

Aging Matters



United Way
Area Agency
on Aging
of Jefferson County

MATTERS OF INTEREST TO SENIORS IN JEFFERSON COUNTY

OCTOBER 2018

Confused about Medicare? SHIP Has the Answers.

Medicare can be complicated, but we can help. 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 information and unbiased assistance to Medicare beneficiaries, their families and caregivers. Our Medicare experts' goal is to help you better understand the benefits you're entitled to and which coverage options are best for you based on your specific circumstances.



Call 1-800-AGE-LINE to schedule your Medicare review.



If you have questions about Medicare, call us at **1-800-AGE-LINE** (1-800-243-5463) to speak to a Certified SHIP counselor. Or better yet, make an appointment to sit down face-to-face with an expert, sort through your coverage and make sure you have the plan that fits your needs and budget. [To learn more about SHIP, click here.](#)

SHIP's Open Enrollment Events Are Here for Your Convenience

Medicare Open Enrollment is **October 15th through December 7th**. 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 – or if you're just not sure you have the benefits you really need.

To make signing up or changes as easy as possible, **SHIP is holding a series of nine public events throughout**



Open Enrollment is October 15th to December 7th.

Jefferson County. [Please register by clicking here and choosing the event you'd like to attend.](#)

Then just come to that location during the designated times and a Medicare expert will be there to help.

What to Bring: Medicare cards (Red, White and Blue); Social Security card; proof of gross monthly income (letter from Social Security or current pay stub); list of medications by name and daily dosage and quantity.

Here are the dates, times and locations of each event:

October 18th, 9 a.m. to 3 p.m.

Princeton Towers
909 Princeton Avenue SW
Birmingham, AL 35211

November 12th, 9 a.m. to 4 p.m.

Gardendale Civic Center
857 Main Street
Gardendale, AL 35071

October 22nd, 9 a.m. to 4 p.m.

Gibson Drugs
1133 Lomb Avenue SW
Birmingham, AL 35211

November 15th, 9 a.m. to 3:30 p.m.

Cooper Green Hospital
1515 6th Avenue South
Birmingham, AL 35233

October 25th, 9 a.m. to 3:30 p.m.

Cooper Green Hospital
1515 6th Avenue South
Birmingham, AL 35233

November 19th, 9 a.m. to 3 p.m.

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

October 30th, 9 a.m. to 3 p.m.

Hoover Senior Center
400 Municipal Drive
Hoover, AL 35216

November 26th, 9 a.m. to 4 p.m.

Gibson Drugs
1133 Lomb Avenue SW
Birmingham, AL 35211

November 7th, 9 a.m. to 1 p.m.

Midfield Senior Center
589 Bessemer Super Highway Midfield, AL
35228

If none of these dates are convenient, call 1-800-AGE-LINE (1-800-243-5463) for an appointment at United Way Area Agency on Aging, 3600 8th Avenue South, Birmingham, AL 35222.

SHIP Volunteers Shed Light on Medicare

Every month, hundreds of seniors in Jefferson County receive guidance on their Medicare benefits through UWAAA's SHIP program. Handling all those calls, questions and appointments is possible only with the help of dedicated volunteers, all of whom have completed training and certification in order to advise clients on their healthcare options.



One such volunteer is **Amy Allon**, who has been working with SHIP every

Thursday for the past year and a half. While helping seniors as a social worker for 17 years, and while working at UAB Geriatric Clinic, Ms. Allon saw how complicated Medicare can be. So when she learned about volunteer opportunities with SHIP, **she realized that making Medicare easier to understand would be a great**

way to help others.

While there are countless details to deal with, Ms. Allon identified three basic issues that many people are not clear about when it comes to Medicare:

1. A person is eligible for Medicare at age 65, and can enroll three months before, after or on his or her birthday.
2. Many people don't know that you're required to sign up for Medicare Parts A, B, C and D.
3. Open Enrollment is not just for signing up, but also for making changes to the plan you already have.

As a SHIP volunteer, Ms. Allon's role is to help clients understand and choose the healthcare options that are best for them – based on their individual circumstances. She said that last year during Open Enrollment, for example, she helped a man who had previously chosen a particular Medicare plan simply because that was the one that other people had selected. But by asking the right questions and understanding the options available, Ms. Allon was able to help him save \$600 with a plan that better fit his needs!

To learn about SHIP volunteer opportunities, call **1-800-AGE-LINE** (1-800-243-5463) or [click here](#).



Certified SHIP volunteers help hundreds of clients to better understand Medicare every month.

Support Groups Can Help You Manage the Stress of Helping Others

The responsibility of caring for someone who is dependent on you comes with a lot of pressure. Even if you're good-natured enough to just roll with the punches, the demands on your personal time and patience can eventually wear you down. That's why **UWAAA's Alabama Cares program offers two types of moderated support groups:** one for caregivers of family members or friends and another for grandparents who are responsible for raising their grandchildren.



Family caregivers and grandparents find help by talking through their troubling issues.



These two groups meet once a month at United Way of Central Alabama, where participants share their questions, problems and frustrations with others who can identify with the same types of issues. By openly, but confidentially, talking through these matters, participants often find constructive suggestions, solutions and reassurance. [To learn more about both of these Alabama Cares support groups, please click here](#) or call **1-800-AGE-LINE** (1-800-243-5463). [You can also check our events calendar for meeting times and dates by clicking 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 July/August 2018



ADRC: 1,180 calls and inquiries

Alabama Cares: 335 clients served

Homemaker Program: 93 clients served

Legal Assistance: 221 clients served

Senior Nutrition: 33,431 meals served

SenioRx: 116 clients served

SHIP: 503 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!

October 19th

Special edition of "Talk of Alabama"
featuring UWAAA programs and services
9 to 10 a.m. on ABC 33/40 TV

October – November

SHIP's Medicare Open Enrollment Events
(Please see schedule above for list of times and places)



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