

Aging Matters



United Way
Area Agency
on Aging
of Jefferson County

MATTERS OF INTEREST TO SENIORS IN JEFFERSON COUNTY

December 2017

Happy Holidays from Your UWAAA Team!



Won't You Include Meals on Wheels in Your Holiday Giving?

The holidays are, of course, a time for giving. And there's no more worthy cause than United Way Meals on Wheels. **Our dedicated volunteers work tirelessly to prepare and deliver more than 700 meals (at no cost), five days a week, to homebound seniors and disabled individuals throughout Jefferson County.** In many cases, it's primarily because of those



meals – and having a volunteer check on them regularly – that clients are able to live independently in their own homes.

Our resources are stretched. And there are many more people who could be served by Meals on Wheels if only the funds were available. So during this holiday season, please consider a tax-deductible gift of any amount to Meals on Wheels. Be assured that it will be put to good use and greatly appreciated by those who depend on us day after day. **Mail donations to: Meals on Wheels, P.O. Box 320189, Birmingham, AL 35232-0189 or give online on www.mowjeffco.org.**

Aging and Disability Resource Center: 1-800-AGE-LINE for Senior Services Info

UWAAA's Aging and Disability Resource Center (ADRC) is the first place seniors and disabled individuals should look for accurate and unbiased information on a wide range of assistance programs in Jefferson County. Those programs cover 35 categories, including housing, in-home care, dental clinics, transportation and hearing and vision resources, just to name a few.



1-800-AGE-LINE is your direct line for information on programs and services for seniors and the disabled.

When you call 1-800-AGE-LINE, ADRC will either provide the information you need or point you in the right direction to find it. This “No Wrong Door” approach is designed to simplify and streamline access to many vital services. Our goal is to ensure that older adults, individuals with disabilities and family caregivers can easily obtain information, evaluate their options with confidence and make well-informed decisions concerning their health, current living situation and long-term care.

If you have a question for ADRC, or would simply like to know more about what we can do for you, call **1-800-AGE-LINE** or [click here](#).

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 Fiscal Year 2017 (October 1, 2016 to September 30, 2017):12 months



ADRC: 3,460 calls and inquiries

Alabama Cares: 752 clients served

Homemaker Program: 96 clients served

Legal Assistance: 153 clients served

Meals on Wheels: 169,275 meals served

Ombudsman: 182 resident visits

Preventive Health: 145 clients served

Senior Nutrition Program: 202,667 meals served

SenioRx: 230 clients served

SHIP: 900 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!

December 16th, 9 a.m. to 1 p.m.

Senior Celebration Festival
Sixth Avenue Baptist Church
1101 Martin Luther King Jr Drive
Birmingham, AL 35211



January 8th, 12 noon

SHIP Medicare Information Session
UAB Heart Failure Clinic
1813 6th Avenue South
Birmingham, AL 35223

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

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.

TO SUBSCRIBE TO THE AAA EMAIL LIST, [CLICK HERE](#). TO BE REMOVED FROM THE MAILING LIST, [CLICK HERE](#) AND WE'LL SEND YOU A CONFIRMATION EMAIL BEFORE REMOVING YOUR NAME FROM OUR MAILING LIST