transportation program is certain to be a success due to the need for this type of service in our area, and to the hard work and dedication of the people involved. This is a volunteer-based program and it benefits not only the people needing transportation, but also gives the volunteers the humble and self-gratifying fulfillment they seek, knowing they were able to provide a smile, handshake and service that is so desperately needed. Thank you to all the volunteers who are making this program a reality.

—courtesy of Lee Gay





FTAAAD

First Tennessee Area Agency on Aging and Disability

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1-877-801-0044 (SHIP)
423-926-8291 (Local)

Request@ftaaad.org (Email)

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**we're on the web:
www.ftaaad.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.

The services of the FTAAAD are funded in part by Title III of the Older Americans Act and State funds through grants from the Tennessee Commission on Aging and Disability. 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.



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www.facebook.com/ftaaad



PHOTO GALLERY



2018 Senior Olympics
The 2018 District Games were held in Johnson City and Kingsport throughout September. Winners head to the 2019 State Games.



TN Elder Justice Conference
FTAAAD staff members take a break at the Tennessee Elder Justice Conference in Gatlinburg.



Alzheimer's Walk
To celebrate the 2018 Walk to End Alzheimer's kickoff, FTAAAD staff enjoy an ice cream social in the First Tennessee Development District offices



Senior Brain Games District Winners
The Church Hill Senior Center Golden Nuggets won the District qualifier on August 23, sending them on to Knoxville for the Regional competition.