

June 2018

AAA Senior Celebration Was One for the Ages!



More than 500 area seniors filled the Trussville Civic Center on May 10th for this festive occasion.



Tai Chi demonstration brought participants on stage.

In a celebration entitled “Engage at Every Age,” members of Senior Centers from throughout Jefferson County were entertained, informed and enriched at the Trussville Civic Center on May 10th. Attendees flocked to the event by the busload and many arrived in attire that depicted styles from their favorite decade.

The celebration was staged and hosted by United Way’s Area Agency on Aging (UWAAA) with the invaluable help of volunteers from Alabama Power Service Organization (who prepared 500 lunches), Boy Scouts from Princeton Elementary (who served the lunches) and United Way of Central Alabama (who handled setup/breakdown, decorations, parking and greeting attendees). Oxford Health and Cigna-HealthSpring were Gold and Silver Sponsors of the event, respectively.

Serving as master of ceremonies, TV’s Jack Royer welcomed an array of individuals who are instrumental in providing senior services in Jefferson County, and also introduced the entertainment and activities for the the day. That included performances by the Disco Divas, the Shepherd Center

Line Dancers, a Tai Chi demonstration and Ms. Senior Universe 2017, who happens to be from Trussville.

People laughed, learned, danced, dined, caught up with old friends and made new ones. It was a great day and a huge effort, made possible by generous sponsors, energetic volunteers, numerous event partners and some very engaged participants. We look forward to 2019!



(l to r): Trussville Mayor Buddy Choat; Jefferson County District 1 Commissioner George Bowman; UWAAA Executive Director Helen Anderson; Jefferson County District 4 Commissioner Joe Knight; CBS-42's Jack Royer.



(l to r): Trussville Mayor Buddy Choat; UWAAA Executive Director Helen Anderson; United Way of Central Alabama Senior Vice President Karla Lawrence; CBS-42's Jack Royer; United Way of Central Alabama President & CEO Drew Langloh.



Many Senior Center members came in themed attire.



There was no holding back once the music began.

June Is Elder Abuse Awareness Month

While we prefer to celebrate life and talk about good things happening for seniors, there is a disturbing fact being spotlighted during the month of June that needs to be discussed: About 1 in 10 Americans over the age of 60 has been abused or mistreated in one way or another. And only about 1 in 14 cases even gets reported.

Elder abuse comes in many forms, including physical mistreatment, sexual abuse, emotional abuse, confinement, neglect, deprivation, fraud and financial exploitation. It can occur at home, in nursing facilities or other healthcare environments and even in public. One of the first steps toward stopping elder abuse is recognizing it and speaking out – even when the guilty party is a family member (which is the case about two-thirds of the time).

Seniors with diminished physical and/or mental capacity are especially vulnerable. And they're often easily exploited if they're on their own and don't have anyone close-by to watch out for them. UWAAA is here to help in a number of ways, including our **Legal Assistance Program**, featured in this edition of Aging Matters, and our **Long-Term Care Ombudsman Program**, which monitors long-term care facilities, advocates for residents' rights and investigates specific concerns on behalf of residents and their families.

Learn more about elder abuse and what to do about it from the National Council on Aging by [clicking here](#). For more information on UWAAA's programs for seniors, call 1-800-AGE-LINE (1-800-243-5463) or visit www.uwaaa.org. And, by all means, if you know of an older adult in a life-threatening or otherwise dangerous situation, call 911.



June 15th is designated as Elder Abuse Awareness Day, although the entire month is devoted to public education.

Legal Assistance for Seniors in Need

Legal issues can be confusing and intimidating to almost anyone. Many seniors are especially vulnerable to legal problems because they can't afford an attorney and, all too often, there are those seeking to take advantage of the elderly. The Alabama Legal Assistance Program offers low-income seniors and their families legal counseling, advice and representation on civil issues such as:

- income-based benefits
- housing options
- end-of-life decision-making
- neglect
- abuse
- financial exploitation

These services are available through UWAAA at no charge to qualified persons age 60 and older, and are provided as part of our ongoing efforts to protect the dignity and independence of seniors. To learn more, [click here](#) or contact 1-800-AGE-LINE (1-800-243-5463).



UWAAA may be able to help you receive free legal counseling.

Dealing with the Demands of Family Caregiving

Although family caregiving is rewarding, its demands can have a negative effect on the health and well-being of caregivers themselves – especially in terms of emotional impact. UWAAA's Alabama Cares program is designed to help reduce the stress of the job, point caregivers to informational resources and equip them to better handle their unique responsibilities.

Established by the National Family Caregiver Support Program, Alabama Cares aims to help families keep their loved ones at home for as long as possible by offering five types of services to caregivers:

- Information Services
- Caregiver Access Assistance
- Caregiver Education and Counseling



Alabama Cares helps you take better care of your family member...and yourself.

- Caregiver Respite
- Caregivers Supplemental Services

There are specific guidelines that determine who qualifies for assistance through Alabama Cares. Call **1-800-AGE-LINE** (1-800-243-5463) or [click here](#) for details on the program and eligibility.

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 key programs.

UWAAA Impact for March/April 2018



ADRC: 1,231 calls and inquiries

Alabama Cares: 413 clients served

Meals on Wheels: 29,462 meals served

Ombudsman: 7 cases, 39 visitations

Preventive Health: 192 clients served

Senior Nutrition Program: 32,162 meals served

SenioRx: 105 clients served

Upcoming Events

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

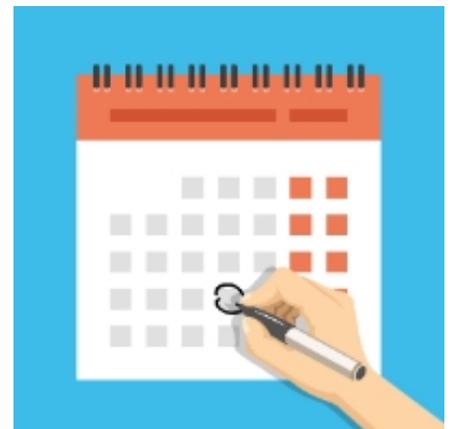
Caregiver Support Group: UWAAA's Alabama Cares program offers assistance in coping with the challenges of caregiving. Open to all caregivers of a relative, partner or friend.

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

United Way of Central Alabama

3600 8th Avenue South

Birmingham, AL 35222

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.

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