

Aging Matters



United Way
Area Agency
on Aging
of Jefferson County

MATTERS OF INTEREST TO SENIORS IN JEFFERSON COUNTY

March 2018

Spring into Action at Your Nearest Senior Center!

Seniors in Jefferson County have many wonderful resources, including more than 30 community-based Senior Centers, for all kinds of active engagement. UWAAA's Senior Nutrition Program provides weekday lunches at each center, creating great opportunities for socializing as well as enjoying a healthy meal. In addition, our Senior Centers offer a wide range of activities and learning



It's fun to stay active as a member of a Senior Center.

opportunities, such as health and fitness classes, art lessons, interesting speakers and more. So join the fun. Call 1-800-AGE-LINE (1-800-243-5463) or [click here](#) for more information on the Senior Center nearest you.

Are You Parenting Your Children's Children?

Raising grandchildren can also raise a number of issues for older adults. But UWAAA's Alabama Cares program offers a Grandparents Raising Grandchildren Support Group, which meets once a month to openly discuss the demands of the job, ways to effectively fulfill your responsibilities and techniques to help you cope. Meetings are held in a welcoming, supportive,



This support group can make a labor of love a little easier.

confidential setting at United Way of Central Alabama and are free of charge. To learn more, [click here](#) or call 1-800-AGE-LINE (1-800-243-5463).

Appreciative Client Saves on Prescription Drugs, Thanks to SHIP Counselor

Following is an email received from the manager of a senior housing complex, where a resident Mr. Aaron Taylor was recently helped by Alice Sanders of UWAAA's State Health Insurance Assistance Program (SHIP). Alice assessed his situation and determined that he was eligible for an SSA program called Extra Help, which now enables him to greatly reduce his cost for monthly medications. She also connected him with several other money-saving programs.



Mr. Taylor is now saving about \$348 a year.

Mr. Taylor stopped by my office this afternoon to express his gratitude for all of your assistance with helping him find a prescription plan. He said over the weekend, he went to get his prescriptions, which usually cost him \$40 per month. However, when he presented his prescription insurance letter, he paid only \$11 for all of his monthly prescriptions. He said he wanted to tell you 'Thank you' again and how much this really helps him financially.

We may be able to reduce your healthcare costs, too. Call 1-800-AGE-LINE (1-800-243-5463) to speak to a SHIP counselor or [click here](#) to learn more.

SenioRx Offers Another Way to Save on Rx

SenioRx is a statewide prescription drug-assistance program, locally administered by UWAAA, for qualified residents of Jefferson County who have been diagnosed with a chronic health condition. Qualified seniors and disabled individuals may be eligible for free or low-cost prescription medications.



You may be able to get your prescriptions for less or FREE.

We can help determine whether you qualify for SenioRx. Call 1-800-AGE-LINE (1-800-243-5463) for assistance or [click here](#) for program details.

Helping You Cope with Caregiving

Providing care to a loved one is rewarding. But it can also be hard work and emotionally taxing. If you're a primary caregiver to a family member or friend, UWAAA's Alabama Cares program may be able to help you answer the challenge. Once a month, people in similar situations meet at our Caregiver Support Group and talk about problems, share solutions and offer each other encouragement. [Click here](#) for more information or call 1-800-AGE-LINE (1-800-243-5463) for meeting details, and join us in a supportive, confidential setting at United Way of Central Alabama.



Caring for a loved one can be demanding and stressful.

Number Crunching

Numbers help tell UWAAA's story of providing vital programs and services to seniors and disabled individuals in Jefferson County. Following are figures representing inquiries and needs fulfilled through 10 key programs.

UWAAA Impact for November/December 2017



ADRC: 794 calls and inquiries

Alabama Cares: 275 clients served

Meals on Wheels: 26,742 meals served

Ombudsman: 6 cases

Preventive Health: 60 clients served

Senior Nutrition Program: 27,945 meals served

SenioRx: 61 clients served

SHIP: 329 clients served

Upcoming Events

Be sure to mark your calendar for these events and call UWAAA at 1-800-AGE-LINE for additional details. We look forward to seeing you!



Caregiver Support Group: UWAAA's Alabama Cares program offers assistance in coping with the challenges of caregiving. Open to all caregivers of a relative, partner or friend.

Third Tuesday of each month, 11 a.m. to Noon

United Way of Central Alabama
3600 8th Avenue South
Birmingham, AL 35222

Grandparents Raising Grandchildren Support Group: UWAAA's Alabama Cares program offers assistance in coping with the challenges of raising grandchildren.

Third Wednesday of each month, 11 a.m. to Noon

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Aging Matters is produced by United Way Area Agency on Aging, which provides services and programs to meet the challenges faced by older adults and disabled citizens in Jefferson County. For additional information, call 1-800-AGE-LINE (243-5463) or visit uwaaa.org.