

October 2017

## SenioRx Could Be Your Cure for the High Cost of Prescriptions

**SenioRx** is a statewide prescription drug assistance program of the Alabama Department of Senior Services that helps qualifying seniors and disabled individuals receive free or reduced-cost prescription medications for chronic health conditions. By doing so, the program helps ensure that people stay healthier, have fewer doctor visits and hospital stays and enjoy an improved quality of life. In Jefferson County, SenioRx is administered by the United Way Area Agency on Aging (UWAAA).



Call 1-800-AGE-LINE to see if you may be eligible for free or low-cost prescription medications.

**To be eligible for prescription medication assistance through SenioRx**, your annual income may not exceed certain limits. Call 1-800-AGE-LINE to see if you qualify. In addition, one or more of the following requirements must be met:

- You must be 55 or older with a diagnosed chronic health condition requiring prescription medication.
- OR you are currently in the Medicare Part D “Gap” (Donut Hole).
- OR, regardless of age, you have been deemed disabled by Social Security...or have applied for disability and are waiting on a decision...or have a doctor’s declaration of disability and are in the 24-month Medicare waiting period.

To find out more about SenioRx, visit [uwaaa.org/seniorx](http://uwaaa.org/seniorx). Or for personal assistance with enrollment or eligibility, call 1-800-AGE-LINE.

## Meals on Wheels of Central Alabama Wins Subaru Grant

Subaru of America is celebrating its 50th anniversary, and marking the occasion in meaningful style. Earlier this year, it launched a competitive grant program specifically created to benefit Meals on Wheels. The “**2018 Subaru 50 Cars for 50 Years Vehicle Donation Program**” has awarded 50 new Outbacks to 50 Meals on Wheels programs from coast to coast...



A 2018 Subaru Outback was just awarded to our local Meals on Wheels program.

...and our local operation here at UWCA is one of the fortunate recipients. The award was based, in large part, on the success of the current program and the opportunity for expanded service with the addition of another vehicle. Meals on Wheels looks forward to taking delivery of its new car soon, and is grateful to Subaru for its commitment to help bring hot meals to homebound seniors.

## Who's Taking Care of the Caregiver?

Established as part of the National Family Caregiver Support Program, **Alabama Cares** helps unpaid primary caregivers with issues that often arise from the unique demands and stress of caregiving. Here in Jefferson County, through UWAAA, the program provides services that inform, educate and assist caregivers in tending to the personal needs of their aged or frail loved ones.



Caring for a family member or friend can be rewarding but also stressful.

These services fall into five categories:

- Informing through literature, health fairs and educational opportunities
- Assessing needs and available support services
- Counseling, support groups and training in areas such as health and nutrition

- Providing temporary substitutes so that caregivers can take personal time off
- Providing meals, supplies and technology to directly assist caregivers

Certain guidelines, of course, must be met in order to qualify for the services of Alabama Cares. Priority is given to those caring for people with Alzheimer’s disease or other forms of dementia, as well as those with the greatest social and economic need. There is no income limit, but voluntary contributions to help cover the cost of services are welcomed. For details, visit [uwaaa.com](http://uwaaa.com) or call 1-800-AGE-LINE.

## Climbing Out of the Medicare Donut Hole

Kathy Powell is diabetic and, until recently, had been paying about \$40 a month for insulin. But when her insurance carrier changed, that \$40 price tag jumped to \$1,000. Kathy knew that was not affordable, but going without insulin was not an option. So she began looking for help – and found it at the United Way Area Agency on Aging (UWAAA) of Jefferson County. UWAAA’s SenioRx program was the answer to her problem. SenioRx is a prescription drug assistance program that negotiates with pharmaceutical companies to provide qualified seniors with prescription medications at free or reduced costs.



Kathy Powell (right, with SenioRx Coordinator Mary Gail Williams) found the help she needed with the high cost of medication through UWAAA’s SenioRx program.

After meeting with a SenioRx representative, Kathy learned that she had fallen into the “Medicare Donut Hole.” That’s a gap in Medicare Part D coverage that occurs after your plan has covered a certain dollar amount for prescriptions. Once you reach that point, you are responsible for paying all out-of-pocket costs up to a yearly limit.

**Through SenioRx, Kathy was actually able to get her insulin free of charge.** Then she worked with her SenioRx representative to a look at all of her other medications to find any additional relief available for the cost of those prescriptions and refills. And now with Medicare open enrollment starting in October, Kathy can also receive help through UWAAA’s SHIP (State Health Insurance Assistance Program), which will review Medicare coverage options and identify which plan works best for her, and help her avoid falling into the Medicare Donut Hole again.

Kathy says, "Without SenioRx, I don't know what I would have done. Getting help has been a tremendous relief to my anxiety...and working with someone who really cares means so much to me."

To learn more, visit [www.uwaaa.org/seniorx](http://www.uwaaa.org/seniorx) or call 1-800-AGE-LINE.

## 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!

### October 3rd

Medicaid Waiver In-Service with Staff  
AAA Services and Programs presentation

### October 5th

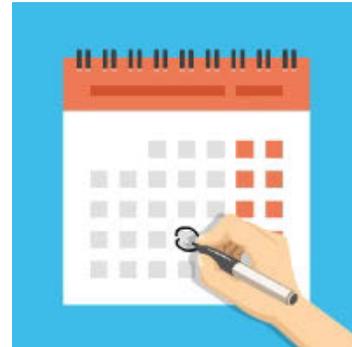
Bishop OI Meadows Family Life Center  
AAA Services and Programs presentation

### October 12th

Armed Forces Officers' Wives Club  
AAA Services and Programs presentation

### October 19th

Homewood Senior Center  
Health Fair



**Medicare Open Enrollment Events, conducted by SHIP, will be held at the following seven locations across Jefferson County.** SHIP is the State Health Insurance Assistance Program helping Medicare beneficiaries make informed choices about health benefits. SHIP provides an understanding of Medicare benefits and options, gives unbiased information in selecting insurance plans that best fit individual needs and helps determine eligibility for low-income assistance programs and prescription drug assistance. No appointment needed.

### October 20th, 9 a.m. to 4 p.m.

Princeton Towers  
909 Princeton Avenue Southwest  
Birmingham, AL 35211

### October 25th, 9 a.m. to 1 p.m.

Hoover Senior Center  
400 Municipal Drive  
Birmingham, AL 35216

**October 27th, 8 a.m. to 3:30 p.m.**

Irondale Senior Center  
5313 Beacon Drive  
Irondale, AL 35210

**October 30th, 10 a.m. to 4 p.m.**

Bessemer Public Library  
400 19th Street North  
Bessemer, AL 35020

**November 10th, 10 a.m. to 4 p.m.**

Clyde Williams Terrace Apartments  
6301 Myron Massey Boulevard  
Fairfield, AL 35064

**November 13th, 9 a.m. to 4 p.m.**

Gardendale Civic Center  
857 Main Street  
Gardendale, AL 35071

**November 17th, 9 a.m. to 1 p.m.**

Shepherd Center East  
118 84th Street North  
Birmingham, AL 35206

**UWAAA's Long-Term Care Ombudsman Program will conduct the following events during October, which is Residents' Rights Month.** The Ombudsman program advocates for residents of nursing homes, boarding homes and assisted-living facilities.

**October 6th**

Morningside of Vestavia  
Residents' Rights Bingo

**October 9th**

Caregivers of Pleasant Grove  
Residents' Rights Presentation

**October 11th**

Cherry Hill  
Residents' Rights Bingo

**October 16th**

Diversicare Riverchase  
Residents' Rights Training

**October 17th**

Trussville Health & Rehab  
Residents' Rights Presentation

**October 19th**

Diversicare Riverchase  
Resident Council

**October 19th**

Morningside of Vestavia's Family Night  
Residents' Rights Presentation

**October 20th**

Trussville Health & Rehab Fall Festival  
Residents' Rights Presentation

**October 24th**

Reflections on Regency  
Residents' Rights Bingo

**October 25th**

Kirkwood by the River  
Residents' Rights Presentation

**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**

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

## **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 from July through August of 2017**



ADRC: 1,456 calls and inquiries

Alabama Cares: 227 clients served

Homemaker Program: 377 clients served

Legal Assistance: 83 clients served

Meals on Wheels: 18,971 meals served

Ombudsman: 2,068 clients served

Preventive Health: 106 clients served

Senior Nutrition Program: 36,354 meals served

SenioRx: 37 clients served; 115 medications provided

SHIP: 149 clients served

## Senior Centers in Jefferson County

Twenty-nine area Senior Centers in Jefferson County provide meals, fellowship and activities for seniors. In many cases, transportation is also available. [Click here for a listing of Senior Centers, addresses and phone numbers.](#)



*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.*