

TCAD eLoop

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Fond farewell



TCAD says goodbye to Chair John Arriola, along with outgoing Commission Members Diane Cornell, Bernard Danzig, Shelburne Ferguson and Judson Palmer, at their last commission meeting on August 11, 2010. The Commission elected Ken Kiesel to serve as Chair and Barbara McIntyre to serve as Vice Chair. Also pictured are Commission Members Frankie McCord, Renee Bouchillon, Jane Johnson, Jackie Talley, William VonSchipmann II, Lynne O'Neal, Mickey Eldridge, Virginia Davidson, James York, Pat Miller, Seth Stanger, Wanda Willis, Carolyn Waugh and Ruth Williams.

TCAD receives grants

Funds were awarded to Tennessee Commission on Aging & Disabilities for State Health Insurance Assistance Programs and Aging and Disability Resource Centers (ADRCs) through a competitive as well as formula process. TCAD will focus on two areas to support seniors, individuals with disabilities and family caregivers:

- **Medicare Outreach and Assistance in Low Income Programs and Prevention Grants (total of \$1,167,614 ACA MIPPA federal amount with -0- match required). The breakdown of this funding is: #1. Awarded \$520,149 by CMS, for ACA MIPPA - Priority Area 1: SHIPs, #2. Awarded federal amounts of \$471,539 for ACA MIPPA - Priority Area: AAAs with -0- match required. #3. Awarded federal amounts of \$175,926 for ACA MIPPA - Priority Area: ADRCs with -0- match required.** TCAD has been funded to provide outreach and assistance to Medicare beneficiaries on their benefits, including coverage for preventive services.
- **Evidence Based Care Transition Grants (Awarded \$198,698 federal money for FY 2011 with -0- match required. Since the project period is for two years, we could receive additional money for the second year.):** TCAD was funded to coordinate and continue to encourage evidence-based care transition models which help older persons or persons with disabilities remain in their own homes after a hospital, rehabilitation or skilled nursing facility stay. This grant will help break the cycle of readmission to the hospital that occurs when an individual is discharged into the community without the social services and supports they need.

In addition, TCAD was awarded a grant for community-based support projects for caregivers of individuals with Alzheimer's disease with a project/program title of **"Alzheimer & ADRD Innovations Training Education"** (Awarded \$300,000 in federal money

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Welcome New Commission Member



William VonSchipmann II, 72, is the new rural area of East Tennessee Representative, replacing former member Ron Jordon's unexpired term from October 1, 2006 to September 30, 2012.

Von is the former Mayor of Plainview, Union County, Tennessee, serving in that capacity for 14 years (1992-2006). He served as the President and CEO of the Union County Chamber of Commerce from April, 2007, to June, 2008. Currently, he serves as the Development Representative for Union County, and represents the County on the East Tennessee Development District Board, and on the Policy Council and Steering Committee for East Tennessee Human Resource Agency.

He served as the Chairman of both East Tennessee Development District (ETDD) and East Tennessee Human Resource Agency (ETHRA) Board of Directors, 1997-1998. He also is the Technical Representative from Union County to the Northern RPO (TDOT). In addition, Von serves on the Board of Directors of the Chamber of Commerce, Humane Society, East Tennessee Quality Growth, and Keep Union County Beautiful. He has served on almost every board in Union County during the past sixteen years, from Solid Waste to Leadership, to Industrial Development, to the United Way, to Local Planning.

Von has been a resident of Tennessee since 1964 and a resident of Union County since 1971. He was a computer technician and network analyst for Burroughs/Unisys Corporation from 1964 until his retirement in 1999.

Early voting for the November 2nd election starts October 13th!

TFA/TASC Conference a Success

Senior Citizens and aging professionals leaned about new governmental guidelines, spirit of service and just plain fun at the 42nd annual Tennessee Federation for the Aging Conference held August 21-September 2, 2010 at the Murfreesboro Embassy Suites.

Theme of the conference was "Serving the HEART of Tennessee," which included a fashion show, Zumba lesson and tips on creating livable communities for seniors.

Additionally, Mike McWherter, Democratic candidate for Governor, greeted seniors as they explored the vendor fair, which included information on technology assistance, home services and elder abuse and financial exploitation.



TASC President Cheryl Watson Mingle shows off her organization's booth, at the TFA/TASC Conference.



Chief of Long Term Care Patti Killingsworth tells Tennessee seniors about the Choices Act, which enhances home and community based services in the state.

TVAC represented at UT conference



UT Extension Agent Donna Downan shows off her work with the Memphis Adult Abuse Coalition at the 2010 University of Tennessee Extension Family & Consumer Sciences Professional Conference, held at the Cool Springs Embassy Suites, August 3-5, 2010. All UT and TSU Extension Family & Consumer Sciences educators from every county in Tennessee were present.

New CPR easy to learn; more effective than old method

“Stayin’ Alive” is easier with the continuous Chest Compression CPR, developed by the Sarver Heart Center at Arizona’s Health Sciences Center.

This new CPR method requires no clothing removal or mouth to mouth. It relies on continuous chest compression, best administered to the beat of the BeeGee’s hit “Stayin’ Alive”. This method doubles a person’s chance of surviving cardiac arrest which kills more Americans, every three days, than the total number of those who died in the 9-11 attacks.

Click here to watch and learn the new technique.
<http://medicine.arizona.edu/spotlight/learn-sarver-heart-centers-continuous-chest-compression-cpr>

Recommended links

National Center for Creative Aging
<http://www.creativeaging.org/>

ThirdAge.com
<http://www.thirdage.com/>

Prepare for Medicare open enrollment period Nov. 15-Dec. 31

November 15–December 31, 2010, is your Annual Open Enrollment (AEP) period to make changes with your Medicare benefits for 2011. During this time it is important that you read all the information you receive from your current Medicare Advantage Plan or Prescription Drug Plan.

If your Plan is not going to be available next year, non-renewing, then you must select a new Plan during this AEP. If your Plan is available next year, you will need to review the offered benefits and drug coverage to see if your current Plan remains the best choice for you next year.

There are several ways to review your coverage. First, you can call the State Health Insurance Information & Assistance Program (**TN SHIP**) at **1-877-801-0044** for assistance in comparing Plans and helping you make the best choice. TN SHIP is the only organization funded by Centers for Medicare & Medicaid to provide this service without endorsing any insurance company, agency or Plan.

Secondly, if you, or someone you trust, is computer savvy, you can do a Plan Comparison by going to www.medicare.gov. Choose which type of Plans you want to compare, such as, Medicare Advantage with Drugs, or without, or a Prescription Drug Plan to accompany your original Medicare benefits. You will be able to choose the most cost effective Plan for 2011.

Speaking of costs, wouldn’t you like to spend less on money on your Medicare premiums and prescription drugs? You, or someone you know, may qualify for help in paying these costs. The simplest way is to call TN SHIP to find out if you qualify, or you may go to Social Security’s website www.ssa.gov to complete an application for this help.

Conservator training scheduled

The Conservatorship Association of Tennessee (CAT) will hold its fall conference and annual meeting October 21-22, 2010, at the Mt. Juliet Hampton Inn & Suites. Neurologist Dr. Brian Bonfardin will speak on “Psychopharmacology and Beyond”, which delves into psychiatric treatments of wards. Dr. David Tribble, Chief Medical Officer of Alive Hospice, will speak on improving care at the end of life and Shelley Matthews, Assistant Director of the Southwest AAAD, will discuss the new Home and Community Based “Choices”. For more information, email Jeanne.Caudill@tn.gov.

PEER Training



TN State and District Ombudsmen are PEER trained: a long term care resident based program, which promotes better communications and relationships between consumer and staff. Seated, from left are, SE Ombudsman Trudy Mott, GNRC Ombudsman Patti Bedwell, Memphis Ombudsman Sandy Smegelsky, SW Ombudsman Amanda Scott, Upper Cumberland Ombudsman Marie Ferran, East TN Ombudsman Cindy Troyer. Standing, PA Ombudsman and presenter Jan Brown, Elder Rights Supervisor Janet Lamb, NW Ombudsman Marchell Gardner, First TN Volunteer Coordinator May Grimes, First TN Ombudsman Debbie Morrell, South Central Ombudsman Katie Earnest, Mid South Volunteer Coordinator Rick Finkey, State Ombudsman Jerry Blasingame and NW Volunteer Coordinator Leroy Brent.

Title III Attorneys meet



Title III attorneys meet to discuss issues at the Tennessee Alliance for Legal Services training at Paris

Landing State Park. Title III attorneys represent seniors in AoA priority areas, such as housing and healthcare. Pictured here are David Nagle, Ben Kilgrow, Marie Ferran, Pam Ford Wright, Jeannie Kosciolk, Cindy Troyer, Deb Hertzell and Lynette Edwards.

See more photos on Facebook!

<http://www.facebook.com/#!/album.php?aid=34718&id=111707435520158>

Grants: continued from page one

For FY 2011 with 100,030 (25%) non-federal match required): This should help families address the challenges of providing care for individuals with Alzheimer's disease and related dementias

HHS Secretary Kathleen Sebelius announced, September 27th, \$68 million in grants to help seniors, individuals with disabilities, and caregivers better understand and navigate their health and long-term care options. The Affordable Care Act (ACA) seeks to give people more control over their own care, while lowering health care costs and improving quality," said Secretary Sebelius.

Grants, made possible by the Affordable Care Act, are going to states, territories, tribal and community-based organizations. The funds will be used to help seniors and individuals with disabilities and their caregivers make more informed decisions about their health and long-term care. Specifically, the funds will be used to help families to understand their Medicare and Medicaid benefits, including coverage for preventive services; navigate options for long term care including community-based services that can help individuals remain in their homes; and assist those transitioning from nursing or rehabilitation facilities back home to put the supports in place to make that transition successful.

These grants are being administered collaboratively by HHS' Administration on Aging and the Centers for Medicare & Medicaid Services.

Recommended videos

Elder Abuse in America: Break the Silence

<http://abcnews.go.com/WN/elder-abuse-nursing-homes-protect-loved/story?id=9485149>

Crimes against the elderly on the rise

<http://www.wnep.com/wnep-luz-theft-folo.0.1769096.story>