



FTAAAD QUARTERLY NEWS

April–June 2019 Volume 7 Issue 2

FROM THE DIRECTOR

Volunteering isn't just important to the people or causes that are the beneficiaries of your time, effort and energy. Volunteering can also have a life-changing effect on your personal life. Here are some of the most important things it can do for you.

Learn new skills. One thing that volunteering can offer you is a new understanding of your own abilities. Volunteering is the perfect way to discover something you are really good at and develop new skills.

A dress rehearsal for your future. An added benefit of volunteering is that it gives you an opportunity to try out possible future opportunities. Though you may not have any idea what you want to pursue now, volunteering

can help you solidify your interests.

Meet new people. Many diverse people volunteer, so having the opportunity to meet and speak with them can give you new ways of looking at the world. It's also a great way to network—you'll learn that some of the most frequent volunteers are former big players in the business world.

Accomplish something important. Giving back can give you a great sense of fulfillment. Though your skills and help might improve your community, you can also improve your own confidence by accomplishing something you never thought you could.

—Kathy Whitaker, Director

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SAVE THE DATE!
**FTAAAD Annual
 Conference on
 Aging**
April 30, 2019
 MeadowView Convention Center
 Kingsport

KEY DATES

NET-VAC Meeting

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

Washington County SALT Council

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

NET-VAC Meeting

May 1, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City

Washington County SALT Council

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

NET-VAC Meeting

June 5, 9:30 am
 Trinity Assembly of God,
 617 University Pkwy., Johnson City

Washington County SALT Council

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






AGING CONFERENCE

If you haven't registered for the FTAAAD 31st Annual Conference on Aging, there is still time. Held in Kingsport this year at the MeadowView Conference Resort & Convention Center, the conference will offer workshops on topics ranging from elder abuse to veterans' and caregivers' services to drug misuse, as well as a keynote address by Vallie Collins, a survivor of the "Miracle on the Hudson" airplane flight.

Attendees will also have the opportunity to bid on more than 50 donated items as part of the FTAAAD's Third Annual Silent Auction. These items are being previewed daily on the FTAAAD Facebook page, so be sure to visit. All proceeds benefit the Emergency Assistance Program (EAP) for qualified low-income seniors with small financial emergencies.

To register for the conference, visit www.ftaad.org and use the registration link provided, or contact Teresa Sutphin at 423-722-5120 or tsutphin@ftaad.org.

—courtesy of Teresa Sutphin, FTAAAD



31st Annual Conference
on Aging
"Connect, Create, Contribute"

OLDER AMERICANS MONTH
CONNECT, CREATE, CONTRIBUTE MAY 2019

Tuesday, April 30, 2019
MeadowView Conference Resort & Convention Center
1901 Meadowview Parkway
Kingsport TN

MAY IS OLDER AMERICANS MONTH

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month.

The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to **CONNECT** with friends, family, and services that support participation. **CREATE** by engaging in activities that promote learning, health, and personal enrichment. **CONTRIBUTE** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

—courtesy of ACL



OLDER AMERICANS MONTH

CONNECT, CREATE, CONTRIBUTE MAY 2019

FTAAAD'S SHIP PROGRAM NEEDS VOLUNTEERS

TN SHIP (State Health Insurance Assistance Program) provides Medicare Beneficiaries (including those under 65 years of age) with free, impartial information and assistance with Medicare and prescription-drug coverage.

TN SHIP uses volunteers to offer these services. Volunteers are trained to provide counseling to Medicare recipients. This counseling is often in the form of a presentation at a health or community center or in an individual counseling session with a Medicare recipient.



SHIP volunteers can serve as informed leaders in their church, local community, and civic clubs on healthcare issues that affect a great number of older adults, all with the support and training from the SHIP/SMP program and staff. There are additional benefits as well: studies show that volunteering increases physical health and agility, and cognitive and mental well-being.

Prospective volunteers include persons who are retired, Medicare Beneficiaries themselves, or people who have the time and interest to help people in their community. Please note: Insurance agents, brokers, and financial planners are not eligible to serve as volunteers.

An application is required for all potential volunteers, which includes a background check. A free training session is provided. To become a TN SHIP Volunteer, please contact TN SHIP Volunteer Coordinator Harley Jeter at 423-722-5107.

—Harley Jeter, FTAAAD



SMILE ON 60+

Dental services for low-income seniors are desperately needed in this area, but now there's a new statewide program to help older adults get the dental care they need for only a \$25 fee per visit.

SMILE ON 60+ provides oral-care services and education to seniors who meet the following requirements: must be at least 60 years old, a Tennessee resident, have an income of less than 200 percent of the FPL, and have no dental insurance.

To be approved, seniors should call the SMILE ON 60+ Hotline (1-800-509-6055). If approved, they will be referred to a local dentist who participates in the program. For a \$25 charge, participants can receive cleanings, fillings, extractions and dentures. Transportation may be covered in some cases.

At the appointment, participants should bring proof of age, residency, income, and copies of medical and supplemental insurance cards.

DO YOU NEED DENTAL CARE?



SMILE ON 60+ is a statewide program that provides oral care services and education to Tennessee's low-income seniors who are 60 and over.

PLEASE CALL THE SMILE ON 60+ Hotline :

1-800-509-6055

SMILE ON 60+ client eligibility criteria:

- Minimum of 60 years old
- Tennessee resident
- Low Income*
- Dentally uninsured

*Please see website or hotline for details

www.smileon60plus.com

MYRIDE COMES TO KINGSPORT

Older adults in Kingsport will soon have another transportation option available to them with MyRide TN. This volunteer-driver program provides door-through-door transportation for errands and appointments for a minimal annual subscription fee and a round-trip charge.

Volunteer drivers will use their personal vehicle to transport older adults to their destination. Drivers

must have a valid Tennessee license, a clean driving record, and proof of insurance. MyRide TN provides additional auto, medical and liability insurance for its drivers, and state and federal Volunteer Protection Laws offer more protection.

The projected launch date is planned for May 15, 2019. For more information on MyRide Kingsport, call the program coordinator at 423-530-6340.

TENNESSEE SENIOR LAW ALLIANCE PROGRAM

Legal Aid of East Tennessee (LAET) is now offering expanded legal services to qualifying older adults as part of a statewide grant distribution.

Low-income seniors can take advantage of this program by calling LAET to see if they qualify. If so, their legal help will be offered at no charge. Areas of focus include issues

with government benefits; creditors; maintaining safe and secure housing; qualified income trusts; Alzheimer's/dementia issues; and simple legal documents such as wills, powers of attorney and advanced directives.

If an older adults needs legal help in one of these areas, they can call LAET at 1-866-333-1505.

2019 SE4A CONFERENCE IN NASHVILLE

save the date!

September 8-11, 2019
SE4A Annual Conference

The 2019 SE4A Conference will be held at Nashville's Gaylord Opryland Hotel, 2800 Opryland Drive, September 8-11, 2019.

For more information, visit www.se4a.org.

2019 CONFERENCE PARTNERS: Tennessee Federation for the Aging and Tennessee Commission on Aging and Disability

For more information, or to register for the conference, visit the SE4A website at www.se4a.org.

This year's conference will also incorporate the annual TFA conference (Tennessee Federation for the Aging).

All are welcome!



FTAAAD

First Tennessee Area Agency on Aging and Disability

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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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facebook

Scan our QR code to go directly to the FTAAAD website

www.facebook.com/ftaaad



PHOTO GALLERY



FTAAAD staff “Sock Out” to support Alzheimer’s disease awareness



Don't forget your checkbook for the FTAAAD third annual Silent Auction—part of the 31st Annual Conference on Aging on April 30. Cash and credit cards are also OK!



Alzheimer's Tennessee
WALK TO MAKE ALZHEIMER'S A MEMORY

Champion for the Cause
Dave Dierks
News 2
Chief Meteorologist

AluSTAR
Daniel Kilgore
Miami Dolphins
Center

Start a team TODAY!

TRI-CITIES WALK

Alzheimer's Tennessee **SATURDAY**
WALK TO MAKE ALZHEIMER'S A MEMORY **April 6, 2019**

Memorial Park Community Center
510 Bert St, Johnson City, TN 37601

10 AM Registration Opens plus team photos, music, food and fun begins!	10:30 AM Opening Ceremonies with announcements and door prizes	11:15 AM Let's WALK
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Register now for the Alzheimer's Tennessee “Walk to Make Alzheimer's A Memory” event.