

Aging Matters



United Way
Area Agency
on Aging
of Jefferson County

MATTERS OF INTEREST TO SENIORS IN JEFFERSON COUNTY

JULY 2018

Volunteer to Help Others Make Informed Decisions about Medicare



Alabama State Health Insurance Assistance Program

The Alabama State Health Insurance Assistance Program (SHIP) is a program of United Way's Area Agency on Aging (UWAAA) of Jefferson County. SHIP provides free and factual information and objective assistance to Medicare



Register now to become a Certified SHIP Volunteer.

beneficiaries, their families and caregivers. The goal is to help people better understand the Medicare system, the benefits they are entitled to and which options for healthcare coverage may be best for them based on their specific circumstances.

We are seeking volunteers to assist us during Medicare Open Enrollment (October 15th to December 7th). Volunteers are needed to help with the intake process, including communication with clients (in person and by telephone) and basic computer data entry. **Complete training will be provided on August 10th from 9 a.m. to 12 p.m. at United Way of Central Alabama.** [Click here to register for training now](#) or call **1-800 AGE-LINE** (1-800-243-5463) for more information. All volunteers must complete an application and undergo a background screening prior to volunteering.

Reminder: Open Enrollment Is Coming Soon!

It may still be summer, but October will be here before you know it. And that means it's time to prepare to sign up for Medicare (if you never have before) or be thinking about any adjustments you need to make to your current coverage if your personal situation has recently changed. If you're not sure about your options – or even where to get started – call SHIP today at **1-800-AGE-LINE** (1-800-243-5463). We can answer

questions over the phone or set up an appointment to help make sure you have the healthcare coverage you need, and make the most of your benefits.



Medicare Open Enrollment is from October 15th to December 7th every year.

Come to Our Caregivers Conference on August 15th



Serving as an unpaid primary caregiver to a family member or friend is both rewarding and extremely challenging. To help with the many questions that you have and stress factors that you may be experiencing, UWAAA and its Alabama Cares program are hosting a **Caregivers Conference** on August 15th from 9 a.m. to 12 p.m. at United Way of Central Alabama. Hear from a variety of experts about virtually every aspect of caregiving, how to do a better job for your patient and how to take better care of yourself. [Click here to register](#) for the conference now or call **1-800-AGE-LINE** (1-800-243-5463) for more information.



Come to Our Caregivers Conference on August 15th.

Caregivers: Let Your Voices Be Heard!

Caregivers are invited to participate in a survey that will be used to help educate our public policymakers about the growing number of caregivers across Alabama and the complex issues they face. The results of this survey will be presented to Alabama legislators and policymakers in November during “National Caregiver Month.” Surveys must be completed by August 31st. To take the survey, please [click here](#).



Help our legislators understand your needs by taking this survey.

Legal Advice on Many Civil Matters Is Available to Seniors at No Charge

The Alabama Legal Assistance Program offers seniors and their families legal counseling, advice and representation on issues such as income-based benefits, housing options, end-of-life decision-making, neglect, abuse and financial exploitation. The services are available through UWAAA at no charge to persons age 60 and older in Jefferson County. Call **1-800-AGE-LINE** (1-800-243-5463) with questions or learn more by [clicking here](#).



Legal advice on many civil matters is available to seniors at no charge.

Volunteers Needed to Help Advocate for Long-Term Care Residents

UWAAA's Long-Term Care Ombudsman Program monitors the quality of care provided at long-term care facilities throughout Jefferson County, and advocates on behalf of residents of those facilities. This is a large responsibility for a small staff, so well-trained, compassionate and diligent volunteers are essential to our success.



Could you be a voice for those with no one else to speak on their behalf?

We currently need volunteers who will visit assigned nursing home residents on a bi-weekly basis to check on their well-being and the care they are receiving. Certified Ombudsman Volunteers provide a voice for nursing home residents who have no one else to speak on their behalf, and they help educate residents about their rights. If you'd like to discuss the responsibilities and whether serving as an Ombudsman Volunteer might be right for you, please call **1-800-AGE-LINE** (1-800-243-5463) or [click here to learn more about the program.](#)

Applications Now Being Accepted for Alabama Silver-Haired Legislature

UWAAA is now accepting applications for the Jefferson County delegation of the Alabama Silver Haired Legislature (ASHL), a non-partisan, non-profit organization established 27 years ago. ASHL delegates are elected by their peers and represent their constituent seniors in the same districts as in the Alabama House of Representatives. The purpose of the ASHL is to inform the Alabama legislators about elderly needs and issues of concern, and to serve as an educational organization for Alabama's senior citizens.



This is your chance to represent other seniors.

Anyone who is age 60 or older and a registered voter in the state of Alabama

can apply by completing the required forms. If you'd like to play a part in significant senior issues, [click here to learn more and print an application](#).

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 May/June 2018



ADRC: 1,065 calls and inquiries

Alabama Cares: 268 clients served

Homemaker Program: 46 clients served

Legal Assistance: 115 clients served

Senior Nutrition: 32,130 meals served

SenioRx: 106 clients served

SHIP: 499 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!

August 10th

SHIP Volunteer Training for Medicare Open

Enrollment

9 a.m. to 12 p.m.

United Way of Central Alabama



August 15th

Caregivers Conference

9 a.m. to 12 p.m.

United Way of Central Alabama

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.

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