

Directory of ■ 2025 **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

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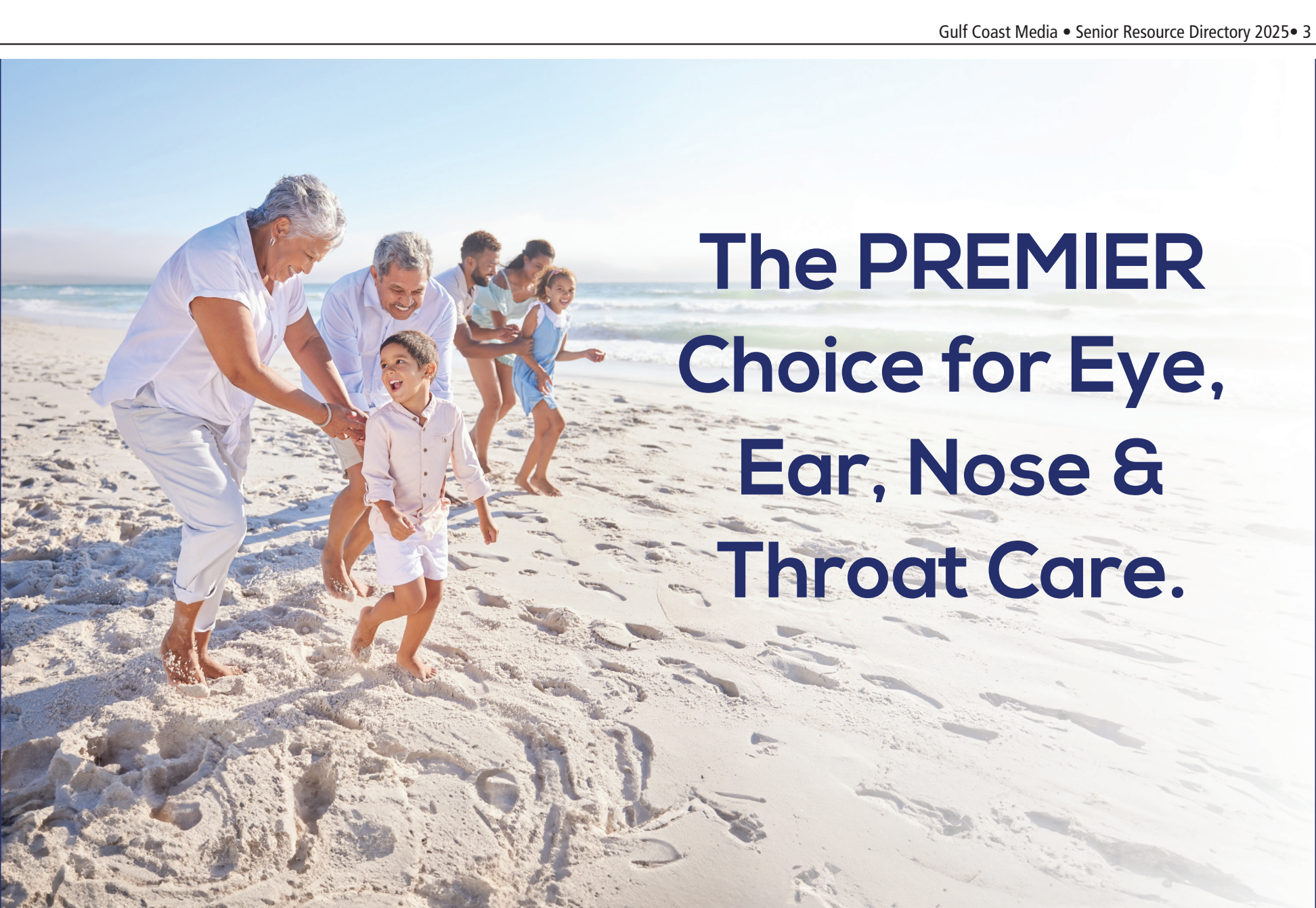
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AGING AND DISABILITY RESOURCE CENTER: Answers to Aging, Disability and Caregiver Questions

Local Area Agency on Aging Alabama	251-706-4680 1-800-243-5463	agingsouthalabama.org AlabamaAgeline.gov
National Eldercare Locator	1-800-677-1116	eldercare.acl.gov

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 an older adult, persons with dementia, or older relative caregivers of adult disabled children, or of 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

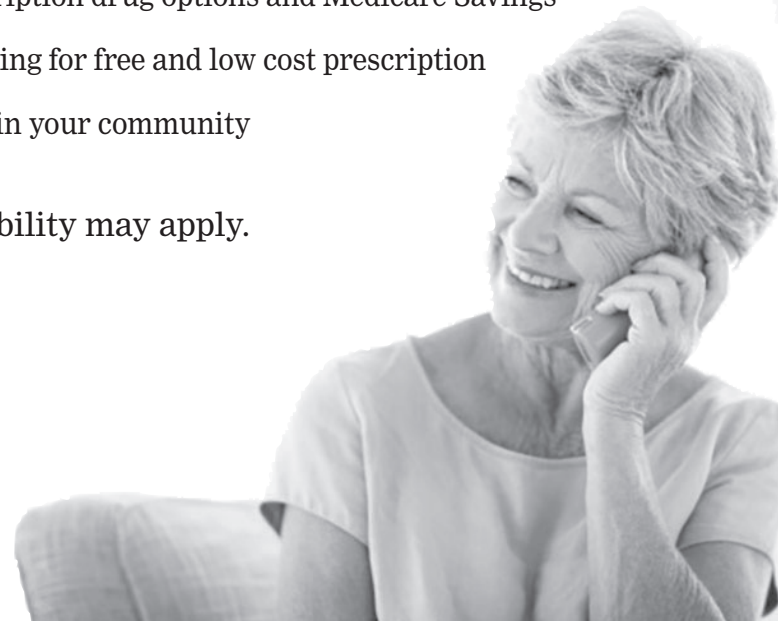
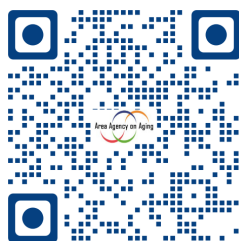
Getting Involved

- 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.



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 183,084 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.agingsouthalabama.org. You may call us at 251-706-4680 or 1-800-AGE-LINE (800-243-5463), or email aginginfo@sarpc.org. We’re also on Facebook; like South Alabama Area Agency on Aging for regular updates. If you would like to be added to our monthly e-newsletter, email bestes@sarpc.org.



and balance testing while building compatible and empathetic relationships with our patients. We are committed to earning and maintaining the trust of our patients and developing a proper analysis and care plan for each patient.

testing that is unique to south Alabama. We partner with the American Institute of Balance to perform Videonystagmography (VNG) testing for those experiencing dizziness and balance issues.

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



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CALL TODAY FOR A CONSULTATION!



SenioRx and Ozanam Charitable Pharmacy offer local Prescription Assistance

SenioRx is a prescription assistance program of the Area Agency on Aging that helps adults 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 na-

tional 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 251-706-4680 or Ozanam Charitable Pharmacy at 251-432-4111
- Escambia County Council on Aging at 251-368-1031
- Baldwin County Council on Aging at 251-972-8506

Wellness Programs Help You Live Your Best Life

Area Agency on Aging wellness programs are evidenced based, meaning the effectiveness of these programs is supported by rigorous research and participant data. In addition to encouraging seniors to be active and social, senior wellness programs offer a variety of other health benefits: improved self-esteem, confidence, and quality of life. Some studies have also shown that participation in these types of programs can reduce inpatient hospital admissions and lower overall health care costs.

Matter of Balance

Each year, millions of those 65 older take a tumble. In fact, more than one in four older adults fall each year. Falling once doubles your chances of falling again, and complications resulting from falls is the leading cause of death among seniors.

According to the CDC, about \$50 billion is spent on medical costs related to older adult falls each year. For non-fatal falls, an estimated \$29 billion is paid by Medicare, \$9 billion is paid by Medicaid and \$12 billion is paid by private or out-of-pocket payers. Some other startling statistics for seniors include:

- 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
- Each year at least 300,000 older people are hospitalized for hip fractures
- Falls are the most common cause of traumatic brain injuries (TBI)

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, resulting in physical weakness and an even greater chance for falling. Research has iden-

tified many risk factors that contribute to falling. They include: lower body weakness; vitamin D deficiency; difficulties with walking and balance; use of prescription/over the counter medicines; vision problems; and foot pain or poor footwear. Don't forget the hazards at home! Broken or uneven steps, throw rugs and clutter are all trip hazards.

A Matter of Balance (MOB) is a program designed to 1) reduce the fear of falling and 2) increase activity levels among older adults. MOB classes are held over eight weeks, led by two trained facilitators per 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 free. For more information, to take or host a class, or to become a MOB volunteer instructor, call Marcella Nettles at 251-706-4663 or mnettl@sarpc.org.

Bingocize: Combining Bingo, Exercise and Education

Bingocize incorporates exercise and health education with the game beloved by many seniors...bingo! Classes include lively music, low impact movement and



increased social connections. Bingocize originated at Western Kentucky University in 2011 and is currently taught in more than 500 facilities, including many community senior centers, in 47 states across the country.

Bingocize can help improve mental abilities, social engagement, and confidence in managing health care. Sessions are usually 45-60 minutes long, played twice a week and hosted by trained lay facilitators. While always incorporated into the game of bingo, the 10-week workshops can involve a variety of elements, such as exercise only, exercise and nutrition, or exercise and fall prevention.

The program can help improve mental abilities, social engagement and confidence in managing one's own health care.



Bingocize has also demonstrated the ability to help older adults improve their:

- Upper and lower body strength
- Gait
- Balance
- Range of motion
- Knowledge of falls risks

For more information on our Agency's Bingocize program, contact Ivy Walker at 251-445-3826 or iwalker@sarpc.org.



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 2024 the highest income limits are **\$1,715** for individuals and **\$2,320** for married couples. The monthly income limits go up each year.

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

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



AARP Foundation
For a future without senior poverty.

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 and the Alabama Department of Senior Services.

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.

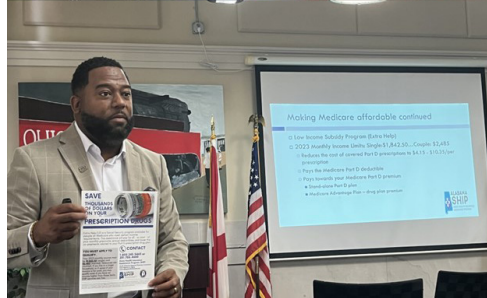
SHIP’s pride themselves on being objective and empowering beneficiaries, caregivers, family members & community partners at local levels to make educated informed decisions on often complex Medicare related issues.

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, and resources to obtain prescription drugs.
- SHIP can answer your questions about Medigap, long-term care insurance policies, and other health insurance programs for seniors.
- SHIP can assist Medicare beneficiaries with home health benefits, Medicare claims and appeals, rights & protections, coordination of benefits, billing & claims and similar issues.
- SHIP can provide details about benefits available in your area and refer you to other helpful programs.

Medicare Open Enrollment- October 15, 2024 – December 7, 2024.

Medicare Open Enrollment is the time



that Medicare beneficiaries should re-evaluate plans to see what is new, or often times better, for the upcoming 2025 Year. It is very important to review your current 2024 year plan with new plans for the upcoming 2025 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!

New 2025 Medicare Updates for Alabama



Enhancements to Medicare Advantage and Medicare Part D

A yearly cap (\$2,000 in 2025) on out-of-pocket prescription drug costs in Medicare

New Guardrails for Plan Compensation to Agents and Brokers to Stop Anti-Competitive Steering

Many individuals with Medicare rely on agents and brokers to help navigate complex Medicare choices as they comparison shop for coverage options. The Medicare statute requires that CMS must establish guidelines to ensure that the use of compensation creates incentives for agents and brokers to enroll individuals in the Medicare Advantage or Part D plan intended to best meet the prospective enrollee’s health care needs. However, excessive compensation, and other bonus arrangements, offered by plans to agents and brokers can result in individuals being steered to some Medicare Advantage and Part D plans over others based on the agent or broker’s financial interests, rather than the prospective enrollee’s health care needs.

CMS is cracking down on that. Specifically, CMS is finalizing requirements that redefine “compensation” to set a clear, fixed amount that agents and brokers can be paid regardless of the plan the individual enrolls in, addressing loopholes that result in commissions above this amount that create anti-competitive and anti-consumer steering incentives. The provisions of this final rule, which are applicable beginning with the upcoming Annual Enrollment Period, ensure that agent and broker compensation reflect only the legitimate activities required of agents and brokers, by broadening the scope of the regulatory definition of “compensation,” so that it is inclusive

of all activities associated with the sales to/enrollment of an individual into a Medicare Advantage or Part D plan. In response to feedback from stakeholders, CMS is increasing the final national agent/broker fixed compensation amount for initial enrollments into a Medicare Advantage or Part D plan by \$100, which is an amount higher than what was proposed (\$31). CMS believes this increase will provide agents and brokers with sufficient funds to serve individuals with Medicare. This increase will eliminate variability in payments and improve the predictability of compensation for agents and brokers. This increase will be added to agent and broker compensation payments for the Annual Election Period in Fall 2024 and applied to all enrollments effective in CY2025 and future contract years.

Additionally, the final rule generally prohibits contract terms between Medicare Advantage organizations/ Part D sponsors and middleman Third Party Marketing Organizations (TPMOs), such as field marketing organizations, which may directly or indirectly create an incentive to inhibit an agent or broker’s ability to objectively assess and recommend the plan that is best suited to a potential enrollee’s needs. In the final rule, CMS provides several examples of contract terms that will be impermissible under this prohibition, including provisions offering volume-based bonuses for enrollment into certain plans.

Mid-Year Enrollee Notification of Available Supplemental Benefits

An increasing share of Medicare dollars is going toward Medicare Advantage plan rebates, roughly \$337 billion over the last 10 years, and the 2023 Trustees Report estimated \$67



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MEDICARE

CONTINUED FROM 8

billion in 2024 alone. Medicare Advantage plans can use these rebate dollars to advertise a wide array of supplemental benefits, including special supplemental benefits for chronically ill enrollees. In 2022, over 99% of Medicare Advantage plans offered at least one supplemental benefit. The median was 23 supplemental benefits, and the most frequently offered benefits were vision, hearing, fitness, and dental. Some of these benefits address unmet social determinants of health needs, such as food insecurity or inadequate access to transportation. However, at the same time, some plans have indicated that enrollee utilization of many supplemental benefits is low. To ensure the large federal investment of taxpayer dollars in supplemental benefits is actually making its way to enrollees and is not primarily used to market benefits that individuals rarely use, the final rule requires Medicare Advantage plans to engage in outreach efforts so that enrollees are aware of the supplemental benefits available to them. CMS is requiring Medicare Advantage plans to issue a “Mid-Year Enrollee Notification of Unused Supplemental Benefits” annually, between June 30 and July 31 of the plan year, that is personalized to each enrollee, and that includes a list of any supplemental benefits not accessed by the individual during the first six months of the year. In addition, the notification will include the scope of the benefit, cost-sharing, instructions on how to access the benefit, any network application information for each available benefit, and a customer service number to call if additional help is needed. These policies

advance the goals of President Biden’s historic Competition Council and Executive Order signed in July 2021 by helping make consumers aware of their plan benefits, facilitating better decision-making and consumer choice in the Medicare Advantage marketplace.

Medicare Prescription Payment Plan

Beginning in 2025, the prescription drug law requires all Medicare prescription drug plans (Medicare Part D plans) — including both standalone Medicare prescription drug plans and Medicare Advantage plans with prescription drug coverage — to offer Part D enrollees the option to pay out-of-pocket prescription drug costs in the form of capped monthly payments instead of all at once at the pharmacy. This will be helpful for people with Medicare Part D who have high cost sharing earlier in the plan year by spreading out those expenses over the course of the year. While this program is available to anyone with Part D, CMS will be developing tools that will help Part D enrollees and their caregivers decide whether the program is right for them, as not all enrollees may benefit from the program. CMS named this program the Medicare Prescription Payment Plan.

The law requires Part D sponsors to notify the pharmacy when one of their Part D enrollees incurs out-of-pocket costs for covered Part D drugs that make it likely the individual may benefit from the program. If a Part D enrollee has cost sharing for a single covered Part D drug of \$600 or more and has not already opted into the program, the Part D sponsor will be required to notify the pharmacy to inform the individual about the program. The pharmacy will provide the Part D enrollee with the Medicare Prescription Payment Plan Likely to Benefit

Notice, a standardized notice that all Part D sponsors are required to use.

Part D plan sponsors must have a process in place to allow their program participants to opt out at any point during the plan year. Part D plan sponsors will continue to send monthly bills after someone opts out, and, though they cannot require it, they can also give the Part D enrollee the option to repay their outstanding balance as a lump sum. After opting out, the individual will pay any new out-of-pocket costs directly to the pharmacy.

This program does not reduce the amount of money that an individual pays in out-of-pocket costs; it helps individuals with high costs spread those costs out throughout the plan year. The Medicare Savings Programs and Medicare’s Part D Low Income Subsidy program (also called “Extra Help”) are programs that help reduce costs for individuals who qualify based on income and resource limits, and we strongly encourage individuals to check their eligibility for these programs before they consider participating in the Medicare Prescription Payment Plan. The Area Agency on Aging’s SHIP program can help you apply for Extra Help.

Part D Manufacturer Discount Program

The Inflation Reduction Act establishes a Part D manufacturer discount program beginning on January 1, 2025. This program replaces the Coverage Gap Discount Program and consists of a 3-phase benefit:

1. Annual deductible. The enrollee pays 100 percent of their gross covered prescription drug costs until the deductible (\$500+ in 2025) is met.

2. Initial coverage. The enrollee pays 25 percent coinsurance for covered Part D drugs.

3. Catastrophic. Enrollees pay no cost sharing. Plan sponsors typically pay 60 percent for all covered Part D drugs.

Remember These Important Dates

September 2024

- Medicare Open Enrollment begins October 15, 2024

- The updated 2025 “Medicare and You” handbook is sent to every household with Medicare. The handbook can be accessed online at: <https://www.medicare.gov/medicare-you-handbook>. SHIP’s contact number is listed on the back of each book.

- Health and drug plans begin notifying beneficiaries about changes to plans in 2025 October 2024

- Individuals can begin shopping and comparing plans on Medicare.gov starting October 1, 2024.

- Individuals should watch their mail for notices from Medicare about future changes

- Medicare health and drug plan Star Ratings will be available on Medicare.gov on or around October 6, 2024. This rating system measures how well Medicare Advantage and Part D plans perform. Medicare scores how well plans perform in several categories, including quality of care and customer service. Ratings ranging from one (lowest) to five (highest) can be used to evaluate plans.

December 2024

- Medicare Open Enrollment ends December 7, 2024.

- Medicare health and drug plan coverage begins January 1, 2025.

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.

Elderly and Disabled Waiver

allows elderly and/or disabled individuals to remain in a home or community-based setting rather than a nursing home or other institutional care.

Eligibility

- Individuals receiving SSI
- Individuals receiving State Supplementation
- SSI-related protected groups deemed to be eligible for SSI / Medicaid
- Special HCBS waiver disabled individuals whose income is not greater than 300% of the SSI Federal Benefit Rate
- Federal or State Adoption Subsidy Individuals



Services Covered

- Case Management Services
- Homemaker Services
- Personal Care Services
- Adult Day Health Services
- Respite Care Services (Skilled and Unskilled)
- Companion Services
- Home Delivered Meals (Frozen, Shelf-Stable, and Breakfast Meals)

NEED ASSISTANCE?

CONTACT THE AGING & DISABILITY RESOURCE CENTER (ADRC):

251-706-4680
800-243-5463



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 nursing home or other 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 emotions
- 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

- 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.

Older Relative Caregiver-headed Families — A Vulnerable Population

An estimated 2.7 million older relative caregivers 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 older relative caregiver's well-being. Older relative caregiver-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 older caregivers. Research indicates that older caregivers 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 Older Relative Caregivers

Most children raised by older relative caregivers 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 older relative caregivers often lack the basic resources needed to raise grandchildren (e.g., adequate hous-

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. 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, contact us at 251-445-3890 or cboyington@sarpc.org.



Alabama Cares hosts the Caregiver College training series to provide resources and support to caregivers.

ing, 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.

Older Relative Caregivers Well-being

Older caregivers tend to ignore their own health needs while attending to the myriad needs of the grandchildren in their care. Research findings indicate that poor physical health and increased stress levels in custodial caregivers is associated with increased behavior problems in the grandchildren they are raising. Furthermore, if older caregivers become too ill to continue parenting, the grandchildren are likely to enter the foster care system leading to further emotional trauma. Additionally, older caregivers raising grandchildren often experience social isolation.

Caregiver Programs Can Help

Alabama Cares, a program of the Area Agencies on Aging, provides caregiver information, counseling, education,

respite and supplemental services. For older relatives raising grandchildren, information is available on resources available for needs such as education, health, mental health care, legal services, public benefits and financial supports. Support groups and caregiver workshops for grandparents raising grandchildren are also held. Contact the Area Agency on Aging at cboyington@sarpc.org or 251-445-3890 for information on the grandparent program.

Another available resource for caregivers is the Alabama Lifespan Respite Resource Network which provides certain services for respite reimbursement, caregiver education, training and support. This statewide program is located in Huntsville and can be reached at 256-859-8300 or 866-737-8252 or al.respite@ucphuntsville.org.

Money for Groceries Puts Food on the Table: Let's Talk About Inflation Fighting Food Assistance



FOOD BILL TIGHT?

THE AVERAGE SNAP BENEFIT IS **\$154** PER MONTH.

60+ and not working?

Certain medical deductions can actually increase benefits

Simple application, renewed every 3 years

Receive debit card for tax free groceries

ADDED SNAP BENEFITS

- ½ price membership in Walmart Plus and Amazon Prime
- free or discounted cell phone/data plans
- low cost internet
- free and reduced price museum admissions (museums4all.org)

Aging Hotline 251-706-4680

ANNUAL SNAP BENEFITS RANGE FROM A MINIMUM OF \$300 TO AN AVERAGE OF \$1,850 IN INFLATION FIGHTING FOOD ASSISTANCE.

Alabama has been working on increasing enrollment in programs that allow seniors to age in place with dignity by providing financial support. Recently, we found that only 23% (USDA) of eligible seniors in Alabama were taking advantage of the earned benefit of Supplemental Nutrition Assistance Program (SNAP). The program serves those 60 and older who are not currently working and meet the income requirements; if your gross income is not over \$1,580 for one person, or \$2,137 for a couple (*income limits reflect information at time of publication printing – may change for Oct 1) or if you have high medical expenses not covered by insurance, with the simplified application process, you can easily apply without making an office visit.

SNAP - formerly known as the “food stamp program” - is a much different and much improved program. To dispel some of the misconceptions that we continue to encounter when discussing enrollment, these are some misconceptions vs reality:

Misconception: The benefit is not enough to justify enrolling

Reality: The minimum benefit is around \$300 annually; however, certain medical deductions can actually increase benefits, such as doctor visit copays, hospital bills, dental costs, eyeglasses, transportation for medical services, etc. Also, you can “Let it Load” and let monthly benefits build up to use for a larger purchase of tax-free food. For many older Alabamians, the state reports the average benefit is typically \$154 per month per household.

Misconception: The stigma associated with receiving the benefit

Reality: Inflation fighting food assistance is a benefit seniors paid into much of their lives through their tax dollars. Currently, food costs have risen more than 30% for many items. For seniors living on fixed incomes, it can make a significant difference in your grocery bill. Also, seniors receive a discreet debit card for tax free groceries that provides privacy.

Misconception: The enrollment process is too difficult and takes too long

Reality: The new Alabama Elderly Simplified Application Project (AESAP) makes it much easier for seniors to participate. The application process is private and easy, with no office visit required. The application can be mailed, faxed, emailed, or completed online. Benefits are approved for three years, with only annual re-certifications.

Leverage your SNAP benefits for additional help

And, there's more good news! When you qualify for SNAP, you also are eligible for some new benefits. You will be asked to provide proof of SNAP enrollment to receive:

- One-half price membership in Walmart+ – free grocery delivery including on-line grocery payment with SNAP benefits, free shipping and returns to and from home for on-line purchases; and no order minimum.
- One-half price membership in Amazon Prime – free shipping; entertainment options; shop groceries (SNAP eligible items); pay w/EBT card
- Free or discounted home and cell phone/data plans
- low-cost internet: Xfinity Internet Essentials – no activation or equipment rental fees; access to customer service support, offers affordable TV streaming, use of data for phone, tablets and

computers and internet access. Priced at \$9.95 for fewer WiFi connected devices and \$29.95 monthly for homes with many WiFi connected devices.

- free and reduced-price museum admissions (museums4all.org) – several statewide: museums, historic sites, botanical gardens, etc.
- use EBT at some Farmers Market locations for fresh produce

If you are age 60+, this AESAP / SNAP process has been simplified:

- No office visit
- Applications can be mailed, faxed, emailed or completed online

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

Please help us spread the word and reach older adults ages 60+ who need to know the new reality of SNAP. Call our Aging Hotline at 251-706-4680 or email aginginfo@sarpc.org

Help with Navigating the World of the Nursing Home

The Centers for Medicare & Medicaid Services (CMS) and partners have developed resources to provide information and data on navigating the challenges of selecting a nursing home and ensuring facilities are meeting the needs of residents. These materials and online resources simplify the often complicated rules and regulations of the long-term care facility industry.

Medicare Guide for Living in a Nursing Home

Download/printable guide of information on how nursing homes must meet your needs and how to apply for and use Medicare and Medicaid benefits. Available at [Medicare.gov/medicare-guide](https://www.medicare.gov/medicare-guide)

Compare to Care Nursing Home Comparison Tool

Online searchable data-

base to find and compare Medicare-certified nursing homes and rehabilitation facilities based on a location, and compare the quality of care they provide and their staffing structure. Available at [Medicare.gov/care-compare](https://www.Medicare.gov/care-compare)

Guide to Navigating Nursing Home Issues

Online resource to addresses many important topics, including admission agreements, care planning, transfer/discharge, and problem resolution. Available at [justiceinaging.org/25-common-nursing-home-problems](https://www.justiceinaging.org/25-common-nursing-home-problems).

For more information contact the Area Agency on Aging's Ombudsman at 251-706-4666.

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 fwillis@sarpc.org, 251-706-4666 or 251-406-9232.

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

Every day someone pays for legal services that are provided at provided at low to no cost by the Area Agency on Aging because they did not know about our Elder Law program. Through federal and state funding, most non-fee generating, and non-criminal legal services are provided to persons aged 60 and older at no cost, with donations accepted. Certain other legal services may be provided at a low cost. 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
- Deeds
- Elder Abuse, exploitation, and fraud
- Housing
- Income maintenance (loss of income/benefits)
- Medicare and Medicaid
- Powers of Attorney
- Social Security
- Wills

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

No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.

Be Prepared, Not Scared

Let's face it, talking about passing away, illness, or severe injury is not the most fun way to spend our time, but reality is, life and death happen to all of us. Be prepared, not scared.

One way we can make sure we are prepared is to have specific legal documents drafted and executed. One of the most important legal documents to have prepared, is a Power of Attorney (POA).

What is a Power of Attorney?

A POA is a legal document granting authority to an agent (of your selection) to act and make decisions on your behalf. The person who forms the POA is known as the "principal," and the person granted the authority over the principal's affairs is the "attorney-in-fact" or "agent."

There are multiple types of POA that can be tailored to your specific needs, such as medical only, financial only, durable, and springing. I usually recommend clients get a Durable Power of Attorney (DPA) that gives both financial and medical authority.

What Are The "Powers" of a Durable Power of Attorney?

A DPA can be tailored to your specific needs and wants, though they typically allow you to appoint another person to make medical and financial decisions on your behalf. A DPA can also allow the person you appoint to handle your property, business, and legal matters. The person or agent you assign to be your attorney-in-fact has the ability to make decisions if you have lost your mental capacity or have become unable to make those decisions due to incapacitation.

This may sound similar to a document called an Advanced Health Care Directive or Healthcare Proxy, which grants authority to a person to make medical decisions for you. The difference is, an Advanced Health Care Directive does not grant any additional authority or powers to the nominated person other than administering your healthcare needs. A DPA goes the extra mile, and permits financial needs to be managed.

What If This Still Sounds Scary?

This may seem like appointing an attorney-in-fact for a DPA means you lose control of any decision making and how your assets are used. Luckily, this is not the case. You still have the ability to make your own decisions while you are competent and have decision making capacity. A POA is also a revocable document, meaning it can be changed, or ended.

When Should I Get A Power of Attorney?

It is important to know that legal documents will need to be signed while you are competent. If you were to become incompetent without a POA already in place, your financial and medical decisions and tasks would be very difficult for your loved ones to accomplish. Since we never know when incompetency may happen, due to accident or illness, and whether or not it be temporary or permanent, it's better to be prepared now.

How Do I Get a Power of Attorney?

The Area Agency on Aging provides free Powers of Attorney preparation through our Legal Assistance Program to persons age 60 and older. Donations are welcome, but there is no charge for document preparation. Reach out to us at 251-706-4680 or 800-243-5463 for more information or to schedule an appointment. We want you to be prepared, not scared!



Brittney S. Bragg,
Elder Law Attorney
South Alabama
Regional Planning
Commission
Area Agency on
Aging
Legal Assistance
Program

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)

The Elderly and Disabled Waiver program provides services to the elderly and individuals with disabilities at risk for nursing facility placement. Case managers work with clients to develop a person-centered plan of care based on the client's medical needs. Depending on their plan of care, individuals in this program may receive personal care, homemaker, respite, adult day health, companion

services, and/or home-delivered frozen meals.

Personal Choices

The Personal Choices program is Alabama's option for self-directed home and community-based care. Services are 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.

Hospital to Home (H2H) Program

The Alabama Medicaid Agency Hospital to Home (H2H) is a program that assists individuals with returning home from the hospital or acute care setting with Medicaid waiver services. H2H utilizes an expedited referral and application process that allows services to begin immediately upon discharge.

Our goal is to help the aging and/or disabled population return to and safely remain in the community and reduce long-term care placement and re-hospitalization rates.

Hospital to Home Eligibility/Requirements

- Must be a FULL Medicaid recipient*
 - Must be medically eligible for long-term care
 - Must have a safe and suitable home to which to return
 - Depending on functional status, may be required to have a willing and able caregiver
- *The patient does NOT have to have Medicaid only. Dual enrollees qualify.

For information on any of these programs contact the Area Agency on Aging at 251-706-4680 or 800-243-5463.

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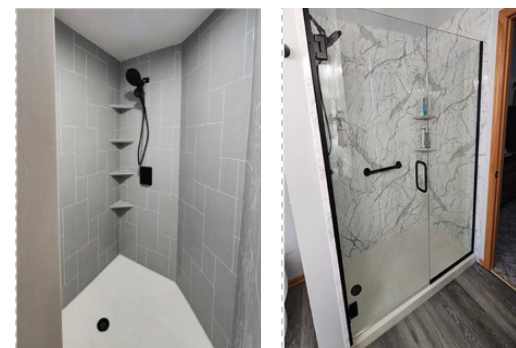
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The Retired Senior Volunteer Program Lead. Inspire. Change the World. Again!



The South Alabama RSVP held their Annual Appreciation Luncheon, recognizing their volunteers from Escambia and Baldwin Counties.

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity and lower mortality rates. One of the key benefits of volunteering is social support, as many seniors are at risk for social isolation and aging-related stresses. Our community needs seniors who can use their skills and abilities honed over a lifetime to benefit the greater good.

RSVP provides Seniors (55 and over) with meaningful and rewarding volunteer experiences in their local community. RSVP is one of the largest volunteer networks in the nation, and the South Alabama RSVP serves Baldwin and Escambia counties. RSVP Volunteers choose how, where, and how often they want to serve, with commitments ranging from a few hours to 40 hours per week. Volunteers receive an orientation and training from the organization where they will serve. And, they receive supplemental insurance while on duty.

There are many diverse

volunteer opportunities to choose from, including: facilitating a Healthy Futures class for Seniors; Friendly Callers to make connections with the isolated and homebound; writing notes to long-term care patients; tutoring youth; helping people reach financial independence; community beautification projects; disaster assistance; and helping non-profit and local communities with special events. RSVP volunteers completed 2,784 tax returns, resulting in more than one million dollars in tax refunds for seniors.

Lead, inspire and change the world! You will experience first-hand what Senior volunteers have found: "Giving back is good for the heart and mind!" South Alabama RSVP has office locations in Daphne and Atmore. Persons interested in volunteering can reach out to Kim Tate at 251-236-3881/ktate@sarpc.org or Dawne Biggs at 251-444-1660 / dbiggs@sarpc.org

Free Tax Preparation Program Saves Seniors Millions

The Retired Senior Volunteer Program (RSVP) Tax Counseling for the Elderly (TCE) program each year recruits and trains volunteers to provide free tax prep for older adults and the disabled in Baldwin and Escambia Counties. The program was a huge success.

By the Numbers:

- 56 volunteers were recruited and trained
- Volunteers completed 2,784 returns
- Taxes were prepared at 10 community sites local sites: Atmore City Hall, Flomaton Public Library, and Poarch Creek Indian Reservation in Escambia County; and Bay Minette Senior Center, Daphne Macedonia Baptist Church, Baldwin County Satellite Courthouse in Fairhope, Orange Beach Senior Activity Center, Baldwin County Satellite Courthouse in Robertsdale, Spanish Fort Public Library, and Foley United Methodist Church in Baldwin County

- Total refunds to clients was more in excess of \$1.9 million.
- Taxpayers were saved \$556,800 in filing fees.

GET INVOLVED IN OUR 2025 TAX PREP PROGRAM

Calling all retirees, college students, community volunteers and even those working part-time...

Preparing taxes is easy and rewarding. Volunteers:

- Receive a daily stipend
- Develop friendships and do meaningful work
- Work from January - April, 1-2 days per week
- Receive training and continual support
- Work with easy-to-use tax software for data entry

Want to learn more? Contact RSVP at 251-444-1660 or email ktate@sarpc.org.

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 Legacy Leadership Institute for Older Adults.

This three-day program is held at the Area Agency on Aging and on the campus of the University of South Alabama, with faculty and staff providing education on aging issues and impactful volunteering. This institute 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 Barbara Estes 251-706-4676 or bestes@sarpc.org

The next Leadership Institute will be held March 24-26, 2025.



2024 Legacy Leadership Institute Graduates

ANNUAL SENIORS EXPOS

The Area Agency on Aging hosts annual Senior Expos. Free to attend and open to the public.

DON'T MISS IT!



DOOR PRIZES

FREE LUNCH & TOTE BAG

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Please call us at 251-433-1895 or visit uampa.com to schedule your appointment.

Senior Nutrition Centers: More Than Just a Meal



The Senior Nutrition Program provides daily lunches - meals with

friends - and education and enrichment program for 25 Senior Centers in Mobile, Baldwin and Escambia County for those 60 and older. These Centers are a gathering place, helping prevent senior isolation and providing a safe space to celebrate special holiday events - and each other. Centers are open Monday through Friday with transportation available in most cases. Recreation is a regular part of Senior Center operations, and each center provides a monthly activities calendar. Many of the centers also offer a variety of activities to promote a healthy lifestyle such as health classes, medical screening, exercise programs and nutritional education. Find Your Center!

We also offer:

Door-to-Door Meals

Nutritious frozen meals delivered to your home for homebound seniors age 60 and older, subject to availability. Donations are encouraged.

Home Delivered Meals

Most of the Senior Nutrition Centers provide delivery of hot meals to homebound seniors. Center managers conduct assessments to determine each person's eligibility. Home delivered meals area subject to availability and the delivery areas are limited. The Home Delivered Meals



Program allows seniors to remain in their homes and also provides them with a daily visit to check on their welfare.

OUR CENTERS

Mobile County: Bayou La Batre Center, Citronelle Center, Creola Center, Dearborn YMCA Center, Dumas Wesley Center, Grand Bay Center, Hillsdale Center, Mount Vernon Center, MOWA Choctaw, Parkway



Center, Prichard Center, Saraland Center, Thomas Sullivan Center, Tillman's Corner Center, Trinity Gardens, Wilmer Center

Baldwin County: Bay Minette Center, Daphne Center, Little River, Loxley Center, Summerdale Center

Escambia County: Atmore Center, East Brewton Center, Flomaton Center, Huxford Center

Property Tax Savings for Senior Citizens in Baldwin County

The Baldwin County Revenue Department works hard to ensure its senior residents get all the property tax exemptions and savings to which they are entitled. Presentations are given throughout the county at senior centers and to various groups and organizations explaining what is available. Each year, letters are mailed to all homeowners who are 65 years and over explaining the various exemptions and encouraging them to visit one of our offices to apply.

Homeowners who are 65 years of age are exempt from the State of Alabama portion of the property taxes (6.5 mills) and may be entitled to more exemptions based on their income and or disability. In addition to these standard statewide exemptions, Baldwin County has an additional exemption commonly known as the "Over 65 Assessment Freeze".

This allows homeowners who are 65 or older, which have had their primary residence in Baldwin County for a minimum of 10 years, to freeze the Assessed Value of their homestead property whereby possibly avoiding any future increases in their property taxes.

With the assessment freeze, property taxes will remain the same unless there is a change in the millage rate, residency, improvements to the property, or ownership. The Over 65 Assessment Freeze helps property owners, especially those on fixed incomes, who would have difficulty with tax increases each year due to increased property values. This legislation was introduced in 2008 by State Representative Joe Faust of Fairhope, and Baldwin County was the first county in the State of Alabama to implement the Over 65 Assessment Freeze.

If you have any questions or need additional information regarding Baldwin County property taxes, please call us at 251-937-0245, or visit any of our 4 satellite locations

(Bay Minette, Fairhope, Foley, Robertsdale) or visit us online at www.baldwincounty.al.gov.

Mobile County Tax Information:

3925 Michael Blvd Suite G
Mobile, AL 36609
(251) 574 8530

Escambia County Tax Information:

Post Office Box 556
Brewton, AL 36427
Atmore: (251)368-8078
Brewton: (251)867-0303

Circle of Friends Program Combats Loneliness

More than half of adults age 60 and older experience social isolation, and this epidemic of loneliness has profound negative impacts on their mental and physical health. A study published in the Journal of the American Geriatrics Society found older people who are socially isolated face a 28 percent greater chance of developing dementia than do their non-isolated counterparts. Persistently lonely Seniors were also more likely to later develop Alzheimer's disease, the most common type of dementia.

Research from the National Council on Aging, AARP and the National Institutes of Health has shown:

- Seniors with strong social bonds have an increased survival rate of 50%
- People with poor social relationships face a 29 percent increased risk for heart disease and a 32 percent increased risk of stroke
- Social isolation can increase the risks of having or dying from heart attacks and strokes, and those with heart disease are more likely to die from the condition
- People with weak social ties are more likely to get diabetes and are less able to manage it. They also are more likely to suffer complications from the disease, such as heart attacks, vision loss, foot problems and kidney damage, regardless of their blood sugar levels

• Poor connections result in depression and anxiety, but those who can confide in someone else have a better chance of staving off depression, even potentially lowering the risk of suicide

Easing Loneliness and Senior Isolation

The Area Agency on Aging has resources to ease loneliness and potentially help combat some of the health risks associated with isolation for those in Mobile, Baldwin and Escambia Counties:

- Circle of Friends Friendly Caller Program - Telephone reassurance program aimed at addressing feelings of social isolation and improving mental and emotional well-being through increased socialization and friendships. Volunteers are recruited and trained to make check-in calls to those who live alone, are homebound, have no family, friends or support system, or would simply like to talk to someone on a regular basis.
- Online resources to include free access to many social, educational and health zoom classes.
- Senior Centers for socialization, health and wellness and enrichment programs

To volunteer for the Circle of Friends program or for more information on all of our programs, please reach out to the Area Agency on Aging staff at 251-706-4680 or 800-243-5463.

New Silver Sweepers Program Needs Volunteers

Silver Sweepers is a new pilot program of the Area Agency on Aging designed to address the many requests we receive in our office from older people who need help with their housework to be able to stay in their own homes. Some of the most common needs as people age are help with housework, meals and transportation. While there are affordable options for meals and rides, there are no services in South Alabama that provide affordable help with housekeeping.

The elderly who struggle to stay in their own homes often cannot keep up with the physical demands of housework. As we age, mopping floors, scrubbing toilets, and vacuuming becomes physically exhausting or even dangerous. And having a cleaner home can help mitigate physical illness and improve overall mental health. Seniors who live in untidy homes can feel less motivated to invite others to visit, leading to social isolation. Standards of cleanliness act as a deterrent to sustaining friendships and making new connections.

The Silver Sweepers Program

Silver Sweepers recruits and trains community volunteers to provide light housekeeping services for lower income seniors 60 and older. Assistance with housekeeping is an essential support for independence for seniors and can help reduce the burden on caregivers. Seniors will also be referred to our resource center for other supportive services. Our goal is to improve quality of life, health and mental well-being, and maintain



Silver Sweepers

dignity and quality of life. There is no charge for the program, but donations are accepted to support continuation of the program.

Silver Sweepers provides our own cleaning products and vacuum, or we can use the clients' products. Housekeeping services include:

- emptying trash
- washing dishes and cleaning kitchen
- cleaning bathrooms
- cleaning bedrooms and changing linens
- light dusting, including ceiling fans
- sweeping/vacuuming floors

For screening for services, contact our Aging Hotline at 251-706-4680 or email info@sarpc.org.

To volunteer, contact Michelle Johnston at 251-444-1670 or aginginfo@sarpc.org

VOLUNTEERS...WE NEED YOU!

We are recruiting volunteers to change the lives of seniors. Volunteers will be trained and placed in senior homes to provide these basic housekeeping services. There are several ways to volunteer:

- Individual volunteer
- Group or Organization. If you are looking for a group project for your church, business or non-profit organization, we can pair your group up in teams.
- Learn a trade while volunteering. Want to start your own cleaning business? We provide the opportunity to learn proper housekeeping techniques and provide resources helpful in starting a small business. You can use your volunteer housekeeping hours as

your hands-on training in the house cleaning industry.

- Residential or Commercial cleaning companies. Business owners can clean the home of a low income senior free or at low cost, and/or let their employees know of this opportunity to volunteer.

We have special incentives for volunteers! In addition to the reward of providing a life changing service to our community's seniors, we also provide: a background check (required) at no cost; orientation and training; flexible scheduling; and a \$25 gift card per house cleaned to offset travel and incidental costs.

We Need Friendly Callers!

We need Seniors who can make quick check-in calls to those who are homebound or isolated. You will be trained by RSVP staff to make light hearted calls to those who just need to connect with a friendly caller.

FROM ONE OF OUR VOLUNTEERS:
"Thank you for putting Miss V and me together. This friendship would never have happened without this program."

TO VOLUNTEER CALL: 251.620.1462

The Circle of Friends program reduces Senior isolation.





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251.621.5890

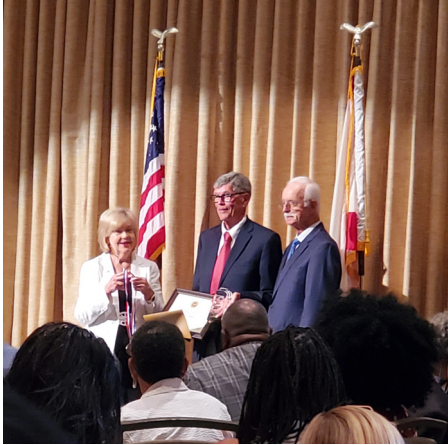



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South Alabama Honorees: State Recognizes Seniors for Improving the Lives of Older Alabamians



Rick Courson was inducted into the Alabama Senior Hall of Fame by Alabama Department of Senior Services Commissioner Jean Brown.

2024 Alabama Senior Citizens Hall of Fame

The Alabama Department of Senior Services Senior Citizens Hall of Fame has honored Alabamians aged 60 and older for their outstanding contribution to the lives of older members in their local communities since 1983. Those selected as Permanent Members of the Hall of Fame were formally recognized for selfless advocacy and dedication of service to others at an official ceremony held on August 11 in Prattville. There were 10 permanent members inducted this year, and honorees include seniors from Mobile and Baldwin Counties who serve as volunteers of the South Alabama Area Agency on Aging programs and services.



Permanent Member - Inductee Rick Courson

Baldwin County - Daphne
Rick Courson of Daphne is the lead tax advisor for the South Alabama Area

Agency on Aging Retired and Senior Volunteer Program (RSVP) in Daphne. He leads a training program for new tax preparers, works overtime to help set up the program, and completes tax returns for local seniors all year. There are 10 tax preparation sites in Baldwin and Escambia Counties. During tax preparation, he has often spotted costly errors in clients' prior year tax returns. He takes the initiative to research and amend returns so that the taxpayer receives needed refunds. Courson also uses his lifelong experience in information technology by setting up printers, routers, and computers for the 56 tax program volunteers. In 2023 and 2024, the program completed more than 5,000 tax returns in Baldwin and Escambia Counties. He is a Baldwin County Emergency Management Agency and FEMA volunteer. During the Covid-19 Pandemic, Courson assisted at local vaccination clinics at several Baldwin County sites. Courson is also a South Alabama Land Trust volunteer and assists with mailouts, clerical duties, and the annual Bald Eagle Bash fundraiser.



Permanent Member - Inductee Peggy Gomez

Mobile County
For 18 years, Peggy Gomez was the manager of the Providence Senior Center. She assisted seniors with bills and transportation to doctor appointments, and conducted workshops that helped senior citizens live safe and fulfilling lives. She assisted families and their caregivers to ensure senior citizens and their families received the information and assistance



Peggy Gomez was inducted into the Alabama Senior Hall of Fame by Alabama Department of Senior Services Commissioner Jean Brown.

they needed. For over 24 years she has worked with seniors and their families through programs such as the South Alabama Regional Planning Commission's Alabama Silver-Haired Legislature to promote the passage of laws that would ensure that seniors have a better quality of life and ensure the protection of seniors. Gomez has served on the Advisory Board of Senior Companions and St. Vincent de Paul Society. She has taught Living Well Alabama Classes, Spanish for Seniors, and typing and computer courses. She has also volunteered numerous hours with the local food bank. She was awarded Senior Center Manager of the Year by the South Alabama Area Agency on Aging and Most Valuable Employee by Providence Hospital.

Distinguished Award Categories

Community Service Award

Marva Malone
Mobile County

Marva Malone has all the characteristics and qualities of a true community volunteer. She has delivered flowers and cards on holidays and birthdays to senior adults and helped prepare and deliver meals to the sick and homebound. She volunteers twice monthly with the Food Pantry Ministry at Corinthian Baptist Church and sings in the church choir. Malone

has volunteered and contributed clothing for the giveaway at the Sunlight District Auditorium for the homeless. She gives subscriptions to magazines to nursing homes and collects and supplies reading materials and other items for the Jail Ministry. Annually, Malone collects and delivers donations for the Fashion Share Project for the State and Southwest Wing of the Alabama State Convention. Malone saves aluminum can tabs and donates them to the Ronald McDonald House fundraiser. She organized a sewing circle that made bibs and lap throws for the local nursing homes and church members. She sponsors donations to the Salvation Army Family Haven Emergency Shelter for battered women and children. Malone has led a Living Well Class sponsored by the South Alabama Area Agency on Aging and led a Disaster Preparedness Program for the community that issued preparedness kits. She is a member of the Central Mobile Chapter of the Alabama Retired State Employees Association.

Military Award

Marvin Langham
Mobile County



Marvin Langham served in World War II with the U. S. Navy for three years in the infantry. He then worked for the U. S. Air Force as an airplane mechanic for 32 years. Langham was awarded an honorable discharge from the U. S. Navy.

He retired to Mobile where he opened up his own electrical company "Langham Electric Service." He was the first Black American to receive his electrical license in Mobile. Langham is an active deacon for the Greater Morning Star Baptist Church (GMBC) in Mobile. He has served as a Sunday School teacher and Sunday School superintendent.

Sill Together After All These Years

The Hall of Fame also recognizes Octogenarians and couples who have been married 65 or more years. Congratulations to Mr. and Mrs. Robert and Ola Mae Brazile and Mr. and Mrs. Maurice and Dorothy Holt. Both couples reside in of Mobile County.

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

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Their work is in three main areas:

1. Conduct Outreach and Education. SMPs give presentations to groups, exhibit at events, and work one-on-one with Medicare beneficiaries to prevent, detect, and report potential Medicare fraud.

2. Engage Volunteers. The SMP program is a volunteer-based program. Protecting older persons' health, finances, and medical identity while saving precious Medicare dollars is a cause that attracts civic-minded people to volunteer for the SMP program.

3. Receive Beneficiary Complaints. When Medicare beneficiaries, caregivers, and family members bring their complaints to the SMP, the SMP makes a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, they make referrals to the appropriate state and federal agencies for further investigation.

Beware of 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 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 Senior Medicare Patrol (SMP) at 251-706-4680!





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8822 County Road 64
Daphne, Alabama 36526
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Fax: 251-990-3729



MT. VERNON
19170 US-43
Mt. Vernon, Alabama 36560
Phone: 251-265-1561
Fax: 251-265-1562

WEST MOBILE
3809 Moffett Road
Mobile, Alabama 36618
Phone: 251-301-9800
Fax: 251-431-0576

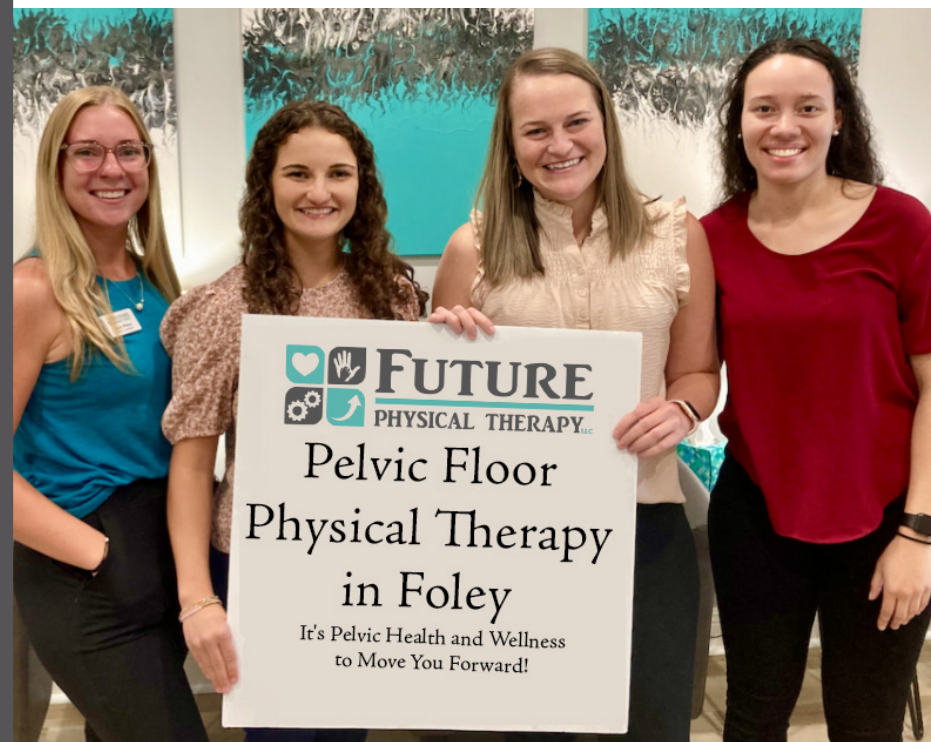
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The Opioid Crisis Is Causing Grandparents to Become Parents Again



The devastating impact of the opioid epidemic on families has not only increased the number of Grandfamilies (families where

grandparents serve as parents), but also has created additional financial, mental and physical burdens for seniors who are serving as the heads of these families. Pediatrician Dr. Marsha Raulerson has seen first-hand the impact on Grandfamilies. Dr. Raulerson retired six years ago from 40 years in general pediatric practice and is now the sole provider at Lower Alabama Pediatrics in Escambia County (Brewton). Out of Dr. Raulerson's 100 patients, half are currently being raised by grandparents due to the opioid epidemic. Dr. Raulerson starting noticing a change in her patients about 10 years ago. "I was seeing more and more children who had parents that were not stable enough to care for their children. Some even ended up incarcerated due to opioid addiction," said Raulerson. "The family structure was being torn apart and these youth were developing more acute problems."

Children of substance abusing parents quite often end up being raised by grandparents, other relatives or in foster care. But, placing children in foster care situations is not typically the best option. Children raised in foster care have a 50% chance of not graduating high school. They also are significantly more likely to become homeless, incarcerated, unemployed or addicted to substances themselves.

The best option is keeping children in kinship families and avoiding foster care. Grandparents are creating these new family units, regardless of the hardship it may create for seniors. For every one Alabama child in foster care because of addictive parents, there are 85 being raised by relatives. Grandparents, or other relatives, can provide a safe, nurturing, and structured home for these children whose lives have been turned upside down. Having an adult to provide unconditional love leads to a much brighter future for children.

However, children often arrive in their new family situation traumatized, scared and with challenging behaviors that grandparents have to deal with. "Even some great

grandparents are now serving as primary caregivers, and I am seeing these caregivers raising multiple children dealing with a variety of problems" Raulerson said.

Even though research shows that children who cannot remain with their parents do best with relatives, Grandfamilies are often not given access to the same supports and services that traditional unrelated foster families receive. The sudden responsibility can result in legal issues, food insecurity, crowded living spaces, and the caregiver's loss of freedom. Often, grandparents are on a fixed income and cannot meet their financial needs. Because of limited income, the children miss out on team sports, band, a senior prom or field trips. They also have limited access to some medical care for things like dental work not paid for by Medicaid.

"These primary caregivers are buying school uniforms and supplies, registering them for school, driving them to doctors' appointments and sports, often while battling physical problems related to their age and incurring additional expenses," Raulerson added. "If we don't support these families now, we will have a new generation repeating the same patterns," said Raulerson.

Future Focus on Supporting Grandfamilies

Dr. Raulerson is modeling her advocacy work on Step Up Parents, a nonprofit organization in New Hampshire and Maine helping kinship caregivers who are raising grandchildren of drug addicted parents. She and community health leaders are launching a pilot program serving south and north-west Alabama in the Fall of 2024. Funding for the pilot program will be provided by opioid settlement funds granted to the Alabama Department of Mental Health.

The Area Agencies on Aging serve seniors, caregivers and kinship caregivers and will be a partner in these efforts. For information on available services in Escambia, Baldwin and Mobile counties contact us at 251-706-4680.

Alabama Silver-Haired Legislator



The Alabama Silver-Haired Legislature ASHL is modeled after the Alabama House of Representatives and is elected by peers in their districts. These seniors advocate for important senior issues and introduce resolutions at the state level. The local ASHL delegation is comprised of 14 members from Mobile, Baldwin and Escambia Counties. ASHL issues include increasing programs for mental health and abolishing payday lending. Pictured at their regular meeting.

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SENIOR DIRECTORY

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. We are located at 110 Beaugard Street (GM&O Building), Suite 207, Mobile, Alabama 36602. Office hours are Monday – Friday 8:00 a.m. to 4:30 p.m. Call the Aging Hotline at 251-706-4680 for an appointment.

LOCAL AGING INFORMATION AND REFERRAL

Aging and Disability Resource Center/Area Agency on Aging

251-706-4680
800-243-5463
www.agingsouthalabama.org
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.baldwincountyal.gov

Escambia County Agency on Aging

251-368-1032, Ext 102
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
www.ilcmobile.org

National Eldercare Locator (Locate Area Agency on Aging in your state)

800-677-1116
www.eldercare.gov

United Way Information and Referral Mobile

251-433-3624
www.uwsa.org

AGING ORGANIZATIONS - NATIONAL AND STATE

AARP Alabama

866-542-8167, 888-687-2277
www.aarp.org

Alabama Department of Senior Services

1-800-243-5463
www.alabamaageline.gov

American Society on Aging

800-537-9728
www.asaging.org

National Committee to Preserve Social Security and Medicare

202-216-0420
www.ncpssm.org

National Council on Aging

571-527-3900
www.ncoa.org

Administration for Community Living

202-401-4634
www.acl.gov

EMERGENCY RESPONSE SYSTEMS

Acadian Monitoring Services

1-855-222-3426
www.acadianmonitoringservices.com

Alert 1

1-877-959-7781
www.alert-1.com

Lifeline

855-681-5351
www.lifeline.phillips.com

LogicMark

Guardian Alert 911
Pendant acts like a phone, calling for emergency assistance
800-519-2419
www.logicmark.com

Project LifeSaver (Wandering)

Mobile County: 251-574-2423
Baldwin County: 251-972-8545
Escambia County: 251-809-0741
www.projectlifesaver.org

EDUCATIONAL PROGRAMS

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

Bishop State Community College*

Mobile County
251-405-7000
www.bishop.edu



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BrennityDaphne.com

27440 County Rd. 13, Daphne, AL 36526

THE BRENNITY
AT FAIRHOPE

ASSISTED LIVING

251.237.9065

BrennityFairhope.com

50 Spring Run Dr., Fairhope, AL 36532

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

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

Government Street Presbyterian

251-432-1749

Mom's Meals

877-508-6667
www.momsmeals.com

City of Satsuma

251-675-1440

Springhill Baptist/Wheel a Meal

251-689-6574, 251-342-5320

Springhill Presbyterian Church

251-342-1550, 251-689-6574

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

251-968-5256
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
251-580-1824

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

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
www.cityofchickasaw.org

City of Mobile Adult Center

Mobile County
251-666-3922

Connie Hudson Mobile Regional Senior Community Center

Mobile County
251-208-6167
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

G. P. Thames Senior Center (Robertsdale)

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

Saraland Senior Center

Mobile County
251-679-5511
www.saraland.org/senior-center

Satsuma Senior Program

Mobile County
251-675-1440 ex.304
www.cityofsatsuma.com

Semmes Senior Center

Mobile County
251-649-2010
www.cityofsemmesal.gov

Spanish Fort Senior Center

Baldwin County
251-410-6523
www.cityofspanishfort.com/seniorcenter

Via Health, Fitness and Enrichment Center

Mobile County
251-478-3311
www.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.touchingheartsseniorcare.com

Haven Memory Care – Gulf Shores

251-923-2800
www.communityseniorlife.org

Parkway Senior Center Caregiver Support Group

251-479-8096

The Long Good Bye

Dauphin Way United Methodist Church
Mobile County
251-378-7524
www.dauphinwayumc.org

OTHER SUPPORT GROUPS**Southwest Alabama Alcoholics Anonymous**

Mobile County: 251-479-9994
www.mobileaa.org
South Baldwin County: 251-216-1182
gulfoostaa.org
Eastern Shore: 251-301-6773
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.aicdb.org

Alabama Kidney Foundation

Mobile County
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

Epilepsy Foundation of Alabama

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

Financial Resources - Housing

Catholic Social Services
Mobile County
251-434-1550
www.catholicsocialservices.org/home-repairs

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

Parkway Senior Center Caregiver Support Group

251-479-8096

Providence Hospital Diabetes Center

251-266-1987
www.healthcare.ascension.org

Widowed Persons Services

Mobile, Baldwin and Escambia Counties

251-470-6866

www.widowedmobile.org

TRANSPORTATION**AARP Driver Safety Program**

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

Baldwin Rural Area Transit System (BRATS)

251-972-6817, 251-937-0355
www.baldwincountyal.gov/departments/BRATS

City of Chickasaw – Senior and Disabled Van

251-452-6464, 251-452-6450

City of Saraland – Senior and Disabled Van

251-375-5439

Escambia County Alabama Transportation System (ECATS)

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

GoGo Grandparent

855-464-6872
www.gogograndparent.com

Medical Transport of Alabama

888-318-6362, 888-599-2050

Taylor's House of Camellias LLC

251-225-4440

The WAVE (City of Mobile)

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

ZTrip Mobile

251-476-7711, 877-662-2384
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, 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)
www.alabamaageline.gov

Area Agency on Aging/SARPC

Mobile, Baldwin and Escambia Counties
251-706-4680, 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. Make friendly calls to homebound seniors - Circle of Friends)

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.
www.libguides.southalabama.edu/legacy
Mobile County Sheriff's Volunteer Corp
251-574-2415

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
VGP HOTLINE: 251-478-3311
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.
www.viamobile.org/volunteeguardianprogram

Volunteers of America Southeast

251-300-3500, 800-859-4431
Provides a wide variety of volunteer opportunities.
www.voase.org

WELLNESS PROGRAMS**Area Agency on Aging Bingocize**

251-445-3826
Combines the game of bingo with health education and exercise

Ascension Wellness Center

Mobile County
251-266-2090
www.healthcare.ascension.org

Connie Hudson Mobile Regional Senior Community Center

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

Homestead Village Wellness Center

Baldwin County
251-929-0260

Infirmary 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.infirmaryhealth.org/services/infirmary-fitness-centers

James P. Nix Senior Center

Baldwin County
251-928-2835
www.fairhopeal.gov/services/james-p-nix-center
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.southbaldwinmc.com/senior-circle-program

Senior Olympics

Statewide
205-607-0504
www.alseniorolympics.org

Senior Spirit, Providence Hospital

Mobile County
251-633-1696 press #2
www.healthcare.ascension.org

Via! Health, Fitness and Enrichment Center

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

YMCA

Bounds Family YMCA (Daphne):
251-626-0888
Brewton Area YMCA: 251-867-9622
www.brewtonareaymca.org
Dearborn YMCA (Mobile): 251-432-4768
www.dearbornymca.org
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
www.alabar.org

Area Agency on Aging Legal Assistance

251-706-4680

Davis and Fields, PC

Baldwin County
251-621-1555
www.davis-fields.com/

Galloway, Wettermark & Rutens

Robert Galloway
Mobile and Baldwin Countyies
251-476-4493
www.gallowayllp.com

Gulf Coast Elder Law, LLC

Stephanie L. Booth
Special Needs Planning
251-445-7000

Kyla G. Kelim

Baldwin and Mobile Counties
251-281-8120
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

Lusk Law Firm

Robert E. Lusk, Jr.
251-471-8017
www.lusklawfirmllc.com

Mobile Bar Association

251-433-9790
www.mobilebarassociation.com

South Alabama Volunteer Lawyer Program

Mobile and Baldwin Counties
251-438-1102, 855-997-2857
www.savlp.org

The Ladd Firm, LLC

251-431-6014
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

Alabama Attorney General

334-242-7300
www.alabamaag.gov

Alabama Securities Commission

334-242-2984
www.asc.state.al.us

Center for Fair Housing, Inc.

251-479-1532
www.southserves.southalabama.edu

Charity Navigator

201-818-1288
www.charitynavigator.org

District Attorney's Office

Baldwin County: Robert Withers
251-937-0274
www.baldwincountydistrictattorney.com
Escambia County: Stephen Billy
251-867-0239
www.co.escambia.al.us
Mobile County: Ashley W. Rich
251-574-8400
www.mobileda.org

Long Term Care Ombudsman Program

Mobile, Baldwin and Escambia Counties

251-706-4666, 800-243-5463

Medicare Fraud

251-706-4680, 800-633-4227
TTY 877-486-2048
www.medicare.gov/forms-help-resources/help-fight-
medicare-fraud

US Dept. of Health and Human Services - OIG

www.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
Baldwin County: 251-972-6807
www.baldwincountyal.gov
Escambia County: 251-867-0232
www.myescambiacounty.com/beready

United Way

211

EMPLOYMENT**Goodwill Easter Seals Senior Aides**

Senior Community Service Employment Program (SCSEP)
Mobile, Baldwin and Escambia Counties
251-300-6273
www.gesgc.org

SARPC Senior Aide / SCSEP Program

251-433-6541
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
www.alabamaworks.alabama.gov

FINANCIAL ASSISTANCE**Alabama Center for Dispute Resolution**

334-356-3802
www.alabamaadr.org

**Alabama Elderly Simplified Application
Program**

SNAP 60+
251-706-4680
www.agingsouthalabama.org/seniors-snap/

American Red Cross

Mobile/Baldwin/Foley: 251-544-6100
Atmore: 251-368-3643
www.redcross.org

Benefits Enrollment Center

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

Christian Service Center

Gulf Shores, Orange Beach, Ft. Morgan

251-968-5256

www.cscgs.com

Community Action Agency

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

Credit Bureaus

Equifax: 888-378-4329
www.equifax.com
Experian: 800-831-5614
www.experian.com
Trans Union: 855-681-3196
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**

866-684-1575
Mobile: 251-450-6955
Baldwin: 251-945-2400
Escambia: 251-809-2000
www.dhr.alabama.gov

Independent Living Center of Mobile

251-460-0301
www.ilcmobile.org

Legal Services Alabama

866-456-4995
Natural Disaster Hotline: 877-393-2333
www.legalservicesalabama.org

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

251-602-0909
www.lifelinesmobile.org

Love All Pantry

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

North Baldwin Ecumenical Association

251-937-8115
Tuesdays & Thursdays only, 9 a.m. - 12p.m.

Prodissee Pantry

Mobile County
251-626-1720
www.prodisseepantry.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

www.uwswa.org

Via Health, Fitness and Enrichment Center

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

HOME REPAIR & WEATHERIZATION**Catholic Social Services**

Mobile County
251-434-1550
www.catholicsocialservices.org/home-repairs

Community Action

Mobile County: 251-457-5700, 251-829-6362
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

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

Southwest Habitat for Humanity

251-476-7171
www.habitatswalabama.org
Baldwin County: 251-943-7268
www.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 Department

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
www.pureliferx.com



UPCOMING EVENTS

Art Market Gulf Shore Pres. Church
Nov. 2, 2024

Christmas open house at the gallery
Nov. 23, 2024

Classes Available By Appointment



251.948.2627
gulfcoastartsalliance@gmail.com
GCAA-AL.org

225 East 24th Ave
Waterway Village, Gulf Shores

Monday-Saturday 10:00 am to 5:00 pm



WATERWAY VILLAGE

The Hope Center
251-455-2273
www.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, 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)
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)
www.medicare.ascensioncomplete.com

Blue Cross Blue Shield of Alabama
888-627-4715 (TTY 711)
www.bcbosal.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

Simpra Advantage
844-637-4770
833-312-0044 (Teletypewriter)
www.simpra.com

United Healthcare
844-818-2961 (TTY 711)
www.uhc.com

Viva Medicare Plus
888-830-8482
www.vivahealth.com

Wellcare
866-527-0056
www.wellcare.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
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
www.aldadental.org

Baldwin Denture Center, LLC
Baldwin County
251-621-9404

www.facebook.com/Baldwin-Denture-Center

Brewton Family Dental Center - Franklin Primary

251-867-8020
www.franklinprimary.org

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
www.mchd.org/familyhealth-services

U-Save Dentistry (Dentures)

Mobile County
251-338-3204
www.mchd.org/familyhealth-services

Victory Health Partners

251-460-0999
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 County
251-471-1581
www.gesgc.org

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
www.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
Vocational Rehabilitation Services: 251-479-8611, 800-671-6842

Alabama Institute for the Deaf and Blind

Mobile, Baldwin and Escambia Counties
251-432-7777
www.aidb.org/mobile

Veteran's Hearing Aides

Outpatient Center
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.aa.org
Gulf Coast: 251-216-1182
www.gulfcoastaa.org
Eastern Shore: 251-301-6773
www.easternshoreaa.org
Spanish Helpline: 205-432-8906

Alta Pointe Health Systems

251-450-2211, 888-335-3044
www.altapointe.org

Bright Haven Therapy

251-308-4004
www.brighthavetherapy.com

Catholic Social Services

Mobile: 251-434-1500
Robertsdale: 251-947-2293
www.catholicsocialservices.org

Department of Veterans Affairs

VA Outpatient Clinic, Mobile: 251-219-3900
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.missionofhopeminstries.net

North Baldwin Infirmary

251-937-5521, Senior Behavioral Health: 251-580-1770
www.infirmarhealth.org

See me for Open Enrollment Oct 15 - Dec 7

48% of Americans have some type of cardiovascular disorder.

There are Medicare plans now to help you manage these conditions. They can help lower your copays, enjoy a gym membership and promote healthy eating habits with a generous food benefit that is included with your insurance. **No need to change your physicians with this plan.** This is also available for diabetics too. See the details with **Renee James at Insurance Specialist today.**

CALL RENEE TODAY, 251-943-2728



OneWay Restoration

Mobile County
251-217-8675, 251-217-8728
www.onewayrestoration.site

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**

Mobile County
251-479-8611, 334-293-7500
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.csvrlowvision.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
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
www.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
www.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. John Dixon, MD**

Does not accept Medicare
Saraland
251-675-4733

Dr. Kristin Kalmbacher

Does not accept Medicare
251-517-1050

Dr. Lloyd May, MD**Dr. John B. Howell, IV, MD**

Dr. Sarah Joiner, 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: BayPoint Hospital**

Mobile County
251-450-2211
www.altapointe.org

Comprehensive MedPsych Systems

251-662-9466
www.medpsych.net

East Pointe Hospital (Adult)

Daphne
251-378-6500

www.altapointe.org

East Bay Psychiatry

Fairhope
251-928-4750
Mobile Infirmary
Senior Behavioral Health
251-435-5153
www.infirmarhealth.org

North Baldwin Infirmary

Senior Behavioral Health
251-580-1770
www.infirmarhealth.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
www.goldenruleseniorcare.com

Grandfriends Via!

Mobile County
251-470-5228, 251-470-5232
www.viamobile.org

Nursetel Alabama Senior Center

Baldwin County
251-264-3009
www.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
www.carillonoaks.com
Country Place Senior Living of Brewton
251-809-3550
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
www.knollwoodpointe.com

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

Proveer at Heritage Woods

Mobile
251-665-9063
www.proveeratheritagewoods.com

Proveer at Port City Assisted Living

Mobile
251-380-0053
www.proveeratportcity.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 County
251-200-5700
www.seagrassvilagegs.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.havenmemorycare.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
www.meadowsatmore.com

The Meadows of Brewton

Escambia County
251-809-0227
www.meadowsbrewton.com

The Summit

Atmore
251-368-0270
www.thesummitofatmore.com

**Vitality Living Regency Assisted Living
Vitality Living Regency Specialty Care***

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

**HOUSING - INDEPENDENT LIVING
(MARKET RATE)****Arbours at Pierce Creek**

Mobile County
251-473-0822
www.piercecreek.com

Brennity of Fairhope

Baldwin County
251-250-1870
www.brennityfairhope.com

Brookside Senior Living

Mobile County
251-776-5999
www.livingatbrookside.com

Gordon Oaks

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

Homestead Village of Fairhope

Baldwin County
251-929-0250
www.hvfairhope.com

Live Oak Village

Baldwin County
251-943-6733
www.communityseniorlife.org/live-oak-village

Sandlewood Apartment Homes

Baldwin County
251-947-1186
www.rentrobertsdale.com

Sea Grass

Daphne: 251-306-8486
www.seagrassvillagedaphne.com
Gulf Shores: 251-306-8123
www.seagrassvillagegs.com

Somerby

Mobile County
800-949-7614
www.somerbyseniorliving.com

University Oaks

Mobile County
800-322-0999
www.holidaysseniorliving.com

Westminster Village

Baldwin County
251-501-3476
www.actretirement.org

DISABLED

Independent Living Center of Mobile
Physical and mental disabilities
251-460-0301
www.ilcmobile.org

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

Bayou La Batre: 251-824-1895
Citronelle: 251-866-3000
Daphne: 251-626-9228
Mobile: 251-666-5696, 251-661-3732
Theodore: 251-653-9880
Saraland: 251-679-0770
Semmes: 251-645-2405
Fairhope: 251-928-7352
www.ahepaseniorliving.org

Anderson-Fisher Apartments

(physical disabilities only)
Mobile County
800-466-7722 x. 240

www.ahepaseniorliving.org

Arbours at Satsuma Senior Living

Mobile County
251-348-7002
www.arbourvalley.com/communities

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
www.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

Chickasaw Housing Authority

Mobile County
251-457-6841
www.chickasawha.com

Cottonwood Senior Apartments

Mobile County
251-661-9887
www.cottonwood-senior-apartments.com

Crepe Myrtle Village Apartments

Escambia County
251-867-7997

Dauphin Gate Apartments

Mobile County
251-473-7224

Downtown Renaissance

Mobile County
251-694-9058
www.mobilehousing.org

Driftwood Acres Apartments

Mobile County
251-471-1061
www.driftwoodacresapts.com

Emerson Gardens

Mobile County
251-434-2293
www.mobilehousing.org

Foley Housing Authority

Baldwin County
251-943-5370
www.foleyha.org

The Gardens at Wellington Apartments

Mobile County
251-287-0504
www.gardensatwellingtonapts.com

Highpoint VOA Elderly Housing

Mobile County
251-300-2380
www.voase.org/highpoint-apartments

Mobile County Housing Board

Mobile County
251-434-2200
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
www.prichardhousing.com

Rendu Terrace Senior Apartments

Mobile County
251-300-2342
www.voase.org/rendu-terrace

Ridge Manor Apartments

Mobile County
251-283-0111 ext.161

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

Baldwin County
251-580-3333

**HOSPICES SERVICE IN THE HOME
Alabama Hospice Care of Mobile**

251-809-1717
www.lhcgroup.com

ASERACARE

Mobile and Baldwin Counties: 251-343-0989
Escambia County: 251-800-7473

www.aseracare.com

Comfort Care Hospice

Mobile County: 251-304-3135
Baldwin County (Fairhope): 251-621-4229
Baldwin County (Foley): 251-621-4431
Escambia County: 334-427-4000
www.comfortcarehospice.com

Community Hospice of South Alabama

Baldwin County: 251-943-5015
Bay Minette: 251-937-7330
Foley: 251-943-5015
Mobile County: 251-333-9335
www.communityhospiceal.org
Covenant Care
Mobile County: 251-478-8671
Baldwin County: 251-626-5255
Escambia County: 251-867-6993
www.choosecovenant.org

Encompass Home Health and Hospice

Mobile County: 251-666-2399
Main: 251-661-5313
www.encompasshealth.com

Gentiva Hospice

Mobile: 251-478-9900
Daphne: 621-2500
www.gentivahs.com

Saad Hospice Services

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

Southern Care Hospice

Mobile: 251-666-2113
Baldwin: 251-621-2844
Escambia: 251-368-1101
www.southerncarehospice.com

Springhill Home Health and Hospice

Mobile: 251-725-1268
Baldwin: 251-626-5895
www.springhillhomecare.com/hospice-care/

St. Joseph Hospice

251-675-7555
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

Arabella Health and Wellness of Mobile

Mobile County
251-479-0551
www.arabellahcm.com

Arabella Health and Wellness of Fairhope

Baldwin County
251-928-2177
www.arabellahcm.com

Atmore Nursing Center

Escambia County
251-368-9121
www.crownemanagement.com/atmore
Ashland Place*
Mobile County
251-471-5431
www.ashlandplacehealthandrehab.com

Crowne Healthcare of Citronelle

Mobile County
251-866-5509
www.crownehealthcare.com/citronelle

Crowne Healthcare Of Mobile County*

Mobile County
251-473-8684
www.crownehealthcare.com/mobile

Crowne of North Baldwin

Baldwin County
251-937-3501
www.crownehealthcare.com/northbaldwin

Crowne Healthcare of Springhill

Mobile County
251-304-3000
www.crownehealthcare.com/springhill

Diversicare of Foley*

Baldwin County
251-943-2781
www.dvcr.com/locations/foley/

Eastern Shore Rehabilitation and Health Center

Baldwin County
251-621-4200
www.nolandhealth.com/communities/eastern-shore

Fairhope Health & Rehab Center

Baldwin County
251-928-2153
www.nolandhealth.com/communities/fairhope-health-and-rehabilitation

Grand Bay Convalescent Home Inc.

Mobile County
251-865-6443
www.grand.b.home.com

Gulf Coast Health and Rehabilitation

Mobile County
251-634-8002
www.gulfcoasthealthandrehab.com

Kensington Health and Rehab

Mobile County
251-433-5471
www.kensingtonhrc.com

Knollwood Healthcare

Mobile County
251-661-7608
www.knollwood-hc.com

Little Sisters Of The Poor Sacred Heart Residence

Mobile County

251-476-6335
www.littlesistersofthepoormobile.org

Lynwood Nursing Home*

Mobile County
251-661-5404
www.lywoodnursing.com

Mobile Nursing & Rehabilitation Center

Mobile County
251-639-1588
www.mobilerehabcenter.com

North Mobile Health & Rehabilitation Center*

Mobile County
251-452-0996
www.northmobilerehabcenter.com

Palm Gardens Health and Rehabilitation

Mobile County
251-450-2800
www.palmgardenshealthandrehab.com

Robertsdale Rehabilitation and Healthcare Center

Baldwin County
251-947-1911
www.ballhealth.com

Springhill Senior Residence

Mobile County
251-343-0909
www.springhillmedicalcenter.com

Twin Oaks

Mobile County
251-476-3420
www.ballhealth.com

West Gate Village

Escambia County
251-867-6077
www.crownehealthcare.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
www.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

Center Well Home Health

Mobile County: 251-316-0917
Baldwin County (Daphne): 251-621-0882
Baldwin County (Foley): 251-943-3002
www.centerwellhomehealth.com

Comfort Keepers

Mobile County: 251-519-2948
Daphne: 251-621-5555
Foley: 251-861-1767
www.comfortkeepers.com

D W McMillian Home Health

Escambia County
251-867-5054
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
251-300-8515, 866-481-5540
www.firstlighthomecare.com

Golden Rule Senior Care

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

Gracepoint Home Care

251-317-9555
www.gracepointcare.com

Gulf Coast Dementia Services Inc.

251-355-9123
www.gulfcoastdementiaservices.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, 251-380-6969
www.imperialhomecareservices.com

In Home Caregivers of Alabama

251-265-3893

Infirmiry Home Care of Mobile

251-450-3300
www.lhcggroup.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
www.movetobetterhealth.com

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 Counties
251-776-2786
www.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
www.lhcggroup.com

Veterans Affairs Out-Patient Clinic

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



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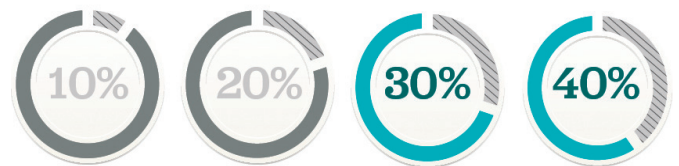
of patients experience a significant improvement in their quality of life when their hearing improves.

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80% do nothing about it.

Those with **untreated hearing loss** experience a **30-40%** greater decline in thinking abilities compared to those without hearing loss.



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