



FTAAAD QUARTERLY NEWS

April–June 2021 Volume 9 Issue 2

FROM THE DIRECTOR

This spring, FTAAAD would like to celebrate our volunteers, and encourage more people to make a difference with older adults in Northeast Tennessee. Volunteers are not only improving the lives of others, they are also improving their own. Volunteers, especially older volunteers, are healthier and less depressed. They feel less socially isolated, which we know has important health benefits. Along the way, volunteers find a sense of accomplishment, opportunities for personal growth, and chances to form meaningful relationships.

Here are some of the FTAAAD programs who need volunteers more than ever: SHIP (Medicare information and assistance); the Public Guardian program (visiting wards at long-term care facilities); the Ombudsman program (being an advocate for all residents of long-

term care facilities); the Meals on Wheels program (delivering hot meals to consumers); MyRide Tennessee (volunteer-driver transportation programs); CREVAA program (assisting elderly victims of crime) and many others.

FTAAAD has limited funding for hiring more staff, and we rely on volunteers to help with both special events and ongoing programs. No matter your interest, you'll find an opportunity that you will enjoy.

For more information on any of these programs, or to start the application process, contact myself or anyone on the FTAAAD staff.

Finally, though we can't hold the Annual Conference on Aging in person this year, we have developed a series of virtual programs, and we invite everyone to join us. See page 4 for more information.

—Kathy Whitaker, Director

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SAVE THE DATE!
**Virtual
Conference on
Aging**

April 27, 2021

See Flyer on Page 4.

KEY DATES

NET-VAC Meeting
May 5, 9:30 am
Online Meeting
Details to Follow

NET-VAC Meeting
June 2, 9:30 am
Online Meeting
Details to Follow





SNAP UPDATES

The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is the first line of defense against hunger in Tennessee. This federal program offers individuals the ability to buy food at the grocery store through an EBT card. Eligibility is based upon household income and size. The program requires proof of income, expenses, and household members. In response to the COVID-19 effects on employment and other hardships brought about by the pandemic, the following changes have gone into effect for beneficiaries in Tennessee.

Maximum Benefit Granted for April 2020 through April 2021 – Current SNAP recipients and new SNAP applicants will receive the maximum household benefit available, based on the number of people in the household.

A 15% increase has been added to the SNAP benefit and went into effect January 2021, and has been extended through September 2021. This will add an approximate \$30 to the maximum SNAP benefit for a household of one.

3-Month Time Limit is Suspended – The three-month time limit to SNAP has been lifted for able-bodied adults without dependents (ABAWDs) who do not meet work requirements in all counties. Individuals between the ages of 18-49 who have lost SNAP because of the time limit rule may reapply. A work requirement exemption will be granted for anyone who is not able to find work because of the COVID-19 pandemic.

For SNAP application assistance, call FTAAAD at 423-722-5093.

—*Courtesy of Tennessee Justice Center*

WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older people by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. In a society that values the just treatment of all people, WEAAD reminds us that elder abuse has implications for all of us, and so it's important to find the right solutions to it. WEAAD is a call-to-action for society's individuals, organizations, and communities to educate each other on how to identify, address and prevent abuse so we can all do our part to support everyone as we age.

Learn the signs of elder abuse and neglect and how we can collectively solve the issue. Here are 11 ways to make a difference:

- 1. Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like improved law enforcement, community centers, and public transportation.
- 2. Prevent isolation.** Call or visit our older loved ones and ask how they are doing regularly.
- 3. Send a letter to a local paper, radio or TV station** suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.
- 4. Join Ageless Alliance**, an organization that connects people of all ages, nationwide, who stand united for the dignity of older people and for the elimination of elder abuse. Visit agelessalliance.org to learn more.
- 5. Provide respite breaks for caregivers.**
- 6. Encourage our bank managers to train tellers** on how to detect elder financial abuse.
- 7. Ask our doctors to ask all older patients** about possible family violence in their lives.
- 8. Contact local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk of abuse.
- 9. Organize an “Aging with Dignity” essay or poster contest** in a local school.
- 10. Ask religious congregation leaders to give a talk about elder abuse** at a service or to put a message about elder abuse in the bulletin.
- 11. Volunteer to be a friendly visitor** to a nursing home resident or to a homebound older person in our communities.

—*Courtesy of NCEA*





VACCINE MYTHS

Two safe and effective COVID-19 vaccines have arrived in Tennessee. You may have heard claims about the COVID-19 vaccines on social media or from people in your life. Let’s set the record straight on myths circulating about the COVID-19 vaccines.

- **Fiction:** The government is mandating that everyone receive a COVID-19 vaccine.
- **Fact:** The vaccine is not required in Tennessee. However, the state strongly recommends that Tennesseans get the vaccine.
- **Fiction:** The COVID-19 vaccines are not safe because they were rapidly developed and tested.
- **Fact:** All COVID-19 vaccines go through the same careful process as every other vaccine.
- **Fiction:** There are severe side effects of the COVID-19 vaccines.
- **Fact:** The Pfizer and Moderna vaccines are safe. There are short-term mild or moderate reactions that resolve without complication.
- **Fiction:** The COVID-19 vaccines include the live virus and will cause you to get COVID-19.
- **Fact:** It is not possible to get COVID-19 from the vaccines. The vaccines do not contain the virus.

For ways to schedule your COVID-19 vaccine in Northeast Tennessee, please see the informational flyer on Page 5.

—Courtesy of State of Tennessee

MAY IS OLDER AMERICANS MONTH

The Administration for Community Living (ACL) is pleased to announce that the theme of Older Americans Month (OAM) 2021 is *Communities of Strength*. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others.

In May, ACL will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role

in our health and well-being, and in that of our communities.

From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, ACL will promote the ways we are connected and strong. Join us in encouraging people of all ages to celebrate their communities and community members.

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

—Courtesy of ACL





FTAAAD 2021 ANNUAL CONFERENCE ON AGING



First Tennessee Area Agency on Aging and Disability

2021 State of Aging Virtual Education Series

The need to practice self-isolation and safety in 2020 and 2021 presented everyone with challenges. Due to the pandemic, the Area Agency on Aging and Disability has cancelled the 2021 Annual Conference on Aging. Instead, we are planning a monthly State of Aging Virtual Education Series to begin in April. All events will begin at 10:00 a.m. ET. Classes are free, but registration is required.

April 27, 2021 **I Thought I Was A People Person....Until I Started Working With People, Part 1**
Lisa Smartt, Motivational Storyteller and Adventurer

Why doesn't everyone think like me? Why do certain people bring my evil twin to life? What can I do to keep from committing a felony crime against an aggravating co-worker or family member? Take heart. You are not alone. Sometimes it helps to laugh about our interaction with others while journeying toward solutions. This humorous presentation offers practical and pivotal life skills which will turn our relationships with people in a more positive direction. (And keep us from committing a homicide.)

May 25, 2021 **Patient Abandonment from an Adult Protective Services(APS) Perspective**
Renee Bouchillon, Director of Adult Protective Services, Nashville

Patient abandonment occurs from many different reasons and it takes a team to protect a vulnerable adult when it occurs. Therefore, vulnerable adults often end up at the local hospital with no other place to go. Tennessee does have a system in place to provide long-term care and placement options for the most vulnerable adults who tend to be abandoned. Through the collaboration of several agencies, services can be expedited in certain emergency situations. Teamwork is key; it ensures the safety of these vulnerable adults and it help promote awareness, education, and prevention.

June 22, 2021 **Elder Financial Exploitation from a Financial Institution Perspective**
Michele McRoy, CFSSP, CFE, Assistant Vice President, Security Officer, Bank of Tennessee, Kingsport

During this session, you will learn about elder financial exploitation and the Tennessee General Assembly Public Chapter—Senate Bill 1267 Elder and Vulnerable Adult Financial Exploitation Prevention Act. You will be made aware of the ways older adults are exploited. You will be made aware of the ways older adults, who is at risk of exploitation, and what financial institutions look for in a possible financial abuse situation.

July 27, 2021 **I Thought I Was A People Person....Until I Started Working With People, Part 2**
Lisa Smartt, Motivational Storyteller and Adventurer

Why doesn't everyone think like me? Why do certain people bring my evil twin to life? What can I do to keep from committing a felony crime against an aggravating co-worker or family member? Take heart. You are not alone. Sometimes it helps to laugh about our interaction with others while journeying toward solutions. This humorous presentation offers practical and pivotal life skills which will turn our relationships with people in a more positive direction. (And keep us from committing a homicide.)

These sessions will be conducted virtually using GoTo Meeting. A link to the presentation will be sent to you prior to the beginning of the session. You will be able to see the presenter and ask questions via the Chat Box. There will also be a phone number that can be used to access the audio portion of the session. [Registration information at www.ftaaad.org](http://www.ftaaad.org).





FTAAAD

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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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facebook

Scan our QR code to go directly to the FTAAAD website

www.facebook.com/ftaad



PHOTO GALLERY

HOW DO I GET A COVID-19 VACCINE?

The risk for severe illness with COVID-19 increases with age.
Have You Scheduled Your Vaccination Appointment?

Online Tennessee State Eligibility Questionnaire and Appointment Scheduler
<https://vaccinate.tn.gov>

STEP 1: Determine Your Eligibility

COVID-19 vaccines are being distributed to older Tennesseans in all eight Northeast Tennessee counties, in addition to frontline health care workers, long-term care residents and the rest of the state's first vaccine priority group. Younger age groups will be added in the coming months. To learn more about your eligibility, visit <https://vaccinate.tn.gov>.

STEP 2: Determine Your County's Vaccination Plan

Sullivan County is managing vaccination distribution differently than the rest of the Northeast Tennessee counties. Your procedure for getting vaccinated will vary based on the county you live in.

STEP 3: Get Your FREE Vaccine—No Appointment Needed

SULLIVAN COUNTY ONLY

FIRST and SECOND doses of the COVID-19 vaccine will be given on most weekdays at the Bristol Dragway from 9:00-3:00 (depending on availability). No appointment is required. Vaccinations at the Dragway will be given through a drive-through system. These vaccinations are for Phase 1a(1) and Phase 1a(2) essential workers, as well as those who are age 70 and older. At this time, having chronic health conditions (Phase 1c) does not qualify you to receive the vaccine, unless you are 70 years of age or older.

Vaccinations are also offered at the Kingsport Civic Auditorium by appointment when supplies allow. Call 423-279-2777 to request an appointment.

Please return to the location where you received your first dose vaccination to receive your second dose.

NEED ADDITIONAL ASSISTANCE?
Call the Kingsport Senior Center at 423-392-8400 or the Bristol Slater Senior Center at 423-764-4023 for answers to your COVID-19 questions or for help making a vaccination appointment.



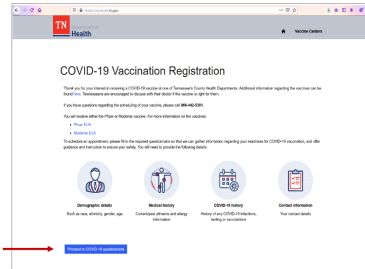
3211 N. ROAN ST. JOHNSON CITY TENNESSEE 37601

FOR OTHER COUNTIES
SEE REVERSE

STEP 3: Get Your FREE Vaccine—Appointments Required

CARTER, GREENE, HANCOCK, HAWKINS, JOHNSON, UNICOI, WASHINGTON COUNTIES

County residents eligible for a vaccination can register online at <https://vaccinate.tn.gov> for an eligibility screening and appointment time to receive a vaccination through their county health department.



START HERE

NEED ADDITIONAL ASSISTANCE?

Call your local senior center for answers to your COVID-19 questions or for help making a vaccination appointment.

If you have questions regarding the scheduling of your vaccine, please call 1-866-442-5301.

Elizabethon Senior Citizens Center (Carter)	423-543-4362
Roby Fitzgerald Adult Center (Greene)	423-639-3128
Hancock County Senior Center (Hancock)	423-300-2562
Church Hill Senior Center (Hawkins)	423-357-5387
Rogersville Senior Citizens Center (Hawkins)	423-272-9186
Johnson County Senior Center (Johnson)	423-727-8883
Clinchfield Senior Adult Center (Unicoi)	423-743-5111
Johnson City Senior Center (Washington)	423-434-6237
Jonesborough Area Senior Center (Washington)	423-753-4781



STEP 4: Get Your Second Shot!

At the time of your first dose, you should receive documentation of the manufacturer used, and instructions for receiving the second dose, including the date and location. Those who receive the Pfizer vaccine should get their second dose at or after 21 days. Those who receive the Moderna vaccine should get their second dose at or after 28 days. Please note that you must receive the second dose in the same county that you received the first one.

As more doses of the vaccine become available, Walmart, Sam's Club and many local pharmacies plan to offer vaccinations by appointment. Online appointments at Walmart can be made at www.walmart.com/covid. Contact your local pharmacy directly for more information on their vaccine distribution.

Questions? Please contact the Regional Health Department at 1-877-857-2945 Monday to Friday between 11:00 am-9:00 pm and Saturday/Sunday at 11:00 am-5:00 pm. Or contact your local senior center at the numbers above.