



FTAAAD QUARTERLY NEWS

July–September 2020 Volume 8 Issue 3

FROM THE DIRECTOR

The COVID-19 pandemic and the subsequent stay-at-home orders, layoffs, and chaos at grocery stores have combined to drive older adults to greater food insecurity. FTAAAD has been able to respond to this crisis in a number of ways, ensuring that we are providing nutrition assistance to every caller and client that we interact with.

FTAAAD has worked with FTHRA and the senior centers to assist in transitioning congregate meal programs to drive-up and/or delivery programs, and have received state and federal funds that allowed us to add additional names from the waiting list into the full home-delivered-meal program.

But one of the most innovative programs, the Small Business Initiative, is helping both older adults and locally-owned small restaurants in Northeast Tennessee.

This program, developed by the State, provides funds to contract with small restaurants in order to provide home-delivered meals to another pool of 60+ adults in need, with limited eligibility requirements.

FTAAAD was able to contract with 14 restaurants across the district, as well as screening and enrolling 210 consumers in a three-week period. Surveys and other quality-control measures show that both the restaurants (who desperately need the business) and the customers (who need nutritious meals) are very happy with the program, which will run through September 30, 2020.

If you know of an older adult dealing with food insecurity or other issues, please direct them to our Information & Assistance phone line (423-928-3258).

—Kathy Whitaker, Director

CONTENTS

Help with Mental Health.....	2
Getting an Absentee Ballot	2
Virtual Wellness Workshops	3
COVID-19 Scams.....	3
Hand Sanitizer Facts.....	4
Protecting Seniors from Scams ...	4
Photo Gallery	5

SAVE THE DATE!
**32nd Annual
Conference on
Aging & Silent
Auction**

April 27, 2021

**MeadowView Conference Resort
& Convention Center**

KEY DATES

NET-VAC Meeting (ZOOM)

August 5, 9:30 am
Online Meeting
Details to Follow

NET-VAC Meeting

September 2, 9:30 am
Undetermined Format
Details to Follow





MENTAL HEALTH HELP

Did you know that social distancing, isolation or being quarantined can affect your mental health? During this time, many people feel like they have little or no control over what’s happening in their lives. They may also feel disconnected from the outside world.

Instead of feeling frustrated or frightened, use this as an opportunity to increase your knowledge about the situation (using reliable sources of information, NOT social media). You may also use this time to catch up on tasks or projects that have been put off, or by reconnecting with old friends.

Here are some additional suggestions for coping with COVID-19 and other stressors:

- Go on walks, but keep socially distant.
- Create a COVID-19 free space in your home with no TV or phones.
- Find an activity to do with your hands, like puzzles, knitting or cooking.
- Recreate your routine throughout the day to find a new normalcy.
- Take stock of the anxiety in your body and try to find a productive way to let it out, whether that be meditation or exercise.

If you need help, try these resources:
Mental Health Statewide Crisis Line: 1-855-CRISIS-1 (855-274-7471) and the
National Suicide Prevention Lifeline: 1-800-273-8255.

—Courtesy of TN.gov

ABSENTEE/MAIL-IN BALLOT INFORMATION

The Tennessee Secretary of State’s office has released information about how to vote by mail in the upcoming State and Federal Primary and County general election on August 6, 2020.

Starting on May 8, 2020, eligible Tennesseans may request an absentee by-mail ballot. Those eligible to vote via the mail include:

- Tennesseans age 60 or older
- Tennesseans with a physical disability and an inaccessible polling place
- Tennesseans who are hospitalized, ill, or physically disabled and because of such condition, cannot vote in person
- Tennesseans who are the caretaker of a person who is hospitalized, ill or disabled
- Tennesseans who will be outside the county of registration during the early voting period and all day on election day.

To receive an absentee by-mail ballot, you must submit a written request to your local election commission by mail, fax or email. The request must be received by your local election commission no later than seven (7) days before the election.

To find the contact information for your local election commission, visit <https://sos.tn.gov/elections> and click on “Find Your County Election Commission”.

If you live in a nursing home, assisted living facility or home for the aged within the county where you are registered to vote, you will

vote in person, either at the center or at a polling location. You cannot vote absentee by-mail.

Your written request must include the following information:

- Your name
- Your address where you live
- Your full Social Security Number
- Your date of birth
- The address to mail your ballot to, if different from your home address
- For the August 2020 election, to receive a primary ballot you must request either a Republican or Democratic primary ballot. If you make no indication, you will receive a general-election-only ballot
- Your reason for voting absentee by-mail (For example, “I am 60 years old”)
- Your signature

To learn more about who is eligible to vote absentee by-mail, or to find your local election commission, visit GoVoteTN.com.

July 30, 2020 is the deadline to request an absentee ballot for the August 6, 2020 State and Federal Primary and County General Election. Don’t wait. Make your request TODAY!

—Courtesy of the Tennessee Secretary of State





VIRTUAL WORKSHOPS

With our in-person workshops suspended as a result of COVID-19, FTAAAD will now be offering our popular self-management workshops online. The same great workshops brought to you in your own home!

The first workshop will be **Living Well with Chronic Conditions**. This is a FREE six-week group interactive workshop series for individuals who are interested in learning how to live better by effectively managing their ongoing health conditions, and for caregivers who are dealing with caregiver stress. Learn and share positive strategies for better overall health, increase self-confidence and improve the skills you need to take control of your health and improve your overall happiness!

What is a "Virtual" Workshop?

The entire workshop will be held online! Each session will be delivered using a password-secured, online videoconferencing tool which will bring together workshop participants and leaders/speakers for interactive learning sessions.

What You Will Need:

As long as you have access to a computer (preferably with a camera and microphone), iPad, iPhone or Android device, you'll be able to participate. Never tried an online workshop before? Don't worry. A Class Zero Information session will be held before the workshop starts to help you get started.

Getting Registered

To join our waitlist for upcoming virtual workshops please contact us by email at tbuckles@ftaad.org.

—*Courtesy of Tracy Buckles, FTAAAD*

DON'T FALL FOR THESE PANDEMIC SCAMS

1. Blood and Saliva From 'COVID Survivors'

If you're desperate for immunity and are searching around online, you might find blood and saliva samples from a "coronavirus survivor" and wonder at its possibilities. Could it be true, that these bodily fluids for sale in an online marketplace will bolster your body against COVID-19?

It's a hoax. You'll never see the blood and even if it was true, other people's blood may be tainted with diseases, such as Hepatitis and HIV. Talk to your doctor instead.

2. Tech Support Scams

You're bound to run into tech problems working from home. Do not Google search a company's tech support line. Scammers are hoping you'll do just that.

Make sure the number you dial is the real number. Go to the company's official web site and get the phone number from the Contact Us section. There are lots of phishing schemes out there, designed by hackers who want to access personal information and commandeer your network.

3. Government-Issued Online Coronavirus Tests

Coronavirus tests are in short supply, and many people are eager to find one. The Food and Drug Administration recently approved the first at-home test, a nasal swab said to be safe and accurate. That said, if you find a vendor

selling "coronavirus tests" online, this is almost certainly a scam. You should always consult a physician before taking the test and follow the instructions closely.

4. Phony Small Business Loan Sites

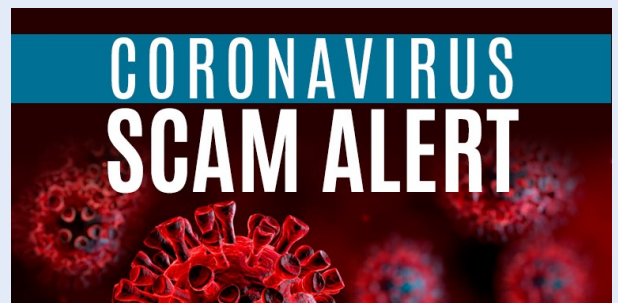
Small business owners are struggling and scammers know the Payroll Protection Program and the Economic Injury Disaster Loan processes can be difficult to navigate. Many business owners have found a fake Small Business Administration site that took a "down payment" to help them get a government loan.

The only place where you should apply for government assistance for your small business is at SBA.gov.

5. Donation Scams

Perhaps the most insidious plot right now is the donation scam. Fake charities abound in times of crisis and the pandemic is no different. Crowdsourcing platforms are lifesaving when they're hosted by actual charities, but they can dupe a lot of well-meaning people into handing their money to criminals. Before you donate any money, check the charity's rating.

—*Courtesy of USA Today*





SEVEN THINGS YOU SHOULD KNOW ABOUT HAND SANITIZER

1. Hand sanitizer kills germs but doesn't clean your hands. Soap and water reign supreme when it comes to infection control, but believe it or not, soap and water do not kill germs; they remove them. The duo's effectiveness boils down to the mechanics of handwashing.

2. Sanitizer is better than soap and water in some situations. The CDC recommends using hand sanitizer as a first choice in certain situations, such as before and after visiting a friend or loved one in a hospital or nursing home. It's also a good idea to use hand sanitizer regularly when interacting with people who have weakened immune systems.

3. Not all hand sanitizers are equal. To kill most disease-causing germs, the CDC recommends using a hand sanitizer that contains at least 60 percent alcohol. Anything less than that may not work as well for many types of germs, and could

merely reduce the growth of germs rather than kill them outright, the CDC says.

4. Sanitizing technique matters. Hand sanitizer works best when used correctly. Apply the recommended amount to the palm of your hand (make sure it's enough to cover the entire surface of both hands) and distribute the sanitizer all over, paying special attention to the fingertips. Continue rubbing the hand sanitizer into your hands until your skin is completely dry — it should take about 20 seconds.

5. Cleaning products are not a substitute for hand sanitizer. Disinfectant sprays and antibacterial cleaning wipes should not be used as stand-ins for hand sanitizer. These products are meant for hard, nonporous surfaces, not human skin, the Food and Drug Administration (FDA) says.

6. Hand sanitizer can be dangerous. Hand sanitizer can be

toxic when ingested, especially by children. It can irritate the lining of the throat and cause gastrointestinal issues. And drinking only a small amount can cause alcohol poisoning in kids, according to the FDA. If you or your child ingests hand sanitizer, call poison control or a medical professional immediately.

7. Homemade hand sanitizer can be ineffective. There's no shortage of recipes for homemade hand sanitizer on the internet during this pandemic era. But the FDA, which regulates hand sanitizers, says it's best to leave the production of germ-killing gels to the professionals.

If made incorrectly, hand sanitizer can be ineffective, and there have been reports of skin burns from homemade hand sanitizer, the agency says.

—*Courtesy of AARP*

PROTECTING SENIORS FROM SCAMMERS DURING COVID-19

As the COVID-19 pandemic takes hold of the country, we can expect cybercrime, fraud and financial exploitation to rapidly increase.

Seniors are particularly vulnerable. Many seniors are lonely, and now live in real isolation in order to avoid the virus. This makes them increasingly vulnerable to scams.

Scammers are targeting the elderly with increased door-to-door visits and phone calls. An isolated senior is an easy target for fraudsters.

Here are some tips:

1. Do not give your personal information to anyone other than your doctor.
2. Never provide your personal information to anyone who calls or emails you.
3. Be cautious of anyone who comes to your door offering free coronavirus testing, treatment or supplies.
4. Ignore offers for coronavirus vaccinations. There are currently NO vaccines for this coronavirus.
5. Be cautious on any charity that wants a cash donation, gift card, or

wire transfer.

Take time to reach out to the seniors in your life, it may be the only contact they have today.

—*Courtesy of Carolyn Phillips, 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)
423-926-8291 (Local)

Request@ftaaad.org (Email)

Newsletter Editor:
Kathleen McLaughlin

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.



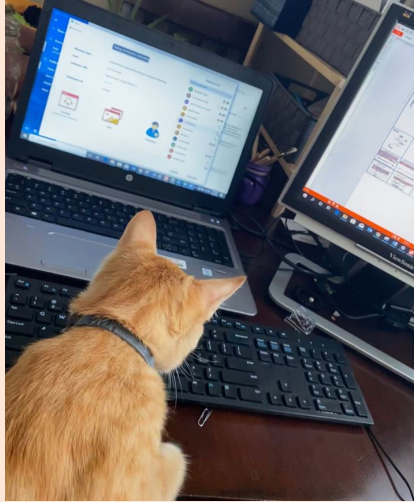
join us on
facebook

Scan our QR code to go directly to the FTAAAD website

www.facebook.com/ftaaad



PHOTO GALLERY

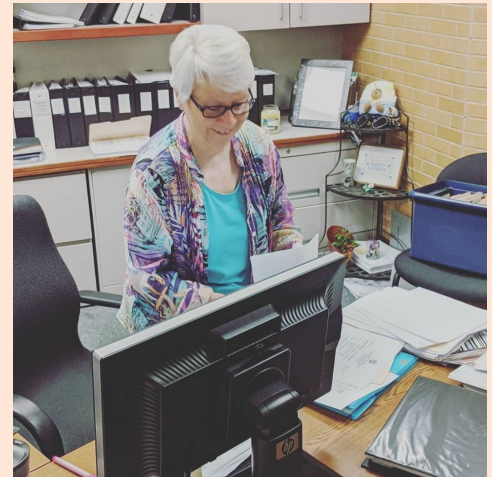


WORKING FROM HOME!

FTDD offices closed on March 13 due to COVID-19, and staff members learned to work with a new set of colleagues.

BACK TO WORK!

Some of the staff came back to work on May 18, and the balance came in on June 1.



WORLD ELDER ABUSE

AWARENESS DAY IS JUNE 15

FTDD staff commemorated the day by wearing purple.

