

# Directory of 2023 **Senior** **RESOURCES**

- Answers to aging, disability and caregiver questions
- Medicare updates
- Help with Public Benefits
- South Alabama Senior Directory



**Area Agency on Aging • South Alabama Regional Planning Commission**  
**251-706-4680 • 800-243-5463 • [www.agingsouthalabama.org](http://www.agingsouthalabama.org)**





# Helping senior adults Enjoy a better Life.

Some adults, ages 55+, may need the specialized inpatient help, including individual and group therapy, provided by the staff at North Baldwin Infirmary's Senior Behavioral Health program. The program helps seniors successfully adapt to the challenges of aging including:

- Depression
- Life stress and anxiety
- Memory loss
- Social withdrawal
- Grief and loss
- Medication management
- Suicidal thoughts
- Dementia

Senior Behavioral Health provides medical supervision and individualized treatment for senior adults with emotional and behavioral difficulties. If you or someone you know needs help, call for a free consultation.

For more information please call, 251-580-1770.



**North Baldwin Infirmary**  
INFIRMARY HEALTH

[infirmaryhealth.org/sbh](http://infirmaryhealth.org/sbh)

## Need help or advice? The Area Agency on Aging has you covered



**Julie McGee**  
Director, Area Agency on Aging

The Area Agency on Aging, a program of the South Alabama Regional Planning Commission, is pleased to partner with Gulf Coast Media to let area seniors and their families know about the variety of

services available locally. The Area Agency on Aging is the place to start your search for information on enriching your life, whether as a volunteer, through taking classes, joining a recreation or wellness program, maximizing your Medicare benefits, improving your financial security, finding in-home services to help you age in place, or with information on Alzheimer's care and nursing homes and assisted living facilities. We provide services both through our staff and through community partners, such as the Baldwin and Escambia County Councils on Aging, senior centers, direct care providers and city and county government.

Our agency is officially designated by the State of Alabama as South Alabama's Area Agency on Aging. Our population of approximately 160,000 is the largest population of age 60-plus adults served by any of the 13 regional Area Agencies on Aging across Alabama. We work closely with the Alabama Department of Senior Services and receive federal, state, and local government funds, as well as some private grants. We are an unbiased government-funded, consumer-focused agency, and we are here to help you. We do not represent any business interests and our services are free. We work for you!

To learn more about our services and upcoming events, visit us online at [www.agingsofthelabama.org](http://www.agingsofthelabama.org). You may call us at 251-706-4680 or 1-800-AGE-LINE (800-243-5463), or email [aginginfo@sarpc.org](mailto:aginginfo@sarpc.org). We're also on Facebook; like South Alabama Area Agency on Aging for regular updates.

## AGING AND DISABILITY RESOURCE CENTER: Answers to Aging, Disability and Caregiver Questions

Local Area Agency on Aging Alabama	251-706-4680 1-800-243-5463	<a href="http://agingsofthelabama.org">agingsofthelabama.org</a> <a href="http://AlabamaAgeline.gov">AlabamaAgeline.gov</a>
National Eldercare Locator	1-800-677-1116	<a href="http://eldercare.acl.gov">eldercare.acl.gov</a>

When you call the Aging and Disability Resource Center of the Area Agency on Aging you will be connected with local programs and services for older adults and caregivers. The following are some examples of services and supports commonly available through these resources:

### Staying at Home

Nutrition Programs – Home-delivered meals or group meal programs, food assistance  
In-home Services – Housework, personal care, meal preparation, companion or respite care  
Housing Choices – Housing alternatives in your community  
Wellness – Health promotion classes, wellness and exercise programs

### Assisting Caregivers

Caregiver Support – Programs to support those taking care of older adults, persons with dementia, and grandparents raising grandchildren  
Respite Care – Opportunities to relieve caregivers of daily duties  
Adult Day Care – A protective setting for older adults in need of assistance during the day  
Alzheimer's and Dementia – Programs to support families impacted by dementia

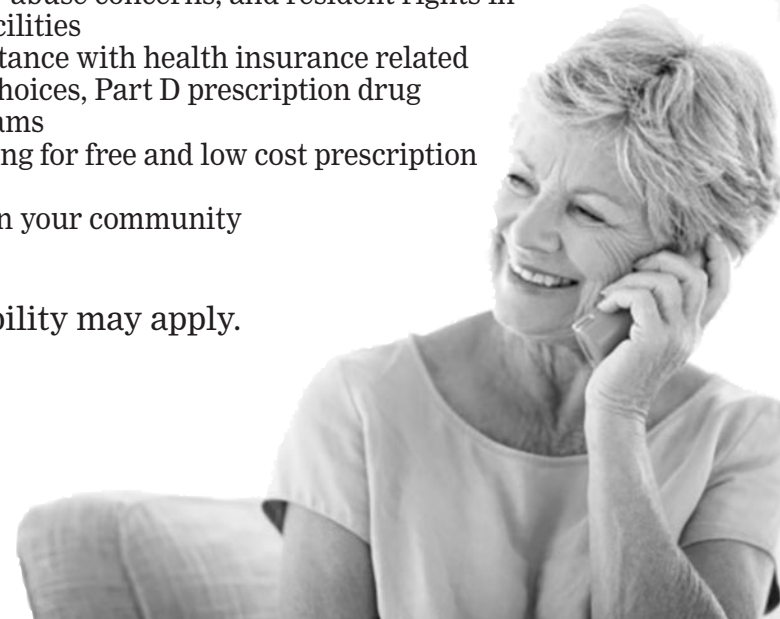
### Getting Involved

Senior Center Programs – Meals, recreation and socialization  
Volunteer Services – Opportunities to stay involved and give back  
Employment Services – Opportunities to explore training and employment options

### Finding Additional Resources

Legal Assistance – Advice and representation for legal matters, such as durable powers of attorney, government program benefits, Medicaid, tenant rights, consumer issues  
Financial Assistance – Screening and application assistance on available public benefits  
Case Management – Help identifying needs and coordinating services  
Elder Rights – What to do about elder abuse concerns, and resident rights in nursing homes and assisted living facilities  
Health Insurance Counseling – Assistance with health insurance related questions, including Medicare plan choices, Part D prescription drug options and Medicare Savings Programs  
Prescription Assistance – help applying for free and low cost prescription medicines.  
Transportation – Find ride services in your community

Waiting lists and financial eligibility may apply.





## The State Health Insurance Assistance Program (SHIP) strengthens the state's ability to provide all Medicare-eligible individuals with information, counseling, and assistance on health insurance matters.



SHIP is Alabama's State Health Insurance Assistance Program. SHIP counselors and volunteers are committed to helping participants make informed choices regarding health insurance benefits. Counselors and volunteers are not affiliated with any insurance company and will not attempt to sell insurance. All counseling records are strictly confidential.

SHIP is a trusted source for information about Medicare, related health insurance, and low-income resources. SHIP counselors can help participants know and understand their insurance options. SHIP is funded through the Administration on Community Living (ACL) and the Alabama Department of Senior Services (ADSS)

Alabama SHIP's understand the complexities of Medicare and issues that many beneficiaries and family members encounter once eligibility is near. Our services are designed to provide free unbiased assistance specific to the beneficiaries needs. SHIP's have a unique niche in the Medicare space in that we are the only federally funded counseling service in the nation. SHIP's pride themselves on being objective and empowering beneficiaries, caregivers, family members & community partners at local levels to make educated informed decisions on often times complex Medicare related issues.

### WHAT CAN SHIP DO FOR YOU?

- SHIP can help you understand Medicare benefits.
- SHIP can answer questions about Medicare Advantage Plans
- SHIP can help you determine which Medicare Prescription Drug Plan best fits your needs.
- SHIP can answer your questions about Medigap, long-term care insurance policies, and other health insurance programs for seniors.
- SHIP can assist Medicare beneficiaries in specific areas such as home health benefits, Medicare claims and appeals, and other similar issues.
- SHIP can provide details about benefits available in your area and refer you to other helpful programs.
- SHIP provides FREE education, counseling,

and information concerning:

- Medicare
- Medicare Advantage
- Medicare supplements
- Medicare savings programs
- Medicaid
- Prescription drugs
- Coordination of Benefits
- Plan comparisons
- Billing & claims
- Rights & protections
- Long-term care

### Medicare Open Enrollment- October 15th 2022 through December 7th 2022.

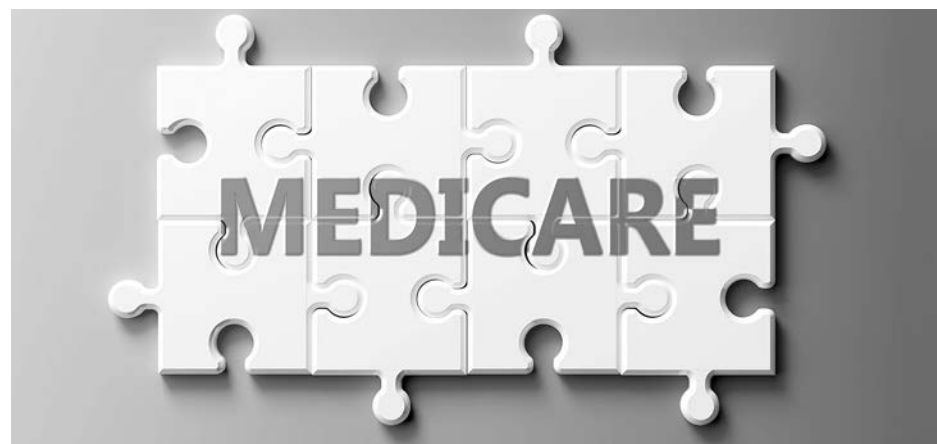
Medicare Open Enrollment is the time that Medicare beneficiaries should re-evaluate your plan to see what is new or often times better for them for the upcoming 2023 Year. It is very important to review your current 2022 year plan with new plans for the upcoming 2023 year to determine if you could benefit from potentially changing prescription drug plans and/or Medicare Advantage plans to get better coverage or lower prescription drug costs.

The Alabama State Health Insurance Assistance Program (SHIP) offers free, unbiased information and counseling and can assist you with plan comparisons, enrollment and subsidy cost saving applications that can save you money and frustration! Your local area agency on Aging's SHIP will be available to help you:

- Read the Annual Notice of Changes mailed to you by your health plan.
- Check the plan formulary-the list of covered prescription drugs-to make sure that yours are covered by the plan.
- Check provider networks if you have a Medicare Advantage Plan to ensure that your providers/doctors/hospitals are in the network.
- Compare your current plan against its competitors and educate you on the differences.
- Protect against potential Medicare fraud.
- Screen for cost saving programs that could produce significant health and drug cost savings.
- Tailored services to meet your needs remotely!

SHIP is your trusted source for information. The Area Agency on Aging's local SHIP provides free assistance in the Mobile, Baldwin and Escambia county region. Contact us at 251-706-4680 or 1-800-243-5463

# New 2023 Medicare Updates for Alabama.



### Medicare Advantage:

- The average monthly Medicare Advantage plan premium changed from \$11.99 in 2022 to \$11.24 in 2023. This represents a -6.3% change in average premium.
- 108 Medicare Advantage plans are available in 2023, compared to 91 plans in 2022. This represents a 18.7% change in plan options.
- 100% of people with Medicare have access to a Medicare Advantage plan.
- \$0 is the lowest monthly premium for a Medicare Advantage plan.
- 100% of people with Medicare will have access to a Medicare Advantage plan with a \$0 monthly premium.
- Through the CMS Innovation Center's Value-Based Insurance Design (VBID) Model, 43 plans will offer Medicare Advantage enrollees including reductions in cost sharing (in some cases to zero) for certain covered benefits, such as eliminated Medicare Part D Rx cost sharing; rewards and incentives programs related to healthy behaviors; and customized, innovative benefits such as healthy

food, over the counter supplies, and help with monthly expenses that support health such as utilities and other needs for enrollees who receive low income subsidies (also called Extra Help) and/or chronically ill enrollees.

• In addition, through the VBID Model's Hospice Benefit Component, 10 plans will offer the Medicare hospice benefit through their plan.

### Medicare Part D (Rx) plans:

- 24 stand-alone Medicare prescription drug plans are available in 2023. All individuals with Medicare have access to a Medicare prescription drug plan.
- 100% of people with a stand-alone Medicare prescription drug plan have access to a plan with a lower premium than what they paid in 2022.
- 32% of people with a stand-alone Medicare prescription drug plan get Extra Help (also called the low-income subsidy, or LIS).
- \$7.40 is the lowest monthly premium for a stand-alone Medicare prescription drug plan.
- Important Dates**
- September 2022
- The "2023 Medicare &

You" Handbook is sent to every household with Medicare. The handbook can be accessed online at: <https://www.medicare.gov/forms-helpresources/medicare-you-handbook/download-medicare-you-in-different-formats>.

• Health and drug plans begin notifying enrollees about changes to their plans in 2023. SHIP's contact phone number is on the back of each book for every state!

### October 2022

- Individuals can begin shopping and comparing plans on Medicare.gov starting October 1, 2022.
- Individuals should watch their mail for notices from Medicare with information about changes in 2023.
- Medicare health and drug plan 2023 Star Ratings will be available on Medicare.gov on or around October 6, 2022.
- Medicare Open Enrollment begins October 15, 2022.
- December 2022
- Medicare Open Enrollment ends December 7, 2022.
- January 2023
- Medicare health and drug plan coverage for 2023 begins January 1, 2023.





## SenioRx and Ozanam Charitable Pharmacy offer local Prescription Assistance

SenioRx is a prescription assistance program of the Area Agency on Aging that helps persons of any age with chronic health conditions obtain free or low cost prescription medications who have no or inadequate health insurance coverage, or find themselves in the Medicare Part D prescription coverage gap. The Area Agency on Aging and their partners at the Ozanam Charitable Pharmacy, the Baldwin and Escambia Councils on Aging, and the Mostellar Medical Center, help people

apply to national pharmaceutical companies for free prescription medications.

When more immediate help with prescriptions is needed, or for medications not available through these patient assistance programs, the Ozanam Charitable Pharmacy can often help. The Charitable Pharmacy provides some generic prescription medications and donated name brand medications for lower income adults. A detailed description of their program can be found at [www.ozanam-](http://www.ozanam-pharmacy.org)

[pharmacy.org](http://www.ozanam-pharmacy.org).

### To apply for assistance contact:

- Baldwin, Escambia and Mobile counties:  
Area Agency on Aging at 706-4680 or Ozanam Charitable Pharmacy at 432-4111
- Escambia County Council on Aging at 251-368-1031
- Baldwin County Council on Aging at 972-8506

# Falls Are Serious and Costly: A Matter of Balance Classes Can Help

Each year, millions of older people those 65 and older fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

### Falls Are Serious and Costly

- One out of five falls causes a serious injury such as broken bones or a head injury,
- Each year, 3 million older people are treated in emergency departments for fall injuries
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture
- Each year at least 300,000 older people are hospitalized for hip fractures
- More than 95% of hip fractures are caused by falling, usually by falling sideways
- Falls are the most common cause of traumatic brain injuries (TBI)
- In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs.

### What Can Happen After a Fall?

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury.<sup>4,5</sup> These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

Falls can cause broken bones, like wrist, arm, ankle, and hip fractures.

Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't

have a brain injury.

Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

### What Conditions Make You More Likely to Fall?

Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.

### A Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance community classes are held over eight



weeks and are led by two trained facilitators for a small group of 8-12 participants. This nationally recognized program was developed at the Roybal Center at Boston University.

The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments. Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down

safely.

A Matter of Balance classes are offered at no cost by the Area Agency on Aging. For more information to take a class, host a class or become a volunteer instructor, call Marcella Nettles at 251-706-4663 or [mnettles@sarpc.org](mailto:mnettles@sarpc.org)



MANAGING CONCERNS ABOUT FALLS





## IT'S YOUR MONEY. CUT BACK ON MEDICARE COSTS.

The State of Alabama has **Medicare Savings Programs** that can save you money!

**Medicare Savings Programs** pay Medicare premiums, and in some cases, Medicare deductibles and coinsurance. The services you get depend on how much income you have. If you qualify for any of the savings programs, you automatically qualify for extra help to lower the costs of your Medicare prescription drugs. **You must apply to qualify!** To qualify, you must be eligible for Medicare Part A (Hospital Insurance), live in Alabama, be a U.S. Citizen, and have a monthly income at or below a certain limit.

- The programs may help you pay for your Medicare Part A (Hospital) and Medicare Part B (Medical Insurance) premiums.
- The programs have different monthly income requirements.
- Only your and your spouse's incomes count to qualify, not your assets and/or resources.
- In 2022 the highest income limits are **\$1,549** for individuals and **\$2,080** for married couples. The monthly income limits go up each year.

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**Medicare Savings Programs: QMB** (Qualified Medicare Beneficiary), **QI-1** (Qualified Individual), **SLMB** (Specified Low-Income Medicare Beneficiary)

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**Call SHIP** (State Health Insurance Assistance Program) **today!**

**South Alabama Regional Planning Commission  
Area Agency on Aging**

**251-706-4680 or 1-800-243-5463**

**[www.agingsouthalabama.org](http://www.agingsouthalabama.org)**



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**ANGELENE H. NARO**  
Au.D., CCC-A, F-AAA  
Doctor of Audiology

**Hearing Aids are medical devices.** Self-treatment for hearing issues (over the counter devices) could cause someone to miss out on proper ear and hearing treatment.

\* Center of Specialty Care  
The American Institute of Balance®

**Contact our office at 251-970-3277** for an appointment to discuss treatment.



**naroaudiology.com**

**251-970-3277**





Based in Orange Beach, Alabama, **Community Senior Life** is a not-for-profit 501(c)3 organization dedicated to enhancing the quality of life for the senior population.

**Community Senior Life** caters to the social, spiritual, physical, and financial needs of our residents by providing opportunities for homeownership, independent living, assisted living, memory care, and respite care.

Whether you live, work, or do business with **Community Senior Life**, you'll notice the difference!

[COMMUNITYSENIORLIFE.ORG](http://COMMUNITYSENIORLIFE.ORG)



SERVING BALDWIN COUNTY  
AT THESE LOCATIONS





# Caregivers Need Support

Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and also provide care, experiencing conflicts between these competing responsibilities. Research indicates that caregiving also exacts a significant emotional, physical, and financial toll. With nearly half of all caregivers older than age 50, many are vulnerable to a decline in their own health. Studies have shown that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.

It's easy to become overwhelmed as a new caregiver. Here are some steps that can help:

- Identify yourself as a caregiver
- Get a good diagnosis of your loved

one's health condition

- Learn what specific skills you might need to care for someone with this diagnosis
- Talk about finances and healthcare wishes
- Complete legal paperwork, e.g., Powers of Attorney, Advance Directives
- Bring family and friends together to discuss care
- Keep them up to date on the current situation
- Identify resources, both personal and in the community
- Find support for yourself and your loved one
- Remember, you are not alone

It's one thing to gear up for a short-term crisis. But it takes different skills to provide care over a longer period of

time. You'll be more successful if you learn to take care of yourself, starting immediately. Taking care of yourself is as important as taking care of someone else. Some things to remember to care for yourself:

- You cannot be perfect
- You have a right to all of your emo-

tions

- Depression is the most common emotion of long-term caregivers
- Set realistic expectations — for yourself and your loved one
- Learn about the disease and what you can expect

SEE, **CAREGIVERS**, PAGE 14

## THE ALABAMA CARES CAREGIVER SUPPORT PROGRAM

The Alabama Cares program is operated by the Area Agencies on Aging and provides caregiver information and referral, education, support, counseling, provides respite care and a dementia helpline. We offer in-person Caregiver Colleges or Grandparent workshops, and the Trualta on-line educational platform for family caregivers of persons of all ages. Trualta is an innovative program to bring actionable, skill based training directly to the family caregiver. Available on-line and in print, best-in-class learning helps caregivers manage difficult situations. This service is being provided free to residents of Baldwin, Mobile and Escambia counties through the Area Agency on Aging of the South Alabama Regional Planning Commission. For information about services available through the Alabama Cares program or to sign up for Trualta, contact us at 706-4680 or dellasanchez@sarpc.org or sarpcaregivers.trualta.com/signup



### Access free training and resources to help you build skills and confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



**"Practical, realistic solutions to make a kitchen safer."**

- Kari from "Kitchen Safety with Mid-Stage Dementia"

**"Teepa Snow is a jewel. Every time I listen to her I learn more and more, she is a blessing to us caregivers."**

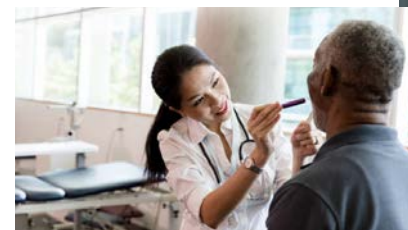
- Patricia from "Teepa Snow: Dementia Care Provisions"

POSITIVE APPROACH, LLC techniques, strategies, and overall approach to care were created and developed by Teepa Snow, Positive Approach, LLC

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.

### Contact Us to Register Today!

Della Sanchez, AL Cares Coordinator  
251.706.4650  
dellasanchez@sarpc.org



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**[www.pmg.md](http://www.pmg.md)**



# SNAP helps provide healthy food for Seniors

For a large portion of seniors in Alabama, senior hunger and economic security are daily struggles. The State of Alabama has recognized it was harder for seniors to get the help that they need to apply for food assistance benefits. Alabama's Area Agencies on Aging, partnering with the State and the National Council on Aging, began working with the Alabama Elderly Simplified Application Project (AESAP) to make it easier for older adults to navigate the process of filing for SNAP (Supplemental Nutrition Assistance Program).

The 13 Area Agencies on Aging throughout Alabama support their local seniors by participating in the SNAP campaign to make sure local seniors are helped with the application process and enrolling. The South Alabama Regional Planning Commission – Area Agency on Aging is one of dozens of community organizations across the country increasing its efforts to assist seniors in applying for SNAP and provides a free, quick, confidential screening, using the NCOA's BenefitsCheckUp screening tool: [www.benefitscheckup.org/sarpc](http://www.benefitscheckup.org/sarpc) to screen for benefits available.

Nationally, the U.S. Department of Agriculture estimates 3 out of 5 seniors, aged 65+ who qualify for SNAP, do not apply. However, in Alabama only 32% apply, despite the fact that 80% of seniors who apply and are

awarded receive more than the minimum benefits. Older adults are significantly less likely to participate in the food program than other demographic groups, when SNAP can improve health outcomes for seniors. The lower nutrient intakes can make seniors more likely to suffer from diabetes, depression, high blood pressure, heart attacks, gum disease and can limit ability to do daily activities. Having access to adequate, healthy food is a major factor in healthy living. The SNAP program helps seniors get the food they need.

Some groups of seniors are more affected and are more likely to be food insecure if they:

- Live in a southern state.
- Have a disability
- Live with/raising a grandchild

Are African American or Hispanic

Are younger than age 69

The AESAP process:

No office visit required  
Application can be mailed, faxed, emailed or completed on-line

Households where all persons are 60+, with No earned income (job or business) can self-declare income

Allowable income amounts change yearly in October  
Actual medical expenses can be submitted to increase award amount

Approval is for 3 years; with annual updates/recertification  
Benefits are awarded on a tax free EBT card, allowing for privacy

Need assistance during these difficult times?

## Apply for SNAP!

Supplemental Nutrition Assistance Program

**SNAP is easy to apply for if you're over 60.**

**Using the Alabama Elderly SNAP application (AESAP), is simple!**

No office visit required. 2 page application. Mail, fax or email your application. Persons with no earned income (job or business) can self-declare their income. (Everyone in house must be 60+ to use AESAP application process.)

EBT Benefits awarded for three years, with only annual recertifications. Increase award amounts by submitting actual medical expenses.

**SNAP enrollment may also instantly qualify you for other benefits!**

The Affordable Connectivity Program (ACP)

ACP is a government benefit operated by the Federal Communications Commission that provides low-to-no cost internet services and helps with the purchase of devices to access the internet such as a laptop, tablet or smartphone.

Many older adults have benefited by getting access to their email, internet searches, social media such as Facebook, on-line applications for benefits, and have saved \$100-\$300 cutting the cord in favor of affordable streaming services to watch TV.

Let us help you pair SNAP with ACP to save you money and enjoy new benefits!

Restrictions apply. Only one ACP per household, not per person, is allowed. Other government benefits may also provide instant qualification for ACP



**Contact:**  
**Area Agency on Aging for information**  
**or to apply for SNAP/AESAP**  
**251-706-4680**



**In Alabama 70,300 seniors are using SNAP to buy healthy food. Are you?**

Alabama has made a special effort to help older adults age 60+ have healthy diets through improvements in its SNAP food assistance program that provides money to buy groceries. It is estimated that 2/3 of Alabama seniors who are eligible for this benefit do not apply, leaving an average of \$850 in benefits on the table. If your gross income is not over \$1,473 for one person, or \$1,984 for a couple or if you have high medical expenses not covered by insurance, contact the Area Agency on Aging to find out more about SNAP eligibility and benefits, 251-706-4680/ 1-800-243-5463, at [www.agingsofthelabama.org](http://www.agingsofthelabama.org), or visit us at [www.facebook.com/agingsofthelabama](http://www.facebook.com/agingsofthelabama).





## Senior Employment

The Senior Community Service Employment Program, also called the Senior Aides program, is a community service and work-based training program for older workers that provides useful community services and fosters individual economic self-sufficiency through training and placement into unsubsidized jobs. While in the program, participants are paid minimum wage for up to 20 hours a week. Eligibility includes age 55 and older, unemployed, and have an income of less than 125% of the federal poverty level.

Contact us at 251-652-0585 or 1-800-243-5463 or email [sdiabin@sarpc.org](mailto:sdiabin@sarpc.org). More information is available at [www.sarpc.org](http://www.sarpc.org)

## Long-Term Care Ombudsman

The Area Agency on Aging provides the local Ombudsmen for Mobile, Baldwin and Escambia counties. The Ombudsmen are advocates for residents in long-term care facilities — Nursing Homes and Assisted Living Facilities. They work with all parties to protect the health, safety, welfare, and rights of Alabama's long-term care residents. Anyone can use the Ombudsman, including residents, their friends and family, or employees of long-term care facilities.

### An Ombudsman's role is to:

- Provide information to the public including how to choose a facility, and residents' rights in long term care facilities. Staff are available to make presentations.
- Educate residents, family members, and facility staff, and assist

with resident and family councils.

- Visit each facility to evaluate conditions and help ensure residents receive quality care to which they are entitled.
- Investigate and resolve complaints on behalf of residents.
- Act as a mediator between residents, family members and staff.

Individuals can file a complaint in writing, by phone, or in person. You do not have to give your name and all information if kept confidential.

Contact Frank Willis, Regional Long Term Ombudsman Representative, at 251-706-4666 or 406-9232.

## Many Free Legal Services Are Available through the Area Agency on Aging

Every day someone pays for legal services that are provided at no cost by the Area Agency on Aging because they did not know about our Elder Law program. Through federal Older Americans Act funds certain non-fee generating and non-criminal legal services are provided to persons age 60 and older at no cost. The program targets those with social or economic needs, but provides services regardless of income and donations are accepted. Everyone needs an Advanced Directive; and with this service provided for free, there is no need to delay. Call to have one made and put your mind at rest — your family will thank you.

The legal assistance program can assist you with the following:

- Accessing health and nursing home care
- Advanced directives
- Consumer issues

- Debt collection
- Elder Abuse, exploitation, and fraud
- Guardianship issues
- Housing
- Income maintenance
- Medicare and Medicaid
- Powers of Attorney
- Social Security
- Medicaid
- Referrals to Volunteer Lawyers Program & Legal Services Corp as needed

Contact the Area Agency on Aging of the South Alabama Regional Planning Commission at 251-706-4662 or 706-4680 for services.





# Medicaid Waiver Programs serve all ages

The South Alabama Regional Planning Commission serves over 1,500 frail elderly or disabled adults and children annually through several Medicaid Waiver programs. This program provides services in the home and community to allow people to remain in their homes and to avoid or delay nursing home placement. All programs have financial and medical eligibility criteria. Generally clients must be on SSI and Medicaid or become deemed eligible for Medicaid; and meet medical criteria that would otherwise require them to be in a nursing home if these home and community based services were not provided. Deeming is considered for persons up to 300% of the poverty level with limited assets.

**Elderly and Disabled Waiver (E&D Wavier)** – For over 30 years SARPC has managed the Elderly and Disabled Program, which is designed to provide services to seniors and persons with disabilities of all ages whose needs would otherwise require them to live in a nursing home. Our goal is for cli-

ents to retain their independence by providing services that allow them to live safely in their own homes for as long as it is appropriate.

Case managers work with clients to develop a care-based plan according to the clients' medical needs. Depending upon their plan of care, individuals in this program may receive personal care, homemaker, respite, adult day health, companion services, or home-delivered frozen meals.

**Personal Choices** – Alabama's Option for Self-Directed Home and Community-Based Services. The Personal Choices program is Alabama's option for self-directed home and community-based services designed to offer seniors and people with disabilities more choice and flexibility in the type of care they receive by allowing them to hire their own workers, including friends and family. Personal Choices fosters independence as participants have greater control over their finances and decisions directly related to their care.

**Alabama Community Transition**

**Waiver (ACT)** – The ACT Waiver provides services to individuals with disabilities or long term illnesses who currently live in a nursing facility and who desire to transition to the home or community setting. There is no age requirement, but the individual must have been in a nursing facility for 90 days or more; and are expected to move into the community within 180 days. Individuals must be determined to be eligible for transition into the community based on an assessment. Most will already meet income criteria, with incomes up to 300% of the SSI income limits. Depending upon their plan of care, individuals in this program may receive personal care, homemaker, respite, adult day health, companion services, home-delivered frozen meals or skilled nursing, up to \$1,500 in expenses needed to move back into an apartment or home; home modifications, assistive technology, personal emergency response systems and medical equipment.

**Technology Assisted Waiver for**



**Adults (TA Waiver)** – This program is for individuals who are 21 years of age or older with complex skilled medical conditions who are ventilator dependent or who have a tracheostomy. The TA Waiver is a community-based alternative for those adults who would otherwise require the nursing facility level of care if these services were not available. Covered services include private duty nursing, personal care/ attendant services, medical supplies, assistive technology and case management.

For information about any of these programs contact SARPC's Area Agency on Aging's Aging & Disability Resource Center (ADRC) at 251-706-4680 or 1-800-AGE-LINE (1-800-243-5463).

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## Local Councils on Aging provide convenient locations for County Residents

With the Area Agency on Aging located in downtown Mobile, the South Alabama Regional Planning Commission has partnered with our neighboring counties to provide local walk-in access for the citizens in Baldwin and Escambia Counties.

The Baldwin Council on Aging, a department of the Baldwin County Commission, serves as a local resource for information and assistance for seniors. The Council on Aging provides guidance navigating the issues seniors face. A few of the services offered are: personalized case management, insurance counseling, prescription assistance, benefit screening, legal assistance, tax information, consignment gift shop, ceramic classes, nutrition sites and assist those approaching retirement. The Council on Aging is

located at the Central Annex, 22251 Palmer Street in Robertsdale. If you have a need not listed here, additional questions or concerns, please call us at 251-972-8506 Central Baldwin, 251-943-5061 South Baldwin, 251-928-3002 Eastern Shore or 251-937-0264 North Baldwin.

The Escambia County Council on Aging supports local senior centers and provides opportunities for socializing, adequate nutrition and supportive services to the senior residents of Escambia County, AL. The Council on Aging also provides information and referral for other services. The office is located in the County Satellite Office at 8600 Hwy 31. Call Sheila Brown at 251-368-1032.



CONTINUED. **CAREGIVERS**, PAGE 9

Learn the skills you need and which ones you are or are not able to perform

- Learn to say “no” to things you cannot do
- Learn to accept help from others
- Build resilience
- Identify your button-pushers/stressors
- Identify your coping skills.
- Admit when you are experiencing burnout and get help
- Remember the big three for successful coping: Eat right, Exercise and Sleep.

### Grandparent-headed families — a vulnerable population

An estimated 2.7 million grandparents serve as surrogate parents to grandchildren in the United States (U.S. Census Bureau, 2017). The Society for Child and Family Policy and Practice found that while this family arrangement is generally considered more desirable for the well-being of the grandchildren than placement with non-relatives in the foster care system, it may be linked to negative consequences for the caregiving grandparent’s well-being. Grandparent-headed families tend to be economically disadvantaged and headed by single women of racial-minority status, although they are represented across all socioeconomic and racial sectors. Parenting “later in life” often exacts its toll on custodial

grandparents. Research indicates that grandparents raising grandchildren have a propensity for diminished physical health as well as relatively high levels of psychological distress, including depression, which can interfere with their ability to effectively nurture and support the children in their care.

### Children Raised by Grandparents

The vast majority of children raised by grandparents are in informal kinship care, which involves unofficial arrangements among family members; as a result, their families are not entitled to the same benefits and support services as official foster care families. This is of particular concern because custodial grandparents often lack the basic resources needed to raise grandchildren (e.g., adequate housing, clothes, beds, food). The lack of resources is exacerbated when they are thrust into assuming the care of their grandchildren with little or no time to prepare. The Area Agency’s Grandparent Program can provide important information on resources available to grandparents raising grandchildren for needs such as education, health, mental health care, legal services and public benefits.

### Grandparent well-being

It is imperative caregiving

grandparents access health care for themselves. This is particularly important because custodial grandparents tend to ignore their own health needs while attending to the myriad needs of the grandchildren in their care. This self-sacrificing, while admirable, could ultimately be detrimental to the well-being of the grandchildren they are raising. For instance, research findings indicate that poor physical health and increased stress levels in custodial grandparents is associated with increased behavior problems in the grandchildren they are rais-

ing. Furthermore, if grandparents become too ill to continue parenting, the grandchildren are likely to enter the foster care system leading to further emotional trauma. Lastly, because grandparents raising grandchildren often experience social isolation, the Area Agency on Aging’s support groups for grandparents raising grandchildren are beneficial. Contact Violetta Simpson at the Area Agency on Aging at vsimpson@sarpc.org or 251-706-4633 07 706-4680 for information on the Alabama Cares grandparent program.



## 2023 Senior Expo Update:

**2023 Senior Expos in Mobile and Baldwin Counties returning October 2023!**

Please look for updates in the Spring of 2023 at [www.agingsouthalabama.org](http://www.agingsouthalabama.org) or [www.facebook.com/agingsouthalabama](https://www.facebook.com/agingsouthalabama)

**Looking forward to seeing everyone at Senior Expo 2023!**





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# COVID-19 Vaccinations and Boosters Available to the Homebound

It can be very difficult to obtain vaccinations for those who are homebound due to disability, advanced age or bedbound status. We are very fortunate that the Health Departments in Mobile, Baldwin and Escambia Counties will provide certain COVID-19 vaccinations and boosters in the home for those not able to go to a pharmacy or other medical provider. In Mobile County, homebound vaccines can be obtained by either filling out a short form online at

<http://mchdcares.com/> or by calling Family Health at the Mobile County Health Department at 251-410-MCHD (6243). The phone number for the Baldwin County Health Department is 261-947-1910 and the Escambia County Health Department is 251-368-9188. The Area Agency on Aging can complete the on-line registrations for COVID-19 vaccinations and boosters for persons needing this assistance, call us at 251-706-4680 for

help. COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and dying. As with other diseases, you are protected best from COVID-19 when you stay up to date with the recommended vaccines, including recommended boosters. Updated COVID-19 boosters can both help restore protection that has decreased since previous

vaccination, and provide broader protection against newer variants. The updated, or bivalent boosters, target the most recent Omicron subvariants, BA.4 and BA.5, that are more contagious and more resistant than earlier strains of Omicron. You are up to date with your COVID-19 vaccines if you have completed a COVID-19 vaccine primary series and received the most recent booster dose recommended for you by CDC. Older adults should

also get an updated (bivalent) booster if all below apply.  
Age: 50 years or older  
Primary series: Pfizer-BioNTech or Moderna  
Updated (bivalent) booster not yet received  
Length of time since last COVID-19 vaccine: At least 2 months ago  
The Area Agency on Aging encourages older adults to obtain recommended COVID-19 vaccinations and boosters to promote healthy, active aging.



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# Circle of Friends program seeks to combat Loneliness and Social Isolation

While loneliness has long been a serious problem for older adults, more attention is being placed on this due to the COVID-19 pandemic. Realization of the health and mental health issues exacerbated by safer at home orders, closed senior and community centers, suspended church services and events, fewer family gathering, and visitation restriction at hospitals, nursing and assisted living facilities has brought a face to the problem of loneliness

## Loneliness Linked to Serious Health Conditions

Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

The AARP Foundation and the National Council on Aging have allocated substantial resources to study the issue of loneliness and social isolation. These studies found that older adults who describe themselves as lonely have a 59% greater risk of functional decline and a 45% greater risk of death. Surveys reported 17% of adults age 65 and older are isolated (nearly 1 in 5), with 46% of women age 75 and older living alone

Isolation is a health issue, with research showing that the negative health effects of chronic isolation and loneliness, while harmful at any age, are especially dangerous for people over 50. The health risks of prolonged isolation have been found to be equivalent to smoking 15 cigarettes a day. Social isolation and loneliness are associated with higher blood pressure, increased susceptibility to the flu, greater risk of heart disease, the earlier onset of dementia, depression and \$6.7 bil-

lion in additional Medicare spending annually.

Some of the most prevalent causes of isolation reported by the AARP Foundation are:

- Transportation challenges
- Poor health and well-being including hearing loss, mobility impairments, frailty and poor mental health.
- Societal barriers, such as lack of opportunities for older adults to engage and contribute, to have meaningful activities
- Lack of access and inequity, including issues of poverty, rural living and marginalized groups

So what can help mitigate this? Even when the pandemic ends and the world opens back up more fully, loneliness will continue to be a challenge for older adults. The Area Agency on Aging is increasing resources to address this issue by developing the Circle of Friends program.

The Circle of Friends program will include: Intervention by a social worker to address needs and provide home visitation when indicated.

**Friendly Calling:** The telephone reassurance program is aimed at addressing feelings of social isolation and improving mental and emotional well-being through increased socialization and friendships. The Area Agency on Aging RSVP Volunteer program will be expanded to offer friendly phone visitation, and in-person visitation when indicated between matched "friends" utilizing volunteers who have been pre-screened.

**Social Isolation Resources:** To improve social connectedness the Area Agency on Aging will provide the following resources:

- Feeling Good and Staying Connected workbooks to educate older adults about habits they can practice to prevent or reduce loneliness and social

isolation, offers engagement activities, and provide methods to develop a self-management plan to improve social connections,

- On-line resources to include free access to many social, educational and health zoom classes through Connect2Affect and Trualta.
  - Robotic pet dogs and cats for persons with dementia
- The Area Agency on Aging will offer Trualta classes free on-line for isolated caregivers. These resources help older adults stay mentally, spiritually and physically fit,

with activities that reduce isolation and associated negative health and mental health impacts.

Circle of Friends is open to anyone age 60 or over in Mobile County who lives alone or is homebound, has little or no family or friend support, or simply would like someone to talk to on a regular basis. To volunteer for the friendly calling program, to sign up for Trualta classes, or to enroll in the Circle of Friends program, or to obtain a robotic pet for a person with dementia, contact the Area Agency on Aging at 251-706-4680.

## Friendly Callers

This is a program of Area Agency on Aging of the South Alabama Regional Planning Commission



## Reducing the Impact of Social Isolation Among Seniors



A simple phone call can make someone's day!

Through the *Circle of Friends* program, our specially trained volunteers provide companionship and social contact to older adults through weekly phone calls.

With *Circle of Friends*, the Senior on the other end of the call feels as though they are the most important person in the world! That's our goal!

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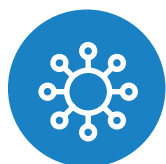
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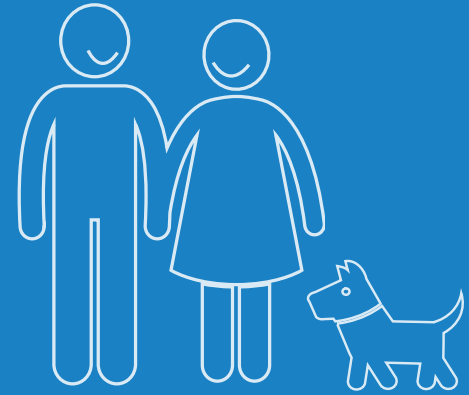


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# 2022 Alabama Senior Citizens Hall Of Fame Recognizes Local Citizens

An outstanding group of senior adults was honored Sunday, August 21, 2022, with induction into the Alabama Senior Citizens Hall of Fame during a ceremony in Montgomery. In addition to the 10 permanent inductees into the Hall of Fame, other seniors were recognized for contributions and service to their communities. The 2022 Senior Citizens Hall of Fame inductees included Ann P. Gordon and Mal Dewayne McGhee of Atmore; Special awards were presented to 19 senior citizens for outstanding service in other categories, including Lifetime Achievement, Community Service, Military, Religion, Government, and Volunteerism. Couples who have been married 65 years or more, and 22 individuals who are 100 years old or older, including Evelyn Turberville of Atmore, were also recognized during the program.

## **Ann P. Gordon Atmore - Escambia County**

Ann Peacock Gordon was born in a small, rural community near Atmore. She had been an active realtor for over 45 years and still finds time to volunteer in her community and

church where she focuses on service for senior adults and others in need. Gordon piloted a program for a national homebuilder to meet the needs of physically impaired individuals by providing adequate housing adapted for their special needs. "It is one of the most rewarding things I have ever done, and I still have indelibly etched tracks on my heart from that experience," she said. Gordon's generosity is clear evidence of her passion to help others. She provides Thanksgiving and Christmas baskets for senior adults, has stored furniture for flood victims, and has donated cars, property and money. Gordon not only gives resources; she gives her time. She has served on the local volunteer fire department board of directors; serves on the Atmore Community Foundation Advisory Committee; has served on the board of Peacock Enterprises, Peacock Pavers, and Enhance Architectural Products; and has volunteered with the adult literacy program. Gordon said she believes those who have surplus have a duty to do more for others. She said she has been abundantly blessed and has sought to fulfill that call.

## **Mal Dewayne McGhee Atmore - Escambia County**

Mal McGhee is a member of the Poarch Band of Creek Indians located in Atmore and has spent his life working in his community. He was elected to serve on the Tribal Council at the age of 20 and served in many different positions. In 1987, McGhee completed the State Volunteer Fire Fighter Training Program and became a captain in the Poarch Community Fire Department, where he served for over 20 years. In 1990, he was elected president of the Judson Creek Indian Cemetery and continues to serve in this role. He oversees all maintenance and upkeep of the cemetery. He also meets with families who have lost a loved one to help locate a final resting place. Over the years, McGhee has volunteered with many Tribal and non-Tribal organizations including, Tribal Council, his local church, Rotary Club, local and state leadership groups, and recreational programs. McGhee's contributions have helped his Tribal community prosper. Because of his leadership and commitment Tribal seniors are well cared for with health care facilities, a senior housing village, senior food programs, vegetable



garden program, arts and crafts, transportation, and a supplemental financial program.

## **Community Service Award: Barbara Gibson Johnson - Mobile County**

Barbara Johnson has devoted much time to senior citizens in Mobile. She served as counselor for the senior group ministry at Shiloh Baptist Church and began a food pantry there. She started a clothing ministry to donate to area churches and schools, and delivers gift baskets to shut-ins and those who are sick. Johnson worked with voter registration to encourage participation and organized over 20 churches to provide transportation to polling sites. She provided health care information to those in need and ensured there was transportation to health care appointments.

# Volunteering Provides Purpose, Engagement, New Challenges and Opportunities

South Alabama RSVP has office locations in Daphne and Atmore for local volunteers RSVP (Retired Senior Volunteer Program) is one of the largest

volunteer networks in the nation, with RSVP programs serving the majority of Alabama communities. RSVP taps the skills, talents, and

experiences of those ages 55 and over to meet a wide range of local community needs. The program offers opportunities to use skills and

talents learned over a lifetime, while developing new ones. Diverse volunteer opportunities providing meaningful and rewarding volunteer experiences and contribute to the quality of life of the volunteer and the community.

Despite the pandemic, RSVP volunteers continue to serve. RSVP tax volunteers worked in Atmore, Flomaton, Daphne, Fairhope, Orange

Beach, Poarch Creek, Robertsdale and Spanish Fort assisting 1962 taxpayers who received \$1,946,989 in refunds through the Tax Counseling for the Elderly program. Volunteers prepared and electronically submitted free tax returns for older persons. With events beginning to take place again, many volunteers help non-profits and local communities with special events,

and help with hurricane recovery, large vaccination clinics, food distributions and home delivered meals. A new Social Isolation project affords volunteers the opportunity to reach out and befriend a lonely person, check on their welfare and improve their quality of life. Other volunteers teach wellness classes, help at senior centers or visit nursing homes, help children improve reading skills, educate people on Medicare about their benefits, provide outreach on protecting oneself from fraud and abuse, and assist many local non-profits with a variety of activities. Persons interested in volunteering and agencies needing volunteers are encouraged to call Martin Lee, South Alabama RSVP Director, at 251-236-3881 or Dawne Biggs at the City of Daphne at 620-1462. In Mobile County, call 574-7787.



**South Alabama RSVP volunteers assisted with the Anchor Cross Cancer Foundation Annual Ball held at the Daphne Civic Center Saturday, June 11, 2022. Proceeds from the Ball help qualified patients by providing such financial relief as assistance with utility bills, aid for prescription co-pays, transportation to and from treatment, and purchase of necessary medical supplies. In 2021, ACCF granted nearly \$100,000 in total assistance to more than 100 patients, covering 280 bills or expenses related to the treatment of their disease.**

## Legacy Leadership Institute for Older Adults

If you think you may want to volunteer but are unsure which direction you want to go, consider attending the Area Agency on Aging's free Legacy Leadership Institute for Older Adults to be held March 20-24, 2023. This one week program held on the campus of the University of South Alabama utilizes faculty and visiting speakers to educate attendees

on aging issues and impactful volunteering. It is designed to help retired professionals and baby boomers find their niche in the world of volunteering among opportunities at the Area Agency on Aging and in their communities.

For information contact Martin Lee at the Area Agency on Aging at 251-236-3881 or 706-4680.





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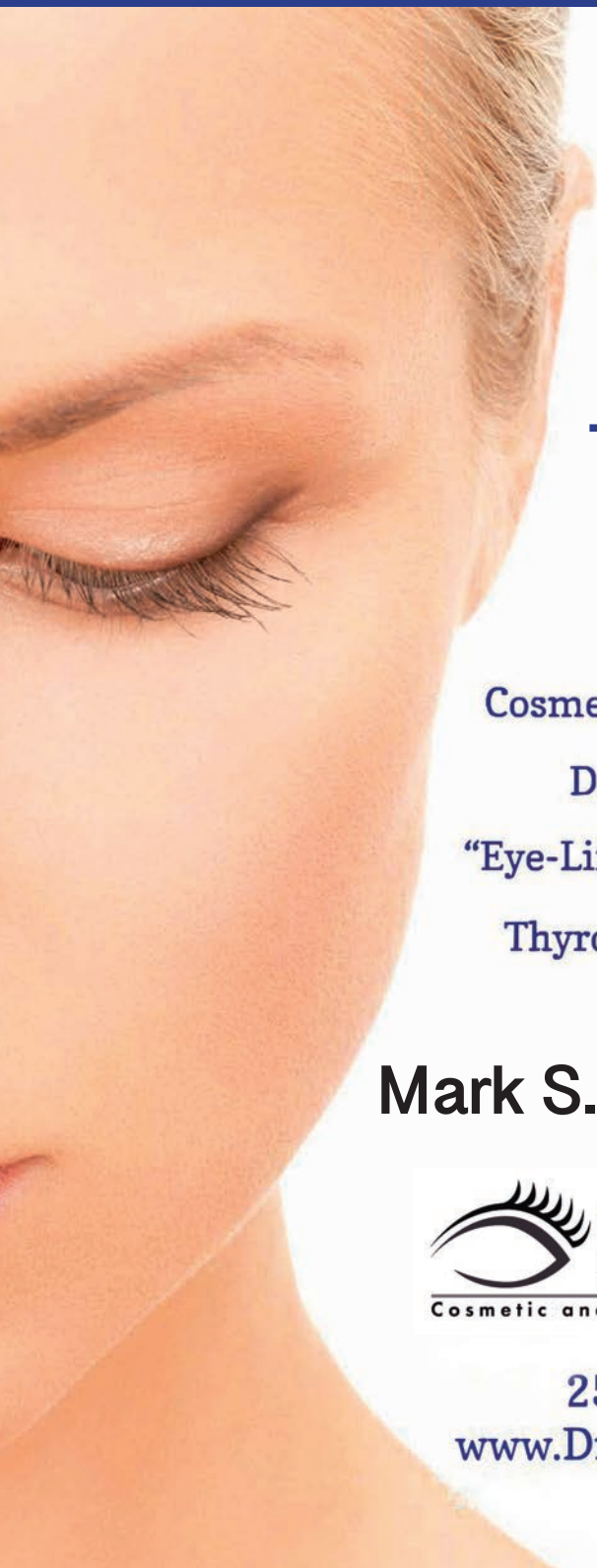
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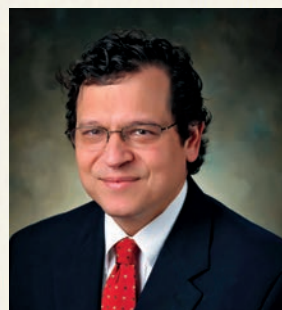
Dearing



Trice



Hakmiller



Buckley



Trotter



Thornton



Robichaux



Chaisson



Douglass

## ***Advanced Cardiovascular Care for the Gulf Coast.***

For over 25 years Cardiology Associates has called Baldwin County home. Our providers are leaders in the field with specialized training that allows us to give you the most advanced care available in Baldwin County. Cardiology Associates provides treatments for coronary artery disease, heart rhythm disorders, peripheral vascular disease, and offers the latest in minimally invasive procedures using state-of-the-art technology for patients with aortic stenosis, mitral valve regurgitation, those at high risk for stroke with non-valvular atrial fibrillation, or with other structural heart defects.

Our team is proud to live in and serve the Baldwin community, bringing advanced heart and vascular care close-to-home.





# Senior Medicare Patrol (SMP) continue to assist Medicare beneficiaries fight Medicare Fraud

The mission of the Alabama Senior Medicare Patrol's (AL SMP) is to teach and empower Medicare beneficiaries, their caregivers, and families how to prevent, detect, and report health care fraud, errors, and abuse. Federally funded through the Administration for Community Living (ACL), the AL SMP is comprised of dedicated staff and volunteers who respond to reports of suspected Medicare fraud and abuse and determine next steps.

The AL SMP's key objectives are to continuously work in these three main areas:

- Conduct Outreach and Education. The AL SMP gives presentations to groups, displays exhibits at events, and works one-on-one with Medicare beneficiaries.
- Engage Volunteers. Protecting older persons' health, finances, and medical identity while saving Medicare dollars is a cause that attracts civic-minded Americans.
- Receive Beneficiary Complaints. When Medicare beneficiaries, caregivers, and family members bring their complaints to the AL SMP, the AL SMP determines whether fraud, errors, and/or abuse is suspected. When fraud is suspected, AL SMP makes referrals to the appropriate federal agency for further investigation.

The SMP projects receive grants from the Administration for Community Living (ACL) to recruit and train retired professionals and other older adults and community members to prevent, recognize, and report health care fraud, errors, and abuse. These SMP team members then participate in outreach events to help educate Medicare and Medicaid beneficiaries on the same prevention, recognition, and reporting techniques.

The SMP program model is one of prevention. SMPs educate Medicare beneficiaries to scrutinize their medical statements and bills and subsequently reduce fraud and errors. Though beneficiaries have several avenues they can take to report fraud, such as the Office of Inspector General (OIG) hotline or 1-800-Medicare, some beneficiaries choose to report fraud to the SMP. In these cases, SMPs refer the complaint to the appropriate entity.

The COVID-19 pandemic continues to present challenges but has created various service delivery options to include; virtual outreach including live webinars, teleconferences, recorded presentations, public service announcements, group listserv emails, and telephone calls.

Alabama SMP relies on volunteers to educate and empower Medicare beneficiaries to take an active role in the detection and prevention of health care fraud and abuse. To become an Alabama SMP volunteer or to receive assistance please call your local Area Agency on Aging (AAA) and Aging & Disability Resource Center (ADRC) at 1-800-AGE-LINE (1-800-243-5463) or 251-706-4680

## Trending Medicare Fraud Schemes COVID-19 SCAMS

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency continues. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19. Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers. Report potential COVID-19 fraud, errors, or abuse if:

- You provided your Medicare number to someone other than your doctor, health care provider, or other trusted representative who contacted you through an unsolicited call, text, or email
- Someone comes to your door offering "free" coronavirus testing, treatment, or supplies
- You were told there was a COVID-19 Medicare card coming and you needed to confirm your Medicare number
- You took a survey and gave out your Medicare number in exchange for money or gifts
- You purchased a COVID-19 vaccination card

### Medicare Marketing Scams

Unlike Original Medicare, Medicare Part C and Part D are administered, marketed, and sold by private insurance companies. The Centers for Medicare & Medicaid Services (CMS) has guidelines for marketing Medicare Part C and Part D insurance that protect beneficiaries from manipulative and deceptive sales and enrollment tactics. Plan sponsors and their representatives, including agents and brokers, must follow strict guidelines when they wish to market to beneficiaries. A fundamental principle is that marketing cannot be conducted under the guise of education.

Medicare Marketing Violations serve a higher risk during the Medicare Open Enrollment Period, October 15th through December 7th as plans solicit business based on changes for the new year.

Report potential Medicare marketing violations and/or enrollment fraud, errors, or abuse if:

- You receive an unsolicited phone call from a company you have no prior relationship with
- A company represents itself as coming from or sent by Medicare, Social Security, or Medicaid
- You receive information such as leaflets, flyers, door hangers, etc., on your car or at your residence from a company you did not have an appointment with
- An agent initiates a discussion about other insurance products, such as life insurance annuities, during a visit or meeting about a Part C or Part D Medicare product
- An agent returns uninvited to your

residence after missing an appointment with them earlier

- You signed up for a plan after being told by a company that certain prescriptions or services were covered, but after reviewing your EOB, you found they were not covered by the plan and you received a bill instead

### Pharmacy and Prescription Drug Fraud

Pharmacy and prescription drug fraud is a consistent trend in Medicare. Due to the lucrative nature of prescription drug diversion and pharmacy scams, criminals continue to exploit Medicare Part D. Although there are many types of prescription drug schemes, pharmacy fraud primarily occurs when Medicare is billed for a medication that was not received or a beneficiary is intentionally given a different prescription drug than was prescribed. Report potential pharmacy or prescription drug fraud, errors, or abuse if:

- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:
  - Prescription drugs (including refills) that were never picked up, delivered, or even prescribed
  - Prescription drugs (occasionally controlled substances such as opioids) that were prescribed by a health care provider you have never seen
  - Amounts beyond the quantity you were prescribed
  - A different prescription drug (often a more expensive drug) than the one you were originally prescribed or a drug that is not approved by the U.S. Food and Drug Administration (FDA)
  - A pharmacy intentionally provided you less medication than you were prescribed
  - A pharmacy issued you expired drugs
  - A pharmacy provided and billed for an expensive compounded medication, including topical pain creams, when a traditional or less expensive prescription was ordered by your provider
  - A company offers you "free" or "discount" prescription drugs without a treating physician's order and then bills Medicare
  - A pharmacy offers you gift cards or other compensation, so you switch your prescriptions over to that pharmacy
  - A pharmacy automatically refills a prescription you no longer need. You do not pick up the prescription, but the pharmacy still bills Medicare
  - An individual offers to pay you for the use of your Medicare number to bill for prescription drugs or offers you cash or other compensation to pick up prescriptions on your behalf

### Telehealth Fraud

Due to the recent expansion of telehealth services and the ease in which this fraud can be committed, criminals are exploiting this new technology for fraudulent purposes.

Medicare will cover telehealth services, including office visits, psychotherapy, consultations, and certain other medical or health services that are provided by an eligible provider who isn't at your location, that are performed via an interactive, two-way telecommunications system (like real-time audio and video).

Report potential telehealth fraud, errors, or abuse if:

- You receive an unsolicited phone call from someone wanting to verify your pain symptoms. This is more than likely a telehealth doctor trying to approve you for durable medical equipment (DME) that you do not need or did not request
- You receive an unsolicited phone call from someone wanting to verify your family history of cancer. This is more than likely a telehealth doctor trying to approve you for a genetic testing kit that actually needs to be ordered by your treating physician

### Consequences of Medicare Fraud

#### Medical Identity Theft

Medical identity theft occurs when a beneficiary's Medicare number is misused, either by a provider, a supplier, or by someone posing as the real beneficiary in order to receive medical care. Such Medicare numbers are considered "compromised." A beneficiary whose number is compromised may be affected forever by false claims against his or her Medicare number.

#### Health Impact

Receiving health care from a fraudulent provider can mean the quality of the care is poor, the intervention is not medically necessary, or worse: The intervention is actually harmful. A beneficiary may later receive improper medical treatment from legitimate providers as a result of inaccurate medical records that contain:

- False diagnoses
- Records showing treatments that never occurred
- Misinformation about allergies
- Incorrect lab results

Additionally, because of inaccurate or fraudulent claims to Medicare, beneficiaries may be denied needed Medicare benefits. For example, some services have limits. If Medicare thinks such services were already provided, they will deny payment.

#### Personal Financial Losses

Medicare fraud, errors, and abuse can all result in higher out-of-pocket costs for beneficiaries, such as copayments for health care services that were never provided, were excessive, or were medically unnecessary. Beneficiaries may also find themselves stuck with bills for services from providers who should have billed Medicare but instead billed the beneficiary for the entire cost of that service.

**If you believe your Medicare number has been misused, contact your local SMP at 1-800-243-5463 or 251-706-4680**



2022 AHSL Session Attendees

## ASHL Meet Again After 2 Years

The Alabama Silver Haired Legislature (ASHL) meet in session Oct. 3-5, 2022 after a 2 year break due to the pandemic. Commissioner Jean Brown of the Alabama Department Senior Services was the featured speaker. Attending from the South Alabama delegation were Chairperson Ann Burhans and ASHL members Carolyn Davis, Linda Davis, Betty Graves Houston, Violetta Simpson and Barbara Wheeler.

The top 5 resolutions passed by the statewide ASHL membership in 2022 were:

- Seniors right to vote on lottery and casino gambling
- Abolish payday lending institutions
- Allow video cameras in nursing homes
- Increase programs for mental health
- Maintain/Increase funding for the Area Agencies on Aging and Alabama Department of Senior Services

The Alabama Silver Haired Legislature (ASHL) is a nonpartisan, non-profit model legislature of citizen volunteers ages 60 and older who represent the interests of older Alabamians. Major activities of the ASHL include meeting with senior citizens, identifying their needs and addressing those needs through resolutions presented to the governor and members of the Legislature.

Every year, the ASHL meets for



an annual session in October modeled after the operation of the Alabama House of Representatives. Members of the ASHL are elected by peers to two-year terms for all of the state's 105 legislative districts, paralleling membership in the Alabama State House of Representatives. Elections are conducted by the 13 state Area Agencies on Aging the first Tuesday in May of each election cycle. To be elected, one must be 60 years old or older; registered to vote in Alabama; a resident of the district or area to be represented; not employed by an Area Agency on Aging; not a paid lobbyist; and not a member of the Alabama State Legislature or a candidate for office. For more information about participating in the ASHL in Mobile, Baldwin or Escambia counties contact Ann Burhans, Delegation Chair at [annburhans@aol.com](mailto:annburhans@aol.com) or contact Julie McGee, Area Agency on Aging director at [jmcgee@sarpc.org](mailto:jmcgee@sarpc.org) or 251-706-4623.

# SENIOR DIREC

**These listings are provided as a service to senior citizens in Baldwin, Escambia and Mobile Counties. Inclusion in these listings does not constitute an endorsement by SARPC or the Area Agency on Aging.**

**Alabama Department of Senior Services**  
1-800-243-5463  
[www.alabamaageline.gov](http://www.alabamaageline.gov)

**American Society on Aging**  
800-537-9728  
[www.asaging.org](http://www.asaging.org)

**National Committee to Preserve Social Security and Medicare**  
800-998-0180  
[www.ncpsm.org](http://www.ncpsm.org)

**National Council on Aging**  
571-527-3900  
[www.ncoa.org](http://www.ncoa.org)

**Administration for Community Living**  
202-401-4634  
[www.acl.gov](http://www.acl.gov)

**EMERGENCY RESPONSE SYSTEMS**  
**Acadian Monitoring Services**  
1-855-222-3426  
[www.acadianmonitoringservices.com](http://www.acadianmonitoringservices.com)

**Alert 1**  
1-877-959-7781  
[www.alert-1.com](http://www.alert-1.com)

**Lifeline**  
855-681-5351  
[lifeline.philips.com](http://lifeline.philips.com)

**LogicMark**  
Guardian Alert 911  
Pendant acts like a phone, calling for emergency assistance  
800-519-2419  
[www.logicmark.com](http://www.logicmark.com)

**Project LifeSaver (Wandering)**  
Mobile County: 251-574-2423  
Baldwin County: 251-972-8545  
Escambia County: 251-809-0741  
[www.projectlifesaver.org](http://www.projectlifesaver.org)

**EDUCATIONAL PROGRAMS**  
Facilities offering free classes to older adults are marked with an asterisk (\*):

**Bishop State Community College\***  
Mobile: 251-405-7000  
In state: 800-523-7235  
[www.bishop.edu](http://www.bishop.edu)

**Center of Continuing Education at University of South Alabama**  
University of South Alabama Office of Adult Learner Services (OALS)  
251-460-6257  
[www.southalabama.edu](http://www.southalabama.edu)

### LOCAL AGING INFORMATION AND REFERRAL

**Aging and Disability Resource Center/Area Agency on Aging**  
251-706-4680  
800-243-5463  
[www.facebook.com/agingsouthalabama](http://www.facebook.com/agingsouthalabama)

**Baldwin County Council on Aging**  
Eastern Shore/Bay Minette 251-928-3002  
Robertsdale 251-972-8506  
North Baldwin Area 251-937-9561  
[www.baldwincounty.al.gov](http://www.baldwincounty.al.gov)

**Escambia County Agency on Aging**  
251-368-1032, Ext 102  
[www.co.escambia.al.us](http://www.co.escambia.al.us)

**Independent Living Center of Mobile (Assistance for Persons w/ Disabilities) Baldwin, Escambia, and Mobile Counties:**  
251-460-0301  
TDD: 251-460-2872  
Video Phone: 251-281-2442  
[ilcmobile.org](http://ilcmobile.org)

**National Eldercare Locator (Locate Area Agency on Aging in your state)**  
800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

**United Way Information and Referral Mobile**  
251-433-3624  
<http://www.uwswa.org>

**Via Health, Fitness and Enrichment Center**  
251-478-3311  
<http://www.viamobile.org>

**AGING ORGANIZATIONS - NATIONAL AND STATE**  
**AARP Alabama**  
866-542-8167  
888-687-2277  
[www.aarp.org](http://www.aarp.org)



# TORY

## Coastal Alabama Community College

Main: 1-800-381-3722  
www.coastalalabama.edu

## Springhill College

Gerontology Certificate, Graduate and Continuing Studies  
Mobile: 251-380-4000  
www.shc.edu/academics/continuing-studies

## HOME DELIVERED MEALS

### MOBILE COUNTY

#### Area Agency on Aging

We offer frozen home delivered meals in areas not served by Senior Nutrition Centers, non-profits and churches.  
251-706-4680

#### City of Chickasaw

251-452-6466

#### Cottage Hill Baptist Church

251-660-2422

#### Dauphin Way Methodist

251-471-1511  
251-378-7535

#### Government Street Presbyterian

251-432-1749

#### Mom's Meals

877-508-6667  
www.momsmeals.com

#### City of Satsuma

251-675-1440

#### Springhill Baptist

251-342-5320

#### Springhill Presbyterian Church

251-342-1550

#### St. Paul's Episcopal Church

251-342-8521

#### St. Ignatius Catholic Church

251-342-9221

### BALDWIN COUNTY

#### Baldwin County Council on Aging

We offer frozen home delivered meals in areas not served by Senior Nutrition Centers, Non-profits and churches.  
251-972-8506

#### Christian Service Center – Gulf Shores

251-968-3634  
251-531-8374

#### Ecumenical Ministry

Eastern Shore: 251-270-9990  
Foley: 251-278-5347

#### Mom's Meals

877-508-6667  
www.momsmeals.com

#### Orange Beach Methodist Church

251-981-6751

### ESCAMBIA COUNTY

#### Escambia County Agency on Aging

We offer frozen home delivered meals in areas not served by Senior Nutrition Centers, Non-profits and churches.  
251-368-1032

#### Mom's Meals

877-508-6667  
www.momsmeals.com

### SENIOR NUTRITION CENTERS

Centers offering home delivered meals are marked below with an astrisk (\*). For additional sites see Home Delivered meals section

#### Atmore Senior Center\*

Escambia County  
251-368-5742

#### Bay Minette Senior Center\*

Baldwin County  
251-580-1693

#### Bayou La Batre Senior Center\*

Mobile County  
251-824-4616

#### Citronelle Senior Center\*

Mobile County  
251-866-5047

#### Creola Senior Center\*

Mobile County  
251-675-7661

#### Daphne Senior Center\*

Baldwin County  
251-620-2400

#### Dearborn YMCA Senior Center\*

Mobile County  
251-432-4768

#### Dumas Wesley Senior Center\*

Mobile County  
251-479-0649

#### East Brewton Senior Center\*

Escambia County  
251-867-5568

#### Flomaton Senior Center\*

Escambia County  
251-296-2773

#### Grand Bay Senior Center\*

Mobile County  
251-865-4010

#### Hillsdale Senior Center\*

Mobile County  
251-344-0341

#### Huxford Senior Center\*

Escambia County  
251-294-5646

#### Little River Center

Baldwin County  
251-294-5646

#### Loxley Senior Center\*

Baldwin County  
251-964-5330

#### Mount Vernon Senior Center\*

Mobile County  
251-829-9696

#### MOWA Choctaw

Mobile County  
251-829-6080

#### Parkway Senior Center\*

Mobile County  
251-471-2503

#### Prichard Senior Center\*

Mobile County  
251-452-7918

#### Saraland Senior Center\*

Mobile County  
251-375-5438

#### Summerdale Senior Center

Baldwin County  
251-989-6626

#### Thomas Sullivan Senior Center\*

Mobile County  
251-438-7282

#### Tillman's Corner Senior Center

Mobile County  
251-661-6600

#### Trinity Gardens Senior Center\*

Mobile County  
251-456-6690

#### Wilmer Senior Center\*

Mobile County  
251-645-9209

#### Vaughn Senior Center \*

Baldwin County  
251-937-4228

### SENIOR MULTIPURPOSE CENTERS

Offer recreation and wellness activities for older adults:

#### Baldwin County Council on Aging

Baldwin County  
251-972-8506  
www.co.baldwin.al.us

#### Bay Minette Senior Center

Baldwin County  
251-580-1676  
www.cityofbayminette.org

#### Chickasaw Senior Citizens

Mobile County  
251-452-6464  
cityofchickasaw.org

#### City of Mobile Adult Center

Mobile County  
251-666-3922

#### Connie Hudson Mobile Regional Senior Community Center

Mobile County  
251-602-4963  
www.cityofmobile.org

#### Foley Senior Center

Baldwin County  
251-943-1877  
www.cityoffoley.org/senior-center

#### James P. Nix Adult Activity Center

Fairhope – Baldwin County  
251-928-2835  
www.fairhopeal.gov

#### Loxley Civic Center/Senior Program

Baldwin County  
251-964-4995  
www.townofloxley.org

#### Orange Beach Activity Center

Baldwin County  
251-981-3440  
www.orangebeachal.gov

#### Poarch Creek Indians Senior Center

Escambia County  
251-368-9136 ext. 2617  
www.pci-nsn.gov

#### Robertsdale/G. P. Thames Senior Center

Baldwin County  
251-947-8973  
www.robertsdale.org/senior-center

#### Saraland Senior Center

Mobile County  
251-375-5439  
www.saraland.org/senior-center

**Satsuma Senior Program**

Mobile County  
251-675-440 ex.304  
www.cityofsatsuma.com

**Semmes Senior Center**

Mobile County  
251-649-2010  
cityofsemmesal.gov

**Spanish Fort Senior Center**

Baldwin County  
251-410-6523  
SENIOR CENTER | City of Spanish Fort

**Via Health, Fitness and Enrichment Center**

Mobile County  
251-478-3311  
viamobile.org

**SUPPORT GROUPS**  
**ALZHEIMER'S SUPPORT GROUPS****Alzheimer's Association**

800-272-3900  
www.alz.org

**E. A. Roberts Alzheimer Center**

Mobile County: 251-435-6950  
www.infirmarhealth.org

**Frontotemporal Degeneration and Related Dementia Support Group**

Contact the FTD Group Facilitator, Jerry Horn  
251-367-5458  
Helpline: 866-507-7222  
www.theaftd.org

**Gulf Coast Dementia Services Support Group**

251-445-4204  
www.gcseniorservices.com  
www.touchingheartsseniorcare.com

**Haven Memory Care – Gulf Shores**

251-923-2800  
www.communityseniorlife.org

**The Long Good Bye**

Dauphin Way Baptist Church, Bishop's Meeting Room  
Mobile County: 251-471-1511  
www.dauphinwayumc.org

**OTHER SUPPORT GROUPS****Southwest Alabama Alcoholics Anonymous**

Mobile County: 251-479-9994  
www.mobileaa.org  
South Baldwin County: 251-216-1182  
gulfcoastaa.org  
Eastern Shore: 251-929-8817  
www.easternshoreaa.org

**Alabama Disabilities Advocacy Program**

205-348-4928  
Toll Free: 800-826-1675  
www.adap.ua.edu

**Alabama Institute for the Deaf and Blind – Low Vision Support Group**

251-432-7777  
www.aidb.org

**Alabama Kidney Foundation**

Mobile: 251-721-0235  
www.alkidney.org

**American Cancer Society**

Helpline: 1-800-227-2345  
www.cancer.org

**American Stroke Association**

888-478-7653  
www.stroke.org

**Amputee Coalition of America**

888-267-5669  
www.amputee-coalition.org

**Better Breathers Support Group**

251-461-2438  
www.lung.org

**Epilepsy Foundation of Alabama**

Mobile County: 251-341-0170  
www.epilepsy.com

**Gateways to Grandparenting**

Gulf Shores United Methodist Church  
251-968-2411  
www.gulfshoresumc.org/outreach/grandparents

**National Alliance for the Mentally Ill (NAMI)**

Alabama: 800-626-4199  
Mobile County: 251-461-3450  
Baldwin County: 251-279-0573  
www.nami.org

**National Multiple Sclerosis Society**

800-344-4867  
www.nationalmssociety.org

**Providence Hospital Diabetes Center**

251-266-1987  
healthcare.ascension.org

**Widowed Persons Services**

Mobile, Baldwin and Escambia Counties  
251-470-6866  
www.widowedmobile.org

**Trualta** – Free Online Support Group provides the training you need to care for your loved one. Contact Della Sanchez, AL Cares Coordinator @ 251-706-7650 or dellasanchez@sarpc.org.

**TRANSPORTATION****AARP Driver Safety Program**

Call for class locations  
888-227-7669  
www.aarp.org

**Baldwin Rural Area Transit System (BRATS)**

Eastern Shore: 251-990-4636  
Foley, Central or South Baldwin County: 251-972-6817  
Bay Minette, North Baldwin County: 251-937-0355  
www.baldwincountyal.gov/departments/BRATS

**City of Chickasaw – Senior and Disabled Van**

251-452-6464, 251-452-6450  
www.cityofchickasaw.org/residents/senior-citizens

**City of Saraland – Senior and Disabled Van**

Mobile: 251-375-5439

**Escambia County Alabama Transportation System (ECATS)**

Atmore: 251-446-9681  
Brewton: 251-867-0584  
www.escambiacountyal.gov

**GoGo Grandparent**

855-464-6872  
https://gogograndparent.com

**Medical Transport of Alabama**

888-318-6362 or 888-599-2050  
www.mtalabama.com

**Taylor's House of Camellias LLC**

251-225-4440

**The WAVE (City of Mobile)**

Mobile: 251-344-6600  
Mobility Assistance Programs  
251-344-5656  
www.thewavetransit.com

**ZTrip Mobile**

251-476-7711, 877-662-2384  
https://www.mobile.org

**VOLUNTEER PROGRAMS****AARP Alabama**

Chapter 56, Mobile, AL: 251-445-5243  
National AARP: 866-542-8167  
www.aarp.org

**Alabama Silver-Haired Legislature**

Mobile, Escambia and Baldwin Counties: 251-706-4680 or 800-243-5463  
(Elected by peers age 60 or older every two years to represent older adults in same Alabama House District involving the political process to support resolutions to improve the quality of life of older Alabamians)  
alabamaageline.gov

**Area Agency on Aging/SARPC**

Mobile, Baldwin and Escambia Counties  
251-706-4680 or 800-243-5463  
(Volunteers trained to provide SHIP insurance counseling to older adults; Ombudsman services for residents of nursing homes or assisted living facilities; teach wellness classes; or train to work in disaster recovery centers after a hurricane or other disaster)

**Foster Grandparents Program**

Mobile County: 251-574-6488  
Provides small stipend to volunteers age 55 or older who work with children.  
www.mobilecountyal.gov

**Legacy Leadership Institute for Older Adults**

Mobile, Escambia and Baldwin Counties: 251-236-3881, 251-706-4680  
Free university-based training to prepare retired professionals for challenging volunteer opportunities in aging services. Sponsored by the Area Agency on Aging and the University of South Alabama.  
libguides.southalabama.edu/legacy

**Mobile County Sheriff's Volunteer Corp**

251-574-2423 ext. 2415  
Volunteers work with the Yellow Dot Program, Child ID Division, Process Service Division, Parolee Verification Unit or Warrant Search and Call Division.  
www.mobileso.com

**RSVP of Mobile County**

251-574-7787  
Provides a wide variety of volunteer opportunities.  
www.nationalservice.gov

**South Alabama RSVP**

Eastern Shore: 251-620-1462  
Escambia County: 251-236-3881  
Provides a wide variety of volunteer opportunities.

**Senior Companion Program**

Mobile County: 251-574-3232  
Provides small stipend to volunteers age 55 or older providing in-home assistance for the elderly & disabled  
www.mobilecountyal.gov

**Volunteer Connect**

Provides a wide variety of volunteer opportunities.  
Mobile County: 251-433-3624  
www.volunteer.uwsa.org



**Volunteer Guardian Program**

Via Health, Fitness and Enrichment Center  
251.470.5222 or VGP HOTLINE:  
251.219.8477

Mobile County Probate Court-appointed  
Volunteer Guardians to support incapacitated  
individuals by making decisions related to  
basic needs, medical treatment and end of  
life care. Must be 21 or older, compassionate  
and caring and have 4-6 hours per month to  
spare.  
[http://viamobile.org/index.php/services/  
volunteer-guardian-program](http://viamobile.org/index.php/services/volunteer-guardian-program)

**Volunteers of America Southeast**

251-300-3500, 800-859-4431  
Provides a wide variety of volunteer  
opportunities.  
[www.voase.org](http://www.voase.org)

**WELLNESS PROGRAMS****Connie Hudson Mobile Regional Senior  
Community Center**

Mobile County: 251-602-4963  
[www.cityofmobile.org](http://www.cityofmobile.org)

**Homestead Village Wellness Center**

Baldwin County: 251-929-0260

**Infirmiry Health Fitness Center**

North Baldwin Fitness Center, Bay Minette:  
251-937-9099  
ProHealth Fitness Center, Mobile:  
251-435-2010  
Thomas Fitness Center, Fairhope:  
251-279-1684  
[www.infirmiryhealth.org/services/infirmiry-  
fitness-centers](http://www.infirmiryhealth.org/services/infirmiry-fitness-centers)

**James P. Nix Senior Center**

Baldwin County: 251-928-2835  
[www.fairhopeal.gov/services/james-p-nix-  
center](http://www.fairhopeal.gov/services/james-p-nix-center)

**Providence Rehabilitation and Wellness  
Center**

Mobile County: 251-266-2090  
[healthcare.ascension.org](http://healthcare.ascension.org)

**SARPC/AAA**

“A Matter of Balance: Managing Concerns  
about Falls” courses help Alabamians age  
healthier and safer.  
251-706-4680, 800-243-5463

**Senior Circle, South Baldwin Regional  
Medical Center**

Baldwin County: 251-949-3563  
[www.southbaldwinrmc.com/senior-circle-  
program](http://www.southbaldwinrmc.com/senior-circle-program)

**Senior Olympics**

Statewide: 205-607-0504  
[www.alseniorolympics.org](http://www.alseniorolympics.org)

**Senior Spirit, Providence Hospital**

Mobile County: 251-633-1696 press #2  
[healthcare.ascension.org](http://healthcare.ascension.org)

**Via! Health, Fitness and Enrichment Center**

Mobile County: 251-478-3311  
[www.viamobile.org](http://www.viamobile.org)

**YMCA**

Bounds Family YMCA (Daphne):  
251-626-0888  
Brewton Area YMCA: 251-867-9622  
[www.brewtonareaymca.org](http://www.brewtonareaymca.org)  
Dearborn YMCA (Mobile): 251-432-4768  
[www.dearbornnymca.org](http://www.dearbornnymca.org)  
Hearin-Chandler Family YMCA (Mobile):  
251-344-4856  
John McClure Snook Family YMCA (Foley):  
251-970-3003  
North Mobile Family YMCA (Saraland):  
251-679-8877

**ELDER LAW**

**Alabama State Bar Lawyer Referral Service**  
800-354-6154  
[alabar.org](http://alabar.org)

**Davis and Fields, PC**

Baldwin County: 251-621-1555  
[www.davis-fields.com/](http://www.davis-fields.com/)

**Galloway, Wettermark & Rutens**

Robert Galloway  
Mobile and Baldwin County: 251-476-4493  
[www.gallowayllp.com](http://www.gallowayllp.com)

**Gulf Coast Elder Law, LLC**

Stephanie L. Booth  
251-445-7000

**Kyla G. Kelim**

Baldwin and Mobile Counties  
251-281-8120  
[www.elderconsults.com](http://www.elderconsults.com)

**Legal Services Alabama**

Mobile, Baldwin, and Escambia Counties:  
251-433-6560  
866-456-4995  
Senior Helpline: 866-456-3959  
866-785-1798 – Spanish  
[www.legalservicesalabama.org](http://www.legalservicesalabama.org)

**Lusk Law Firm**

Robert E. Lusk, Jr.  
251-471-8017  
[www.lusklawfirmllc.com](http://www.lusklawfirmllc.com)

**Mobile Bar Association**

251-433-9790  
[mobilebarassociation.com](http://mobilebarassociation.com)

**South Alabama Volunteer Lawyer Program**

Mobile and Baldwin Counties: 251-438-1102  
855-997-2857  
[www.savlp.org](http://www.savlp.org)

**The Ladd Firm, LLC**

251-431-6014  
Special Needs Planning  
<https://www.laddfirm.com>

**ELDER RIGHTS -  
ABUSE AND FRAUD****Adult Protective Services Department of  
Human Resources**

Mobile County: 251-450-7000 (1st option,  
language/2nd option #3)  
Baldwin County: 251-945-2400  
Escambia County: 251-809-2000  
State of Alabama Elder Abuse Hotline:  
800-458-7214  
[www.dhr.state.al.us](http://www.dhr.state.al.us)

**Alabama Attorney General**

334-242-7300  
[www.alabamaag.gov](http://www.alabamaag.gov)

**Alabama Securities Commission**

334-242-2984  
[www.asc.state.al.us](http://www.asc.state.al.us)

**Center for Fair Housing, Inc.**

251-479-1532  
[southserves.southalabama.edu](http://southserves.southalabama.edu)

**Charity Navigator**

201-818-1288  
[www.charitynavigator.org](http://www.charitynavigator.org)

**District Attorney's Office**

Baldwin County: Robert Wilthers  
251-937-0274  
[www.baldwincountydistrictattorney.com](http://www.baldwincountydistrictattorney.com)  
Escambia County: Stephen Billy  
251-867-0239  
[www.co.escambia.al.us](http://www.co.escambia.al.us)  
Mobile County: Ashley W. Rich  
251-574-8400  
[www.mobileda.org](http://www.mobileda.org)

**Long Term Care Ombudsman Program**

Mobile, Baldwin and Escambia Counties:  
251-706-4680, 800-243-5463

**Medicare Fraud**

251-706-4680, 800-633-4227, TTY 877-486-  
2048  
[medicare.gov/forms-help-resources/help-  
fight-medicare-fraud](http://medicare.gov/forms-help-resources/help-fight-medicare-fraud)

**US Dept. of Health and Human Services –  
OIG**

[oig.hhs.gov/](http://oig.hhs.gov/)

**Senior Medicare Patrol**

877-808-2468  
251-706-4680

**DISASTER ASSISTANCE****Aging and Disability Resource Center**

Mobile, Baldwin and Escambia Counties:  
251-706-4680

**Emergency Management Agency**

Mobile County: 251-460-8000  
[www.mcema.net](http://www.mcema.net)  
Baldwin County: 251-972-6807

[baldwincountyal.gov](http://baldwincountyal.gov)  
Escambia County: 251-867-0232  
[co.escambia.al.us](http://co.escambia.al.us)

**United Way**

211

**EMPLOYMENT****Goodwill Easter Seals Senior Aides**

Mobile, Baldwin and Escambia Counties:  
251-300-6273

**SARPC Staffing**

Mobile, Baldwin and Escambia Counties:  
251-652-0585, 800-243-5463  
[www.sarpc.org](http://www.sarpc.org)

**SARPC Senior Aides Program**

Mobile, Baldwin and Escambia Counties:  
251-652-0585, 800-242-5463  
[www.sarpc.org](http://www.sarpc.org)

**Southwest Alabama Partnership for Training  
and Employment/Alabama Works**

Bay Minette: 251-937-4161  
Brewton: 251-867-4376  
Foley: 251-943-1575  
Mobile: 251-451-4146  
[www.swapte.org](http://www.swapte.org)  
[alabamaworks.alabama.gov](http://alabamaworks.alabama.gov)

**FINANCIAL ASSISTANCE****American Red Cross**

Mobile: 251-544-6100  
Atmore: 251-368-3643  
Foley: 251-544-6100  
[www.redcross.org](http://www.redcross.org)

**Benefits Enrollment Center**

Mobile, Baldwin, Escambia Counties:  
800-243-5463  
[www.sarpc.org](http://www.sarpc.org)

**Catholic Social Services**

St. Teresa of Calcutta Senior Ministry:  
251-434-1550  
Mobile County: 251-434-1500  
Baldwin County: 251-947-2293  
[www.catholicsocialservicesmobile.com](http://www.catholicsocialservicesmobile.com)

**Christian Service Center**

Gulf Shores, Orange Beach, Ft. Morgan  
251-968-5256  
[www.cscgs.com](http://www.cscgs.com)

**Community Action Agency**

Mobile County: 251-457-5700  
Baldwin County: 251-626-2646  
Brewton: 251-867-4759  
[www.caaofsa.org](http://www.caaofsa.org)



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**Credit Bureaus**

Equifax: 888-378-4329  
www.equifax.com  
Experian: 800-831-5614  
www.experian.com  
Trans Union: 855-681-3796  
www.transunion.com

**Ecumenical Ministries**

Fairhope: 251-928-3430  
Foley: 251-943-3445  
www.baldwinemi.org

**Feeding the Gulf Coast**

Mobile, Baldwin, and Escambia Counties:  
251-653-1617  
www.feedingthegulfcoast.org

**Food Assistance, Department of Human Resources**

Mobile: 251-450-6955  
Baldwin: 251-945-2400  
Escambia: 251-809-2000  
www.dhr.alabama.gov

**Foreclosure Hotline, Alabama State Bar**

877-393-2333  
www.alabamaadr.org

**Independent Living Center of Mobile**

251-460-0301  
ilcmobile.org

**Love All Pantry**

Mobile County  
251-432-0591  
www.loveallpantry.org

**Lifelines Family Counseling Services  
Lifelines Consumer Credit Counseling  
Reverse Mortgage Counseling**

251-602-0909  
www.lifelinesmobile.org

**North Baldwin Ecumenical Association**

251-937-8115  
Tuesdays & Thursdays only, 9-12

**Prodissee Pantry**

Mobile: 251-626-1720  
www.prodiseepantry.org

**SafeLink Wireless**

Free cellular phone and service:  
800-723-3546  
www.safelinkwireless.com

**Salvation Army**

Mobile County: 251-438-1625  
Baldwin County: 251-943-3883  
National: 800-725-2769  
www.salvationarmyusa.org

**United Way**

Mobile County: 251-433-3624  
Baldwin County: 251-943-2110  
uwsa.org

**Via Health, Fitness and Enrichment Center**

Mobile County: 251-478-3311  
www.viamobile.org

**HOME REPAIR & WEATHERIZATION  
Community Action**

Mobile County: 251-457-5700  
www.mcamobile.org  
Baldwin County: 251-626-2646  
Escambia County: 251-867-4759  
www.caaofsa.org

**Ecumenical Ministries**

Eastern Shore: 251-928-3430  
Foley: 251-943-3445  
www.baldwinemi.org

**Independent Living Center (RAMPS)**

Mobile, Baldwin and Escambia Counties  
251-460-0301  
ilcmobile.org

**Southwest Habitat for Humanity**

251-476-7171  
habitatwalabama.org  
Baldwin County: 251-943-7268  
habitatbaldwin.org

**PRESCRIPTION ASSISTANCE****AAA SenioRx (Prescription Assistance Program)**

Mobile County: 251-706-4680  
Baldwin County: 251-972-8506  
Escambia County: 251-368-1032

**Franklin Primary Health Center, Pharmacy**

Mobile County: 251-432-4117  
www.franklinprimary.org

**Medicare Part D Prescription Drug Program**

Medicare: 800-633-4227  
www.medicare.gov  
Local State Health Insurance Program  
Coordinator: 251-706-4680, 800-243-5463

**Mobile County Health Dept.**

Mobile County: 251-690-8889  
www.mcdh.org

**Mostellar Medical Center**

Irvington: 251-824-2174  
www.mostellarmedical.org

**Ozanam Charitable Pharmacy**

Mobile County: 251-432-4111  
www.ozanampharmacy.org

**Pure Life Pharmacy**

Mobile and Baldwin Counties  
251-424-1544  
pureliferx.com

**The Hope Center**

251-455-2273  
3circlechurch.com/hopecenter

**Veterans Affairs**

251-219-3900, 800-827-1000  
www.va.gov

**Low Cost Generic Prescriptions**

Programs available at Publix, Sam's Club, Target, Walgreens and Walmart – contact your local store for information about which drugs are offered at a discount.

**TAX COUNSELING**

**Goodwill Gulf Coast**  
Mobile County: 251-300-6278

**RSVP**

Escambia County: 251-867-0255  
Baldwin County: 251-620-1462

**United Way**

Mobile County: 251-219-0606

**INSURANCE RESOURCES****Alabama Department of Insurance**

334-269-3550  
www.aldoi.gov

**Alabama Medicaid Agency**

Statewide: 251-472-4360 or 800-362-1504  
www.medicaid.alabama.gov

**Alabama Quality Assurance Foundation**

205-970-1600  
www.aqaf.com

**Department of Veterans Affairs**

800-827-1000  
www.va.gov

**Medicare**

800-633-4227  
www.medicare.gov

**Medicare Fraud**

State of Alabama: 800-243-5463  
Senior Medicare Patrol: 251-706-4680

**Railroad Retirees – Medicare Claims Information**

877-772-5772, TTY: 877-566-3572  
www.rrb.gov

**Social Security Administration**

866-593-1922, 800-772-1213,  
TTY: 800-325-0778  
www.ssa.gov

**State Health Insurance Counseling Program (SHIP)**

1-800-Ageline (1-800-243-5463) or  
251-706-4680

**Tri Care for Life (Retirees)**

866-773-0404, TTY, 866-773-0405  
www.tricare.mil

**MEDICARE ADVANTAGE COMPANIES****Aetna Medicare Solutions**

855-335-1407  
www.aetnamedicare.com

**Ascension Complete**

844-578-1926 (TTY 711)  
medicare.ascensioncomplete.com

**Blue Cross Blue Shield of Alabama**

888-627-4715 (TTY 711)  
www.bcbsal.org

**Cigna Healthspring of Alabama, Inc.**

888-281-7867  
www.cigna.com

**Devoted Health**

877-764-9446  
www.devoted.com

**Humana Insurance Company**

844-330-8004  
www.humana.com

**United Healthcare- AARP Medicare Complete**

855-332-0910 (TTY 711)  
www.aarphealthcare.com

**Viva Medicare Plus**

888-830-8482  
www.vivamedicaremember.com

**Wellcare**

866-527-0056  
www.wellcarenow.com

**MEDICARE SAVINGS PROGRAM**

(Subsidy that pays all or part of Medicare B & D premiums and may help with co-payments and deductibles)

**Alabama Medicaid Agency**

Statewide: 800-362-1504  
www.medicaid.alabama.gov

**Social Security Administration, Low Income Subsidy**

800-772-1213  
www.ssa.gov

**State Health Insurance Program**

Mobile County: 251-706-4680  
Baldwin County: 251-972-8506  
Escambia County: 251-368-1032  
800-243-5463 (Alabama)

**MEDICARE SUPPLEMENT/SELECT COMPANIES**

For a list of companies providing Medicare Supplemental or Select policies in Alabama visit [www.medicare.gov/medigap-supplemental-insurance-plans](http://www.medicare.gov/medigap-supplemental-insurance-plans)

For all of your Medicare questions contact:

**Area Agency on Aging**

251-706-4680  
251-706-4617

**AFFORDABLE HEALTH CARE SERVICES :****DENTAL****Alabama Donated Dental Services**

Statewide: 334-834-1114



**Baldwin Denture Center, LLC**  
Baldwin County: 251-621-9404  
www.baldwindenturecenter.com

**Brewton Family Dental Center**  
251-867-8020

**Dixie Dental Center**  
Baldwin County: 251-910-9547  
www.dixiedental.com

**Franklin Primary Health Center, Dental Clinic**  
Mobile County: 251-432-4117  
www.franklinprimary.org

**Mobile County Health Department**  
251-690-8158  
mchd.org/familyhealth-services

**U-Save Dentistry (Dentures)**  
Mobile County: 251-338-3204  
www.usavedentistry.net

**Victory Health Clinic**  
Mobile County: 251-445-0611  
www.victoryhealth.org

## HEALTH & REHABILITATION

### Alabama Department of Rehabilitation Services

State Offices: 334-293-7500, 844-602-7245  
SAIL Services: 251-479-8611, 888-388-3245  
Vocational Rehab Services: 251-479-8611, 800-441-7607, TTY 800-499-1816  
www.rehab.alabama.gov

**Baldwin County Health Department**  
Health and Environmental Clinic: 251-947-3618  
Robertsdale – Health Clinic: 251-947-1910  
www.adph.org

**Escambia County Health Department**  
Atmore: 251-368-9188  
Brewton: 251-867-5765  
www.alabamapublichealth.gov/escambia

**Franklin Primary Health Centers**  
Brewton: Medical- 251-236-8250, Dental- 251-867-8020

Loxley: 251-964-4011  
Maysville: 251-471-3747  
Mobile, MLK Ave: 251-432-4117  
Mobile, H.E. Savage Memorial Center: 251-694-1801  
Mobile, Hadley Medical Center: 251-444-1000  
Mobile, Central Plaza Towers: 251-434-2290  
Mobile, J.R. Thomas Center: 251-432-7189  
North Baldwin: 251-706-8700  
North Mobile, Charles White Family Health Center: 251-444-1100  
Prichard, Aiello/Buskey Medical Center: 251-452-1442  
Prichard, Dr. Thomas Medical Center: 251-301-7011  
Prichard: Prevention and Education Center (Substance Abuse): 251-434-8195  
South Baldwin, Foley: 251-947-1083  
West Mobile: 251-344-1964  
www.franklinprimary.org

**Goodwill Easter Seals**  
Mobile: 251-471-1581  
www.gesgc.org

**Mercy Life Alabama (PACE)**  
Mobile: 251-287-8420  
www.trinityhealthpace.org/alabama/mercy-life-of-alabama/

**Mobile County Health Department**  
Citronelle Dental Center – 251-866-5585  
Citronelle Health Center – 251-866-5940  
Dauphin Island Parkway Health Center – 251-445-3450  
Eight Mile Health Center – 251-456-1399  
Downtown Mobile Health Center – 251-690-8158  
Mobile Medical Unit I and II – 251-690-8823  
Women's Health Center – 251-405-4524  
North Baldwin Rural Health Center (Bay Minette) – 251-690-8889  
North Mobile Health Center (Mt. Vernon) – 251-829-9884  
Semmes Health Center – 251-445-0582  
Southwest Health Center (Tillman's Corner) – 251-666-7413  
USA Children's and Women's Hospital – 251-415-1000  
Women's Health Center – 251-690-8935  
mchd.org/family-health

**Mostellar Medical Center**  
Mobile County: 251-824-2174  
www.mostellarmedical.org

**USA Physicians Group**  
Eastern Shore (Fairhope): 251-660-5860  
Family Medicine Center (Center Street): 251-434-3475  
Hillcrest: 251-660-5940  
Mastin Center (University Hospital Road): 251-470-5890  
Semmes Primary Care: 251-660-5840  
Stanton Road: 251-471-7207  
Strada Center: 251-434-3711  
USA Mobile Diagnostic Center (Airport Blvd.): 251-633-8880  
USA Mobile Diagnostic Center (University Commons): 251-660-5787  
West Mobile (Schillinger): 251-660-5950  
www.usahealthsystem.com

**Veterans Affairs Outpatient Clinic**  
Mobile County: 251-219-3900 Ext. 33672  
www.va.gov

**Victory Health Partners**  
Mobile County: 251-460-0999  
www.victoryhealth.org

## HEARING

**Alabama Department of Rehabilitation Services**  
Blind and Deaf Services  
334-293-7500  
Mobile: 251-439-7890, 800-879-8163

**Alabama Institute for the Deaf and Blind**  
Mobile, Baldwin and Escambia Counties:  
251-432-7777  
www.aidb.org/mobile

**Veteran's Hearing Aides**  
Mobile, Baldwin and Escambia Counties:  
251-219-3900  
www.prosthetics.va.gov

## MENTAL HEALTH & SUBSTANCE ABUSE SERVICE

**Alcoholics Anonymous**  
Mobile County: 251-479-9994  
www.mobileaa.org  
Gulf Coast: 251-216-1182  
gulfcoastaa.org  
Eastern Shore: 251-301-6773  
www.easternshoreaa.org  
Spanish Helpline 251-301-6882

**Alta Pointe Health Systems**  
251-450-2211  
888-335-3044  
www.altapointe.org

**Catholic Social Services**  
Mobile County: 251-434-1500  
Robertsdale: 251-947-2293  
Bay Minette Family Center: 251-937-7858  
www.catholicsocialservices.org

**Department of Veterans Affairs**  
VA Outpatient Clinic, Mobile: 251-219-3900  
Mental Health: 251-219-3918  
www.va.gov

**The Harbor at Thomas Hospital**  
251-279-1119  
www.infirmarhealth.org

**Home of Grace for Women**  
Mobile County: (251) 456-7807  
www.homeofgraceforwomen.com

**Lifeline Counseling Services**  
Mobile County: 251-602-0909  
www.lifelinesmobile.org

**Mission of Hope**  
Mobile County: 251-649-0830  
www.missionofhopeministries.net

**North Baldwin Infirmary**  
251-937-5521  
Senior Behavioral Health: 251-580-1770  
www.infirmarhealth.org

**OneWay Restoration**  
Mobile County: 251-217-8675

**Penelope House**  
Mobile County: 251-342-8994  
www.penelopehouse.org

**Salvation Army**  
Mobile County: 251-438-1625  
www.salvationarmyalm.org

**Serenity Care for Men**  
Mobile County: 251-635-1942  
www.serenitycareinc.org

**The Shoulder of the Central Gulf Coast**  
Baldwin & Mobile Counties: 251-626-2199  
www.theshoulder.org

**Waterfront Rescue Mission**  
Mobile County: 251-433-1847  
www.waterfrontmission.org

**Wings of Life**  
Mobile County: 251-333-4800  
www.wings-of-life.com

## VISION SERVICES

### Alabama Department of Rehabilitation Services

334-293-7500  
Mobile County: 251-479-8611; 800-671-6842  
www.rehab.alabama.gov

**Alabama Institute for the Deaf and Blind**  
Mobile, Baldwin and Escambia Counties:  
251-432-7777  
www.aidb.org

**Alabama Lions Club Sight Foundation**  
Alabama: 205-325-8519  
Statewide: 800-967-4448 (800-96-SIGHT)  
www.alabamalionsightsight.org

**Alabama Public Library Services**  
800-723-8459  
www.aplsws2.apls.state.al.us

**American Academy of Ophthalmology**  
EyeCare America: 415-561-8500  
www.aao.org

### Community Services for Vision Rehabilitation

Mobile County: 251-476-4744  
Daphne: 251-928-2888  
Foley: 251-721-1160  
www.csvrvision.org

**Franklin Primary Health Center – Optometry**  
Mobile County: 251-432-4117  
www.franklinprimary.org

**Knight's Templar Eye Foundation**  
214-888-0220  
www.ktef.org

### National Federation of the Blind

410-659-9314  
(Reads newspapers and current event articles via phone)  
www.nfb.org

**New Eyes – glasses for those in need**  
973-376-4903  
www.new-eyes.org

**ALZHEIMER'S & DEMENTIA SPECIFIC SERVICES****Aging and Disability Resource Center**

South Alabama Regional Planning Commission Area  
Agency on Aging  
Mobile, Baldwin and Escambia Counties  
251-706-4680, 800-AGELINE (800-243-5463)

**Alzheimer's Association**

800-272-3900  
South Alabama: 850-462-5410  
www.alz.org

**Alzheimer's Foundation of America**

866-232-8484  
https://alzfdn.org

**Project Lifesaver**

Persons at risk of wandering wear a wristband transmitter that can be tracked by search and rescue teams.

Mobile County: 251-574-4455  
Escambia County: 251-809-0647  
Baldwin County: 251-972-8545  
projectlifesaver.org

Support groups, day care centers, assisted living and nursing facilities with dementia specific programs are marked with asterisks throughout this publication.

**PHYSICIANS - GERIATRIC****Dr. Ashley Weil, MD**

Saraland: 251-287-8420

**Dr. John Dixon, MD**

Saraland: 251-675-4733

**Dr. Lloyd May, MD**

Mobile: 251-666-8232

**Dr. Thomas H. McCulloch, MD**

Fairhope: 251-990-8860

**Veterans Affairs Out Patient Clinic**

Mobile: 251-219-3900  
Toll Free: 888-201-0110

**PSYCHIATRISTS - GERIATRIC****Alta Pointe Health Systems:**

East Pointe Hospital  
Daphne: 251-378-6500  
www.altapointe.org

**East Bay Psychiatry**

Fairhope: 251-928-4750

**Mobile Infirmary**

Senior Behavioral Health: 251-435-5153  
www.infirmaryhealth.org

**North Baldwin Infirmary**

Senior Behavioral Health: 251-580-1770  
www.infirmaryhealth.org

**Southern Psychiatry Associates**

Dr. Bradley Sadler  
251-300-7134  
www.southernpsychiatry.net

**ADULT DAY CARE****E.A. Roberts Alzheimer's Center**

Mobile County: 251-435-6950

**Golden Rule Senior Care**

Baldwin County: 251-288-4148  
goldenruleseniorcare.com

**Grandfriends Via!**

Mobile County: 251-470-5228 or 251-470-5232  
www.viamobile.org

**Nursetel Alabama Senior Center**

Baldwin County: 251-264-3009www.  
alabamaseniorcenter.com

**Shepherd's Place – Adult Day Respite**

Fairhope: 251-270-0097  
www.shepherdsplacerespite.com

**ASSISTED LIVING**

Facilities offering care for Dementia patients are marked below with an asterisk (\*).

**Arbors Specialty Care at Somerby of West Mobile\***

251-776-1455  
www.somerbyseniorliving.com

**Ashbury Manor\***

Mobile County: 251-340-7528  
www.ashburymanormobile.com

**Assisted Living at Somerby of West Mobile**

251-776-1455  
www.somerbyseniorliving.com

**Baldwin House Assisted Living**

Daphne : 251-621-1717  
www.baldwinhousealf.com

**Carillon Oaks**

Mobile: 251-287-6300  
carillonoaks.com

**Carrington Place**

Satsuma: 251-679-9192

**Country Place Senior Living of Brewton**

251-809-3550  
http://www.countryplaceseniorliving.net/

**Country Place Senior Living of Fairhope**

251-929-3627  
www.countryplaceseniorliving.net

**Country Place Senior Living of Foley**

251-943-4412  
www.countryplaceseniorliving.net

**Crowne Place Assisted Living**

251-344-3866  
www.crownehealthcare.com

**Dauphin Way Assisted Living**

251-450-1110  
www.dauphinwayalf.com

**Gardens of Daphne**

Baldwin County: 251-625-0802  
www.cavalierseniorliving.com/communities/  
gardens-of-daphne

**Gordon Oaks Assisted Living Community  
Gordon Oaks Memory Care\***

Mobile County: 251-661-7600  
www.gordon-oaks.com

**Inn Assisted Living at Somerby of West Mobile**

251-776-1455  
www.somerbyseniorliving.com

**Knollwood Pointe  
Knollwood Pointe SCALF/Memory Care\***

Mobile County: 251-666-1005  
knollwoodpointe.com

**Little Sister Of The Poor Sacred Heart Residence**

Mobile County: 251-476-6335  
www.littlesistersofthepoormobile.org

**Live Oak Village**

Baldwin County: 251-943-6733  
www.liveoakal.com

**Murray House**

Mobile County: 251-432-2272  
www.murrayhouseliving.com

**Oakbridge Terrace Assisted Living at Westminster Village**

Baldwin County: 251-626-7007  
www.westminstervillageal.com

**Seabrook Pointe Assisted Living  
Seabrook Pointe Memory Care\***

Baldwin County: 251-625-6400  
www.cottageassistedliving.com/seabrook-  
pointe/

**Seagrass Village of Gulf Shores**

Baldwin: 251-200-5700  
www.seagrassvillagegs.com

**Summer House at Heritage Woods Assisted Living**

Mobile: 251-665-9063  
www.summerhouseseniorliving.com

**The Brennity at Daphne**

Baldwin County: 251-626-9000  
www.brennitydaphne.com

**The Brennity at Daphne Memory Care\***

Baldwin County: 251-626-9000  
www.brennitydaphne.com

**The Brennity at Fairhope**

Baldwin County: 251-928-5555  
www.brennityfairhope.com

**The Haven Assisted Living and Memory Care Facility\***

(251) 923-2800  
www.communityseniorlife.org

**The Huntingdon at Homestead Village**

Baldwin County: 251-929-0275  
www.seniorly.com/assisted-living/alabama/  
fairhope/the-huntingdon

**The Meadows of Atmore**

Escambia County: 251-446-9317  
meadowsatmore.com

**The Meadows of Brewton**

Escambia County: 251-809-0227  
meadowsbrewton.com

**The Summit**

Atmore: 251-368-0270  
www.thesummitofatmore.com

**Vitality Living Regency Assisted Living**

Mobile: 251-380-0053  
www.vitalityseniorliving.com

**CAREGIVER PROGRAMS****Alabama Cares caregiver support**

Mobile, Baldwin, and Escambia Counties:  
251-706-4680, 800-243-5463

**AL Lifespan Respite Resource Network/  
United Cerebral Palsy of Huntsville**

256-859-8300  
www.alabamarespite.org

**Veterans Affairs National Caregiver Support Line**

855-260-3274  
www.caregiver.va.gov

**Veterans Affairs Out Patient Clinic**

Mobile: 251-219-3900  
Toll Free: 800-698-2411

**HOUSING - INDEPENDENT LIVING  
(MARKET RATE)****Homestead Village of Fairhope**

251-929-0250  
www.hvfairhope.com

**Somerby**

800-949-7614  
somerbyseniorliving.com

**University Oaks**

800-322-0999  
https://www.holidayseniorliving.com

**Westminster Village**

251-616-3514  
www.actretirement.org

**HOUSING - INDEPENDENT LIVING  
(SUBSIDIZED)****AHEPA 310 Apartments**

Bayou La Batre: 251-824-1895  
Citronelle: 251-866-3000  
Daphne: 251-626-9228  
Mobile County: 251-660-1783  
Theodore: 251-653-9880  
Saraland: 251-679-0770  
Semmes: 251-645-2405



Fairhope: 251-928-7352  
[ahepaseniorliving.org](http://ahepaseniorliving.org)

**Anderson-Fisher Apartments**  
 (physical disabilities only)  
 Mobile County: 800-466-7722 x. 240

**Atmore Housing Authority**  
 Escambia County: 251-368-8442

**Atmore Rotary Village**  
 Escambia County: 251-368-5115

**Baptist Oaks Apartments**  
 Mobile County: 251-432-2312

**Bay Minette Housing Authority**  
 Baldwin County: 251-937-2211

**Bay Minette Rotary Village Apartments**  
 Baldwin County: 251-937-2811  
[gulfbelt.com/apartment](http://gulfbelt.com/apartment)

**Bayou La Batre VOA Elderly Housing**  
 251-300-2385

**Bayou Plaza Apartments**  
 Mobile County: 251-436-8773

**Baytown Senior Village**  
 251-338-0634

**Brewton Housing Authority**  
 Escambia County: 251-867-5247

**Cathedral Place Apartments**  
 Mobile County: 251-434-1590

**Central Plaza Towers**  
 Mobile County: 251-434-2290  
[www.mobilehousing.org](http://www.mobilehousing.org)

**Chickasaw Housing Authority**  
 Mobile County: 251-457-6841  
[www.chickasawha.com](http://www.chickasawha.com)

**Crepe Myrtle Village Apartments**  
 Brewton: 251-867-7997

**Dauphin Gate Apartments**  
 Mobile County: 251-473-7224

**Downtown Renaissance**  
 251-694-9058  
[www.mobilehousing.org](http://www.mobilehousing.org)

**Driftwood Acres Apartments**  
 Mobile County: 251-471-1061  
[www.driftwoodacresapts.com](http://www.driftwoodacresapts.com)

**Emerson Gardens**  
 Mobile County: 251-434-2293  
[www.mobilehousing.org](http://www.mobilehousing.org)

**Foley Housing Authority**  
 Baldwin County: 251-943-5370

**The Gardens at Wellington Apartments**  
 251-287-0504  
[www.gardensatwellingtonapts.com](http://www.gardensatwellingtonapts.com)

**Highpoint VOA Elderly Housing**  
 Mobile County: 251-300-2380  
[www.voase.org/highpoint-apartments](http://www.voase.org/highpoint-apartments)

**Mobile County Housing Board**  
 Mobile County: 251-434-2200  
[www.mobilehousing.org](http://www.mobilehousing.org)

**Oleander Park Apartments**  
 Mobile County: 251-639-1355

**Point Escambia Apartments**  
 Escambia County: 251-368-4658

**Prichard Housing Authority**  
 251-283-0111

**Rendu Terrace Senior Apartments**  
 Mobile County: 251-300-2342  
[www.voase.org/rendu-terrace](http://www.voase.org/rendu-terrace)

**Ridge Manor Apartments**  
 Mobile County: 251-283-0111

**Shadow Ridge Retirement Center Citronelle**  
 251-866-2210

**Spring Run Apartments**  
 Baldwin County: 251-928-0981

**The Village at Meadowview**  
 Baldwin County: 251-928-7787

**Village Oaks Apartments**  
 Bay Minette: Baldwin County: 251-580-3333

**HOSPICES SERVICE IN THE HOME**  
**Alabama Hospice Care of Mobile**  
 251-345-1023  
[www.lhcgroup.com](http://www.lhcgroup.com)

**ASERACARE**  
 Mobile and Baldwin Counties: 251-343-0989  
 Escambia County: 251-800-7473  
[www.aseracare.com](http://www.aseracare.com)

**Comfort Care Hospice**  
 Mobile County: 251-304-3135  
 Baldwin County: 251-621-4229  
 Escambia County: 251-867-6232  
[www.comfortcarehospice.com](http://www.comfortcarehospice.com)

**Community Hospice of Baldwin County**  
 Baldwin County: 251-943-5015  
 Bay Minette: 251-937-7330  
[www.communityhospiceal.org](http://www.communityhospiceal.org)

**Covenant Care**  
 Mobile County: 251-478-8671  
 Baldwin and Escambia Counties: 251-626-5255  
[www.choosecovenant.org](http://www.choosecovenant.org)

**Encompass Home Health and Hospice**  
 Mobile County: 251-666-2399  
 Main: 251-661-5313  
[www.encompasshealth.com](http://www.encompasshealth.com)

**Kindred Hospice**  
 Mobile: 251-478-9900  
 Daphne: 621-2500  
[www.kindredhealthcare.com/locations/hospice/daphne-al-6634](http://www.kindredhealthcare.com/locations/hospice/daphne-al-6634)

**Saad Hospice Services**  
 Mobile, Baldwin and Escambia Counties:  
 251-343-9600 or 800-279-7223  
[www.saadhospice.com](http://www.saadhospice.com)

**Southern Care Hospice**  
 Mobile: 251-666-2113  
 Baldwin: 251-621-2844  
 Escambia: 251-368-1101  
[www.southerncarehospice.com](http://www.southerncarehospice.com)

**Springhill Home Health and Hospice**  
 Mobile: 251-725-1268  
 Baldwin: 251-626-5895  
[www.seriousillness.org](http://www.seriousillness.org)

**St. Joseph Hospice**  
 251-675-7555  
[www.stjosephhospice.com](http://www.stjosephhospice.com)

**Veterans Affairs Outpatient Clinic**  
 Mobile: 251-219-3900  
 Toll Free: 888-201-0110

**NURSING HOMES**  
 Facilities offering care for dementia patients are marked below with an asterisk (\*).

**Allen Health and Rehabilitation\***  
 Mobile County: 251-433-2642  
[www.nolandhealth.com/communities/allen-health-and-rehabilitation](http://www.nolandhealth.com/communities/allen-health-and-rehabilitation)

**Atmore Nursing Center**  
 Escambia County: 251-368-9121  
[www.crownemanagement.com/atmore](http://www.crownemanagement.com/atmore)

**Ashland Place**  
 Mobile County: 251-471-5431\*  
[www.ashlandplacehealthandrehab.com](http://www.ashlandplacehealthandrehab.com)

**Azalea Health and Rehab LLC**  
 Mobile County : 251-479-0551  
[azaleahr.com](http://azaleahr.com)

**Blue Ridge Healthcare Montrose Bay**  
 Baldwin County: 251-928-2177  
[www.montrosebayrehab.com](http://www.montrosebayrehab.com)

**Crowne Healthcare of Citronelle**  
 Mobile County: 251-866-5509  
[www.crownehealthcare.com/citronelle](http://www.crownehealthcare.com/citronelle)

**Crowne Healthcare Of Mobile County\***  
 Mobile County: 251-473-8684  
[www.crownehealthcare.com/mobile](http://www.crownehealthcare.com/mobile)

**Crowne Healthcare of Springhill**  
 Mobile County: 251-304-3000  
[www.crownehealthcare.com/springhill](http://www.crownehealthcare.com/springhill)

**Diversicare of Foley\***  
 Baldwin County: 251-943-2781  
[www.dvcr.com/locations/foley/](http://www.dvcr.com/locations/foley/)

**Eastern Shore Rehabilitation and Health Center**  
 Baldwin County: 251-621-4200  
[www.nolandhealth.com/communities/eastern-shore](http://www.nolandhealth.com/communities/eastern-shore)

**Fairhope Health & Rehab Center**  
 Baldwin County: 251-928-2153  
[www.nolandhealth.com/communities/fairhope-health-and-rehabilitation](http://www.nolandhealth.com/communities/fairhope-health-and-rehabilitation)

**Grand Bay Convalescent Home Inc.**  
 Mobile County: 251-865-6443

**Gulf Coast Health and Rehabilitation**  
 Mobile County: 251-634-8002  
[www.gulfcoasthealthandrehab.com](http://www.gulfcoasthealthandrehab.com)

**Kensington Health and Rehab**  
 Mobile County: 251-433-5471  
[www.kensingtonhrc.com](http://www.kensingtonhrc.com)

**Knollwood Healthcare**  
 Mobile County: 251-661-7608  
[www.knollwood-hc.com](http://www.knollwood-hc.com)

**Little Sisters Of The Poor Sacred Heart Residence**  
 Mobile County: 251-476-6335  
[www.littlesistersofthepoormobile.org](http://www.littlesistersofthepoormobile.org)

**Lynwood Nursing Home\***  
 Mobile County: 251-661-5404  
[www.lynwoodnursing.com](http://www.lynwoodnursing.com)

**Mobile Nursing & Rehabilitation Center**  
 Mobile County: 251-639-1588  
[mobilerehabcenter.com](http://mobilerehabcenter.com)

**North Mobile Health & Rehabilitation Center\***  
 Mobile County: 251-452-0996  
[www.northmobilerehabcenter.com](http://www.northmobilerehabcenter.com)

**Oakwood-North Baldwin's Center For Living**  
 Baldwin County: 251-937-3501  
[www.infirmarhealth.org](http://www.infirmarhealth.org)

**Palm Gardens Health and Rehabilitation**  
 Mobile County: 251-450-2800  
[www.palmgardenshealthandrehab.com](http://www.palmgardenshealthandrehab.com)

**Robertsdale Rehabilitation and Healthcare Center**  
 Baldwin County: 251-947-1911  
[www.ballhealth.com](http://www.ballhealth.com)

**Springhill Senior Residence**  
 Mobile County: 251-343-0909  
[www.springhillmedicalcenter.com](http://www.springhillmedicalcenter.com)

### **Twin Oaks**

Mobile County: 251-476-3420  
ballhealth.com

### **West Gate Village**

Escambia County: 251-867-6077  
crownhealthcare.com/west-gate

### **William F. Green State Veterans Home\***

Baldwin County: 251-937-9881  
www.va.alabama.gov

### **Willow Brooke Court Skilled Care at Westminster Village**

Baldwin County: 251-626-7007  
www.westminstervillageal.com

### **PRIVATE DUTY AND IN-HOME CARE**

**A.D. Dale Services, Inc.**  
251-441-7744

### **ADDUS**

Mobile, Baldwin and Escambia Counties:  
251-414-5855, 866-414-5855  
www.addus.com

### **Amedisys**

800-239-9192  
Mobile County: 251-380-0492  
Citronelle: 251-866-3261  
Escambia County: 251-809-1717  
Foley: 251-971-1436, 800-763-6382  
Bay Minette: 251-580-8236  
www.amedisys.com

### **ATC Healthcare Services**

Mobile County: 251-660-8574, 866-473-0473

### **Atmore Community Home Care**

Escambia County: 251-368-6286  
LHCGroup.com

### **Bay Nursing**

Mobile and Baldwin Counties: 251-471-3343  
www.baynursing.com

### **Brightstar Care**

Mobile and Baldwin Counties: 251-405-6451  
www.brightstarcare.com

### **Comfort Keepers**

Mobile County: 251-206-0819  
Daphne: 251-202-3603  
Foley: 251-202-3598  
comfortkeepers.com

### **D W McMillian Home Health**

Escambia County: 251-867-8054  
www.dwmmh.org

### **Elderly and Disabled Medicaid Waiver**

Mobile, Baldwin, and Escambia Counties:  
251-706-4680, 800-243-5463

### **Favor Home Healthcare**

Mobile: 251-604-3898  
www.favorhomehealthcare.com

### **First Light Home Care**

Mobile, Baldwin and Escambia Counties:  
251-266-5248, 866-481-5540  
www.firstlighthomecare.com

### **Golden Rule Senior Care**

Mobile and Baldwin Counties: 251-288-4148  
Escambia: 251-314-1616  
www.goldenruleseniorcare.com

### **Gracepoint Home Care**

Mobile and Foley: 251-415-5521  
Theodore and Prichard: 251-451-7520  
www.gracepointcare.com

### **Gulf Coast Dementia Services. Inc.**

251-355-9123  
gulfoastdementiaservices.com

### **Help At Home**

Mobile and Baldwin Counties  
251-661-9414, 888-290-9414  
Escambia County  
251-578-7222  
www.helpathome.com

### **Homecare Companions**

Foley: 251-943-6555  
Mobile: 251-660-4000  
www.homecarecompanions.net

### **Home Instead Senior Care**

Mobile and Baldwin Counties:  
251-342-6655  
www.homeinstead.com

### **Imperial Home Care**

251-654-7453  
imperialhomecareservices.com

### **In Home Caregivers of Alabama**

251-265-3893

### **Infirmiry Home Care of Mobile**

251-450-3300  
www.lhcgroup.com

### **Kindred At Home**

Mobile: 251-316-0917  
Daphne: 251-621-0882  
Foley: 251-943-3002  
www.kindredathome.com

### **Mercy Life Alabama (PACE)**

251-287-8427,  
855-367-6562  
www.trinityhealthpace.org

### **Rebound Rehab In-Home Physical Therapy**

Mobile and Baldwin counties  
251-342-9008  
reboundrehab.org

### **Saad's HealthCare Services**

Mobile, Baldwin and Escambia Counties:  
251-343-9600,  
800-279-7223  
www.saadhealthcare.com

### **Senior Companion Program**

Mobile County: 251-574-3232

### **Southern Cross Home Care of Alabama**

Mobile and Baldwin: 251-776-2786  
southerncrosshomecare.com

### **Springhill Home Health and Hospice**

Mobile: 251-725-1268  
Baldwin: 251-626-5895  
www.springhillhomecare.org

### **Synergy HomeCare**

Mobile and Baldwin Counties  
251-621-1900  
www.synergyhomecare.com

### **Touching Hearts Senior Care**

Mobile, Baldwin and Escambia Counties:  
251-445-4204  
www.touchingheartsseniorcare.com

### **Thomas Home Health**

Baldwin County: 251-990-9200  
lhcgroupp.com

### **Veterans Affairs Out-Patient Clinic**

Mobile: 251-219-3900,  
888-201-0110





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