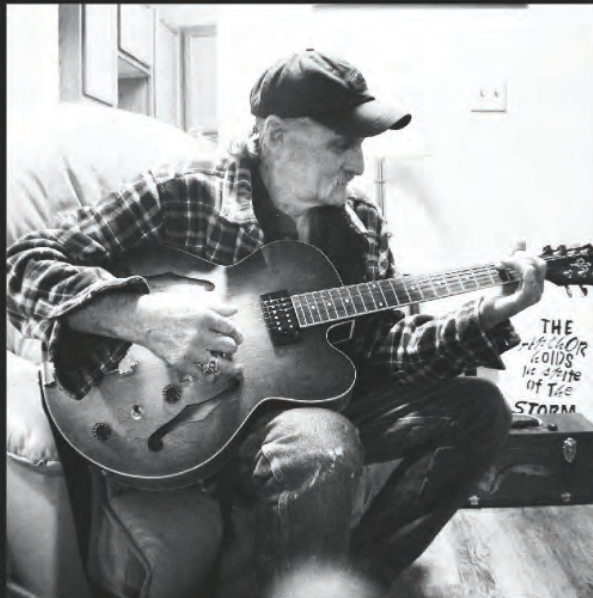


FREE! TAKE ONE!

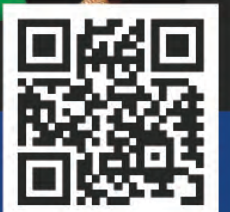
# WEST ALABAMA Resource Directory

SUMMER 2023-2025

Serving Older & Disabled Individuals  
and their families



Active Living, Community Resources, Caregiving, Health Services,  
Housing, Financial & Legal, Planning Ahead





# VIBRANT Senior Living designed for you and your lifestyle.

**Tuscaloosa's newest retirement option** is a spectacularly designed community where uplifting experiences meet comfortable living. At The Crossings at North River, you'll be greeted with beautifully landscaped grounds, multiple dining venues, top-notch services and amenities, stylish gathering spaces and a fun-filled calendar of activities, live entertainment and guest speakers. Enjoy freedom, flexibility, fulfillment and a chance to celebrate every day at The Crossings.

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200 George Hall Lane | Tuscaloosa, AL 35406 | [TheCrossingsAtNorthRiver.com](http://TheCrossingsAtNorthRiver.com)

Independent Living | Assisted Living | Memory Care

ALF #D6323  
SCALF #P6308



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# WHAT IS AN AREA AGENCY ON AGING?

The Older Americans Act of 1965 laid the foundation for the development of services that make it easier for older persons to live independently in their own homes and communities. The act established a national aging network designed to respond to the needs of older adults. Through amendments to the act in 1973, states were required to establish Area Agencies on Aging (AAA) to coordinate federal and state programs at the local level. Since that time, the network has grown to include the U.S. Administration on Aging, State Units on Aging, and more than 650 Area Agencies on Aging throughout the United States.

An Area Agency on Aging is a public or private non-profit agency designated by the State to carry out the Older Americans Act at the local level. Like its counterpart at the State level, an Area Agency on Aging serves as both the advocate and visible focal point in its planning and service area to promote the development of more comprehensive and coordinated service systems to serve older individuals and disabled persons.

Staff of the Area Agency on Aging are available to assist seniors and/or disabled individuals and their families and/or caregivers in coordinating resources and services that will enable the client to maintain their independence as long as possible. Through direct services and contracts with various service providing agencies throughout the region, the Area Agency on Aging provides numerous programs and services designed to meet the needs of older West Alabamians and disabled individuals.

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For distribution, advertising or listing information, please contact Michelle Carter at: [michelle.carter@westal.org](mailto:michelle.carter@westal.org) or 205-333-2990 ext. 202. This resource directory is published every two years and is distributed free across West Alabama. This directory and its content are intended to provide an overview of resources available in West Alabama. It is not meant to provide an exhaustive list of all available resources. Likewise, the inclusion of any advertising, logos or contact information in this directory does not constitute an endorsement by the Area Agency on Aging of West Alabama (AAAWA) of the products, services or organizations advertised. Please contact the AAAWA with specific questions or for connections to services in the West Alabama area.

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# WEST ALABAMA REGIONAL COMMISSION'S Area Agency on Aging

West Alabama Regional Commission (WARC) houses the Area Agency on Aging (AAA) serving Bibb, Fayette, Greene, Hale, Lamar, Pickens and Tuscaloosa counties. To make a referral for any AAA program, or for more information, call 205-333-2990, 1-800-432-5030 or visit our website at [www.westalabamaaging.org](http://www.westalabamaaging.org). You can also make a referral online through our website or by emailing [aaareferral@westal.org](mailto:aaareferral@westal.org).

If you live outside of our coverage area, call 1-800-AGELINE to locate your nearest Area Agency on Aging.

WARC's physical address is:  
4200 Hwy. 69 N., Northport, AL 35473  
Our mailing address is:  
P.O. Box 509, Northport, AL 35476.



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[www.westalabamaaging.org](http://www.westalabamaaging.org)



# AREA AGENCY ON AGING PROGRAMS

## Aging & Disability Resource Center (ADRC)

Our information and referral services offer aging and individuals with disabilities assistance in understanding how their needs, preferences, and unique situations translate into locating services and benefits available in West Alabama. Assistance is available by phone, e-mail, or in person.

6

## Here to Help

### GET CONNECTED TO INFORMATION, ASSISTANCE AND REFERRALS

“Get Connected” and call our Aging and Disability Resource Center (ADRC) at 205-333-2990 or 1-800-AGELINE or visit us online at [www.westalabamaaging.org](http://www.westalabamaaging.org).

#### What we do for Older Adults, Disabled Individuals and their Caregivers:

- Screen for available benefits and services
- Benefits enrollment
- Case management
- Education
- Medicare counseling
- Long-term care support and services
- Nutrition
- Caregiver assistance
- Referrals to local programs and/or services
- Application Assistance



## Alabama Cares Program

Supports family caregivers in an effort to keep families together and allows their loved ones to remain at home instead of moving to costly long-term care facilities. For more information on Caregiver Assistance available through the Area Agency on Aging, please refer to page 24.

#### Services include:

- Information on available services
- Assistance in gaining access to services
- Education, counseling, support groups, and caregiver training
- Respite care to provide a temporary relief or break
- Supplemental services, on a limited basis, to complement the care provided

## The eligibility categories are:

- A primary caregiver for an older person age 60+ or any age if person has Alzheimer's disease or a related dementia
- A grandparent or relative caregiver, age 55+ for a child age 18 or younger or an adult child age 19-59 with a severe disability

## Health Promotion Classes & Benefits

Our Agency has certified staff members who teach a variety of Evidence-Based Programs (EBPs). These programs offer proven ways to promote health and prevent disease among older adults. These EBPs are based on research and provide documented health benefits. Older adults who participate in EBPs can lower their risk of chronic diseases and falls, or improve long-term effects of chronic diseases, stress or falls.

- **A Matter of Balance:** This four to eight week program is proven to reduce fall risk and fear of falling, improve fall self-management, develop fall self-efficacy and promote physical activity.
- **Stress Busting Program for Family Caregivers:** This nine week program aims to improve the quality of life of family caregivers who provide care for people with Dementia or a chronic illness by helping caregivers learn about stress and its effects, practice stress management techniques, and develop problem solving skills.
- **BINGOcize:** Bingocize® is a 10-week, evidence-based health promotion program that combines exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get seniors moving and socializing.



## Home & Community Based Services Waiver Program

- **Elderly & Disabled Waiver \*\*\***
- **ACT: Alabama Community Transition Waiver \*\*\***
- **TA: Technology Assisted Waiver**

Provides services for elderly and disabled low-income people, who, without assistance, might have to be cared for in a nursing home, but choose to stay in their home.

To qualify for the program, individuals must have an income up to 300% of the Federal Poverty Level and meet certain standards of medical need established by Medicaid.

The Medicaid Waiver Program provides clients the following services, which are paid for by the Alabama Medicaid Agency:

- **Case Management** – coordinates services, provides needs assessments and information, and assists with referrals, benefits, and entitlements.
- **Homemaker Services** – general household activities, which include meal preparation, food shopping, errand running, and routine household care.

## 8 HERE TO HELP

- **Personal Care** – bathing, dressing, ambulating, light housekeeping, emotional security, feeding, and supervising the self-administration of medications.
- **Respite Care** – provided to individuals unable to care for themselves on a short-term basis, offering relief to the person normally providing the care.
- **Home-Delivered Frozen Meals** – delivered to the home once per week. The client must have a microwave or oven for heating the meals and freezer space for storage.
- **Companion Services** – provides supervision to functionally impaired adults who live alone and need assistance with housekeeping and personal grooming tasks.
- **Skilled Nursing** – a service which provides skilled medical observation and nursing services by a Registered Nurse or Practical Nurse.



\*\*\* The Area Agency on Aging of West Alabama continues to hold NCQA Accreditation of Case Management for LTSS for the E&D Waiver and ACT Waiver programs.

### In-Home Service Program

In-Home Services assist homebound individuals age 60 and older with shopping, minor chores and other homemaking activities if the senior is unable to do these tasks. This service is available on a limited basis.

### Legal Services Program

As a part of the Older American Act, Legal Services Alabama contracts with the Area Agency on Aging of West Alabama to provide free legal assistance to persons 60 and older. Legal Services Alabama provides assistance with advanced health care planning tools like power of attorney and living wills. They may also assist with housing issues, fraud, long-term care, health care, public benefits, protective services and similar topics.

No fees are charged for the service, but donations are welcome. Visit the Legal Services Alabama website for more information

[www.legalservicesalabama.org/older-adult-resources](http://www.legalservicesalabama.org/older-adult-resources)

### Long-Term Care Ombudsman Program

The Long-Term Care Ombudsman is an advocate for residents who live in licensed nursing homes and assisted living facilities. The Ombudsman is an impartial, third party who investigates complaints and works to resolve issues on behalf of residents. For more information on the Long-Term Care Ombudsman Program, please refer to page 65.

### Personal Choices Program

For clients enrolled in the Home and Community-Based Services Waiver Program who choose to self-direct their care, the Personal Choices Program is available. Through this program, clients select their worker and determine their own schedules.





## Senior Activity Center Program

The Area Agency on Aging of West Alabama supports over 20 senior activity centers. Senior Activity Centers (SAC) offer a variety of activities and programs as well as hot, nutritious meals to enjoy with friends. Home-delivered meals, transportation, socialization, recreation, and volunteer opportunities are also available. To be eligible, a person must be 60 years or older or the spouse of an eligible senior. For a listing of SAC's in West Alabama, please refer to page 20.

## Senior Community Service Employment Program (SCSEP)

This program provides part-time training assignments for low income persons 55 years or older. Training assignments are in agencies that serve the needs of local communities. These agencies, referred to as Host Agencies, include: schools, libraries, county departments, public parks, local aging service providers and many others. The goal of the Senior Community Service Employment Program (SCSEP) is to promote dignity, independence and the well-being of older workers by providing job skills training, employment preparation and job placement.

## SenioRx Prescription Drug Program

Assists individuals with applying for assistance programs offered by pharmaceutical manufacturers.

### Those eligible:

- Are at least 55 years of age
- Have NO prescription drug coverage
- Have a chronic medical condition
- Are legal residents of Alabama
- Are in the Medicare Part D coverage gap
- Have a high co-pay
- Meet certain income limits

- Are any age and have been deemed disabled by Social Security, or have applied for disability and are waiting on a decision, or have a doctor's declaration of disability
- Are in the 24-month Medicare waiting period.

## State Health Insurance & Assistance Program (SHIP) Medicare Counseling

The State Health Insurance and Assistance Program is available in West Alabama to help Medicare beneficiaries sort through their options for FREE. SHIP can assist someone with understanding their Medicare benefits, Part D plan comparisons, enrollment, Medicare Savings Programs (QMB/SLMB), Medigap/Secondary coverage, Long-Term Care Insurance, and more. For more information about Medicare and SHIP, please refer to the Health Care chapter starting on page 72.

## Veteran-Directed Home and Community Based Services

The VD-HCBS program is a Veteran-Directed approach to providing services and support in the homes and communities of eligible Veterans.

To be eligible, a Veteran must first be enrolled with the Department of Veterans Affairs Medical Center (VAMC), have a VA primary care team, meet the eligibility criteria for the Home and Community Based services as determined by the VA and receive a referral from the VAMC to West Alabama Regional Commission (WARC). This self-directed program allows Veterans' choice, control, flexibility and freedom in planning their own services and supports. They can hire family and friends, if they choose, and pay them a fair wage. They may also purchase goods, which contribute to their established care plan.

## SPECIAL PROJECTS + VOLUNTEER OPPORTUNITIES



### Adopt A Senior

The Area Agency on Aging works with local churches and volunteers to make isolated area seniors feel special at Christmas time. The smiles on the seniors' faces while receiving Christmas gifts is parallel to that of small children seeing what Santa brought them and is a special sight to witness.

The requirements for recipients are that they are 60 and older, income is within 150% of the federal poverty level, live in West Alabama and have little or no support from family. The seniors are allowed three wishes, within reason, and the Area Agency on Aging matches the senior with church groups and/or volunteers who do the shopping. The gifts are then wrapped beautifully and delivered the week before Christmas.

It is a magical time for the recipient and the person making the delivery. There are smiles, gasps, tears and excitement. The conclusion to this act of kindness is obvious by the sparkle in the recipients' eyes and joy experienced by all parties involved.

**Call us for more information on how you can play a role in this special project!**

### Cheerful Chats

Cheerful Chats offers homebound seniors weekly phone calls from a volunteer matched by the Area Agency on Aging of West Alabama. Your Cheerful Chat can help reduce the negative effects of isolation and loneliness. **If you would like to brighten someone's day with a friendly chat, call our agency for more information!**

### Dementia Friendly Training

The Area Agency on Aging of West Alabama is a partner of Dementia Friendly Alabama. Our agency works within the local community to train and support others in their Dementia Friendly efforts. **If you would like to receive Dementia Friendly Training, the Area Agency on Aging of West Alabama is waiting on your call.**

### Fidget Quilts

A "Fidget" Quilt, or Activity Blanket, is a small lap quilt, mat or blanket that provides sensory and tactile stimulation for the restless or "fidgety" hands of someone with Alzheimer's or related Dementias. We need your help! The Area Agency on Aging would like to partner with those making these "Fidget" Quilts available to individuals at home, in longterm care facilities, assisted living, hospitals, adult day care, etc. If you quilt, or know of someone who does, please consider blessing those in need of a "Fidget" quilt.

**Call us today to find out more!**



## #LoveLetters2Elders

The Area Agency on Aging of West Alabama creates colorable “Love Letters” for kids and/or adults to decorate. The cards are returned to us so we can mail them to home-bound clients and give them to assisted living and nursing home residents in our region. This project has been so successful in bringing joy to the isolated that we continue to encourage participation.



You can print out your own coloring sheets and get more information on our website at: [www.westalabamaaging.org/loveletters2elders](http://www.westalabamaaging.org/loveletters2elders)

## Older Americans Month

When Older Americans Month (OAM) was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.” Historically, OAM has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during

or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. OAM is celebrated across the country through ceremonies, events, fairs, and other such activities.

To see a full listing of events presented by our agency, please visit [www.westalabamaaging.org/calendar](http://www.westalabamaaging.org/calendar)

## Providing Alzheimer’s ‘n Dementia Assistance (PANDA)

The Providing Alzheimer’s ‘n Dementia Assistance (PANDA) project is funded by the Administration for Community Living (ACL) and allows WARC to support people with Alzheimer’s disease and Related Dementias (ADRD), including those that live alone with dementia, and their caregivers to receive support that allows individuals with ADRD to remain safely in their homes, reduce critical incidents, reduce caregiver stress and improve the quality of life. In addition, PANDA delivers and expands dementia training, education and public awareness.

Contact us for more information about PANDA.

## Virtual Dementia Tours

Virtual Dementia Tours (VDTs) use patented sensory tools and instruction based on research conducted by P.K. Beville, M.S., a specialist in geriatrics and the founder of Second Wind Dreams®. During a VDT experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care. The Area Agency on Aging of West Alabama has two licensed facilitators that provide VDTs to caregivers, community partners, professionals, and any other interested groups at no cost.

To schedule a VDT, contact our agency. For more information about the VDT and Second Wind Dreams, visit [www.secondwind.org](http://www.secondwind.org)

## VOLUNTEER OPPORTUNITIES

### American Red Cross

2130 Paul W. Bryant Dr. Ste. B  
Tuscaloosa, AL 35401  
205-758-3608  
[www.redcross.org/local/alabama](http://www.redcross.org/local/alabama)

### BMC Auxiliary

208 Pierson Ave.  
Centreville, AL 35042  
205-926-3250  
[www.bibbmed.com/community](http://www.bibbmed.com/community)

### Canine Compassion Fund

9830 Al Highway 69  
Northport, Alabama 35473  
[www.facebook.com/CanineCompassionFund.com](http://www.facebook.com/CanineCompassionFund.com)

### Caring Days Adult Day Care

943 31st St. E  
Tuscaloosa, AL 35405  
205-752-6840  
[www.caringdays.org](http://www.caringdays.org)

### Community Soup Bowl

1711 23rd Ave.  
Tuscaloosa, AL 35403  
205-752-2421  
[tuscaloosasoupbowl.com](http://tuscaloosasoupbowl.com)

### Community Service Programs of West Alabama

601 Black Bears Way  
Tuscaloosa, AL 35401  
205-752-5429  
[www.cspwal.com](http://www.cspwal.com)

### DCH Regional Medical Center

809 University Blvd. E  
Tuscaloosa, AL 35401  
205-759-7174  
[www.dchsystem.com/jobs/volunteers.aspx](http://www.dchsystem.com/jobs/volunteers.aspx)

### Foster Grandparents Program

Focus 50+ (FOCUS)  
3801 Loop Rd.  
Tuscaloosa, AL 35404  
205-554-1916  
[www.focus50plus.org](http://www.focus50plus.org)

### Good Samaritan Clinic

3880 Watermelon Rd., Ste. A  
Northport, AL 35473  
205-343-2212  
[www.gscclinic.org](http://www.gscclinic.org)

### Habitat for Humanity of Tuscaloosa

2222 9th St.  
Tuscaloosa, AL 35401  
205-349-4629  
[www.habitattuscaloosa.org](http://www.habitattuscaloosa.org)

### Hospice of West Alabama

3851 Loop Rd.  
Tuscaloosa, AL 35404  
205-523-0101  
[www.hospiceofwestalabama.org](http://www.hospiceofwestalabama.org)

### Love INC

238 McFarland Blvd.  
Northport, AL 35476  
205-614-2849  
[www.loveinctuscaloosa.com](http://www.loveinctuscaloosa.com)

### RSVP - Tuscaloosa & Hale Counties

Focus 50+  
3801 Loop Rd.  
Tuscaloosa, AL 35404  
205-553-3133  
[www.focus50plus.org/rsvp1](http://www.focus50plus.org/rsvp1)

### Salvation Army

2902 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-632-3691  
[www.salvationarmyalm.org/tuscaloosa/volunteer](http://www.salvationarmyalm.org/tuscaloosa/volunteer)

### The Area Agency on Aging of West Alabama

4200 Hwy 69 N.  
Northport, AL 35473  
205-333-2990  
[www.westalabamaaging.org](http://www.westalabamaaging.org)

**AREA AGENCY ON AGING**  
**VOLUNTEERS**  
**NEEDED**



**JOIN US!**

- Adopt a Senior
- Medicare Counseling Program
- Dementia Friendly Trainings
- Fidget Quilts
- Cheerful Chats
- Virtual Dementia Tours

**CALL 205-333-2990**

The University of Alabama Law School website also offers an extensive listing of Pro Bono & Public Service Opportunities: [www.law.ua.edu/public-interest-institute/volunteer-opportunities/tuscaloosa-area-opportunities](http://www.law.ua.edu/public-interest-institute/volunteer-opportunities/tuscaloosa-area-opportunities)

**Tuscaloosa Metro Animal Shelter**  
3140 Inv. Dornell Cousette St.  
Tuscaloosa, AL 35401  
205-752-9101  
[www.metroanimalshelter.org](http://www.metroanimalshelter.org)

**United Way of West Alabama**  
(Additional Volunteer Listing)  
2720 6th St. Ste. 100  
Tuscaloosa, AL 35401  
205-345-6640  
[www.uwwa.org/volunteer](http://www.uwwa.org/volunteer)



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**We're all about people,  
we're all about you!**

---

# ALABAMA'S AREA AGENCIES ON AGING

## 1-800-AGELINE

### **Northwest Alabama Council of Local Governments NACOLG**

256-389-0500 / 800-838-5845

**Counties:** Colbert, Franklin, Lauderdale, Marion,  
Winston

[www.nacolg.org](http://www.nacolg.org)

### **West Alabama Regional Commission WARC**

205-333-2990 / 800-432-5030

**Counties:** Bibb, Fayette, Hale, Greene,  
Lamar, Pickens, Tuscaloosa

[www.westalabamaaging.org](http://www.westalabamaaging.org)

### **Middle Alabama Area Agency on Aging M4A**

205-670-5770 / 866-570-2998

**Counties:** Blount, Chilton, Shelby,  
St. Clair, Walker

[www.m4a.org](http://www.m4a.org)

### **United Way's Area Agency on Aging of Jefferson County UWCA**

205-458-3330

**Counties:** Jefferson

[www.uwca.org](http://www.uwca.org)

### **East Alabama Regional Planning & Development Commission EARPDC**

256-237-6741 / 800-239-6741

**Counties:** Calhoun, Chambers, Cherokee, Clay,  
Cleburne, Coosa, Etowah, Randolph, Talladega,  
Tallapoosa

[www.earpdc.org](http://www.earpdc.org)

### **South Central Alabama Development Commission SCADC**

334-244-6903

**Counties:** Bullock, Butler, Crenshaw, Lowndes,  
Macon, Pike

[www.scadc.net](http://www.scadc.net)

### **Alabama Tombigbee Regional Commission ATRC**

334-682-5206 / 888-617-0500

**Counties:** Choctaw, Clarke, Conecuh, Dallas,  
Marengo, Monroe, Perry, Sumter,  
Washington, Wilcox

[www.atrcaging.com](http://www.atrcaging.com)

### **Southern Alabama Regional Council on Aging SARCOA**

334-793-6843 / 800-239-3507

**Counties:** Barbour, Coffee, Covington, Dale,  
Geneva, Henry, Houston

[www.sarcoa.org](http://www.sarcoa.org)

### **South Alabama Regional Planning Commission SARPC**

251-433-6541

**Counties:** Baldwin, Escambia, Mobile

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

### **Central Alabama Aging Consortium CAAC**

334-240-4680 / 800-264-4680

**Counties:** Autauga, Elmore, Montgomery

[www.centralalabamaaging.org](http://www.centralalabamaaging.org)

### **Lee-Russell Council of Governments LRCOG**

334-749-5264 / 800-239-4444

**Counties:** Lee, Russell

[www.lrcog.com](http://www.lrcog.com)

### **North Central Alabama Regional Council of Governments NARCOG**

256-355-4515

**Counties:** Cullman, Lawrence, Morgan

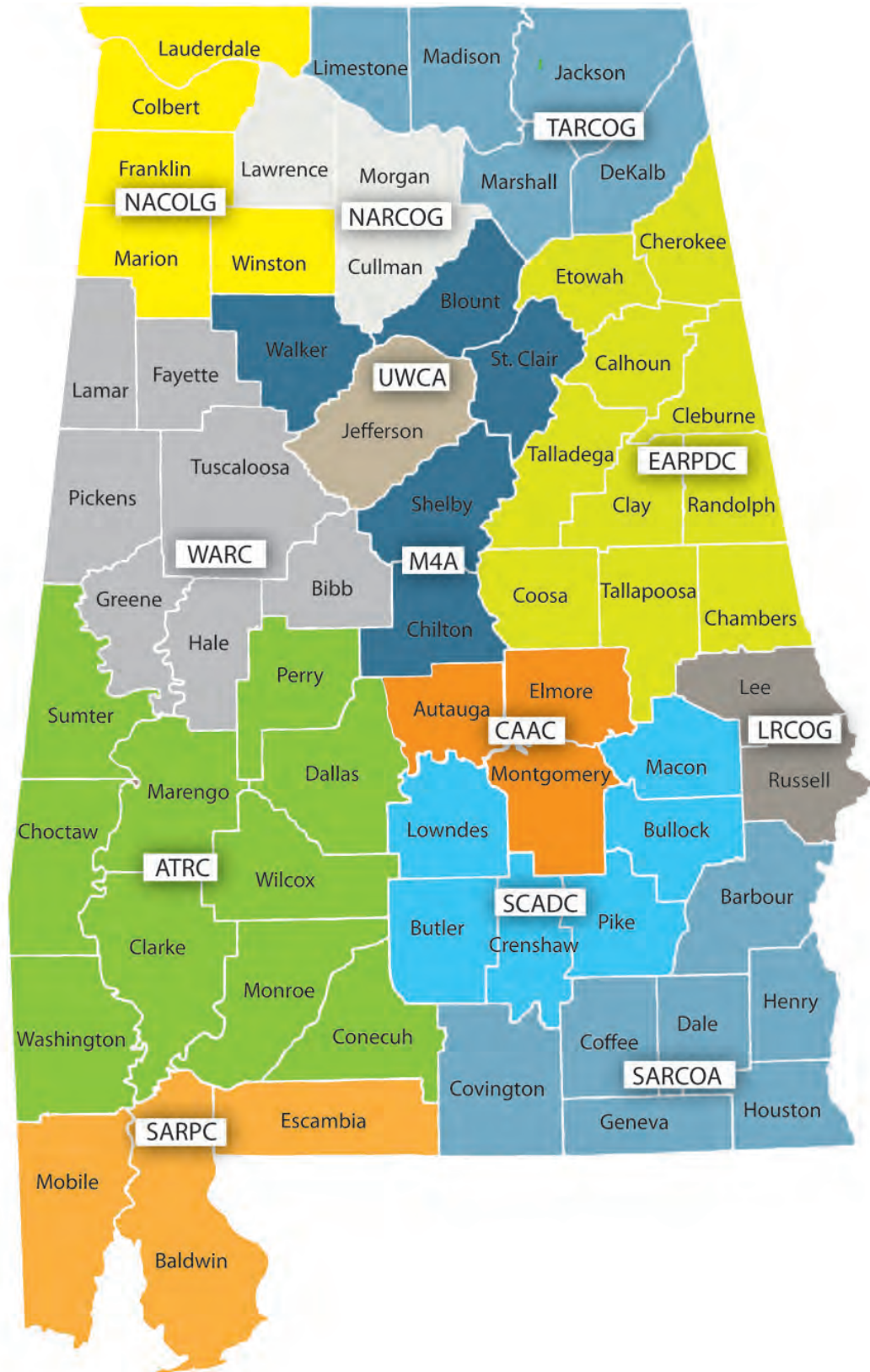
[www.narcog.org](http://www.narcog.org)

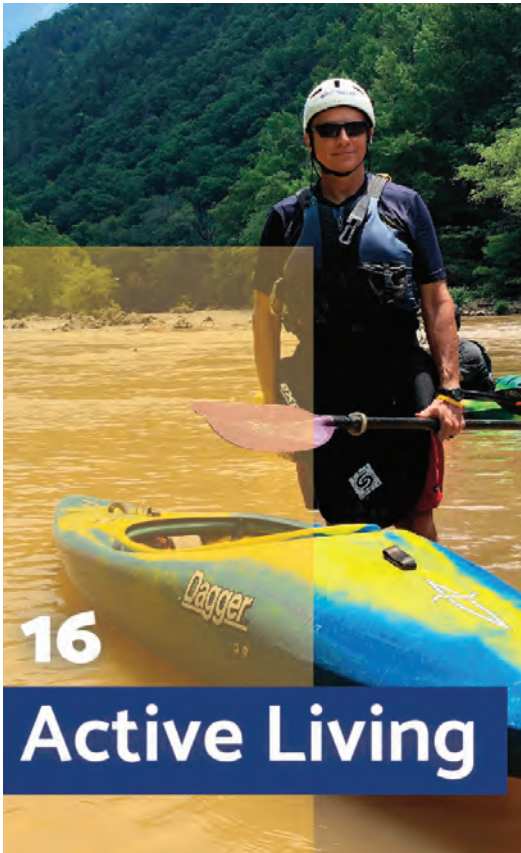
### **Top of Alabama Regional Council of Governments TARCOG**

256-830-0818

**Counties:** DeKalb, Jackson, Limestone,  
Madison, Marshall

[www.tarcog.us](http://www.tarcog.us)





# Four Keys to Independent Living

By Jerome Rich, ADT Health

**B**y leading healthy, active lifestyles that exercise their minds and bodies, more and more seniors can live independently for longer. But healthy living is about more than staying active and eating well. It also means creating a home environment that helps keep you safer and minimizes the risk of injury. For over 145 years, ADT, America's #1 security company, has helped provide peace of mind to over 6 million customers, caregivers, and family members.

The ability to live independently is the direct result of being able to take care of yourself at home. What can help? Staying active. Even simple activities like a walk around the neighborhood or gardening can help you stay stronger and healthier longer. **The first key is exercise** can help you build and maintain your strength, which can help prevent falls – a leading cause of injury among seniors.

One of the goals of exercise is, of course, to decrease your potential for injury. So, if you're just starting out, it's a good idea to start slowly. Here are some things to keep in mind before you start: First: Consult your physician to make sure the exercise you're doing is safe for you and your needs. Then be sure to warm up for a few minutes before you exercise to get your body ready for activity. Shrug your shoulders, tap your toes, swing your arms, or move in place. Remember to breathe - Drink plenty of fluids - Stop if you feel pain.

There are four basic kinds of exercise: endurance, balance, flexibility, and strength. Endurance, or aerobic exercise, increases your breathing and heart rate. Endurance activities strengthen your heart, while improving the overall function of your lungs and circulatory system. Balance exercises help prevent falls, a common problem in older adults. Lower body strength can help with balance and stabilization. Flexibility exercises help stretch your muscles and help keep your body limber. Strength exercises make our muscles

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**Medical Alert Plus System**  
Perfect for when you're around the house

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- No landline required

**On-The-Go System**  
Perfect for when you're out and about

- GPS location capabilities
- 24/7 professional monitoring
- Fall Detection pendant\* (optional)
- No landline required
- Mobile

\*Fall Detection pendant does not detect 100% of falls.

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Title: **Health Territory Account Manager**

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Email: **jarich@adt.com**



# CARDIOLOGY

## CONSULTANTS, PC



701 Univ. Blvd. E. Suite 400  
Tuscaloosa, AL  
Tele. 205-752-0694  
Fax 205-752-6244  
[www.mycvmd.com](http://www.mycvmd.com)

Dr. William A. Hill, Jr.  
Dr. Jeffrey K. Anderson  
Dr. L. Anne Lewis  
Dr. Amit K. Shah  
Dr. Edward A. Carraway  
Dr. James B. Proctor  
Dr. Vishal J. Dahya

stronger. Stronger muscles allow you to carry out daily independent activities like climbing stairs, carrying groceries, or getting up out of seats. According to the National Institute on Aging, exercise and eating well are the foundation of a healthy lifestyle. **The second key is a balanced, nutritious diet\*** gives you the energy your body needs to do whatever physical activities you choose. It can also reduce the risk of heart disease, strokes, type two diabetes, and some kinds of cancer. A healthy diet focuses on vegetables, fruits, whole grains and fat-free or low-fat milk and dairy products. Including lean meats, poultry, fish, cooked dry beans and peas, eggs and nuts and is low in saturated fats, trans fats, salt and added sugars. Also, balance the calories you consume from food and beverages with calories you burn through physical activity to maintain a healthy weight.

**Preventing falls is the third key** and is an important part of remaining independent. Every year, more than 2.8 million\* older Americans end up in the ER with fall-related injuries such as

hip and bone fractures. Prevention is critical to helping prevent falls and avoiding serious injury. **Here are four steps you can take:**

- 1.) **Exercise** - By utilizing the four types of exercise noted earlier you can build strength, and improve balance and muscle control, making falls less likely.
- 2.) **Fall-proof your home** by adding handrails near steps and in bathrooms. Put non-skid pads or double-sided tape under rugs to keep them from sliding, and place grip appliques or rubber mats in showers and tubs to reduce slipping potential.
- 3.) **Eliminate home hazards** by checking your home for potential tripping hazards and areas with poor lighting. Remove excess clutter to help keep frequently used hallways clear. Place items you use often in easily accessible drawers and cabinets you don't need a step stool to reach. And improve lighting where needed.
- 4.) **Check your vision** - Poor vision can lead to accidents. Seniors should have annual vision exams and make sure prescriptions for glasses or contacts are up to date.

## 18 ACTIVE LIVING

Lastly, **the fourth key is making sure that help is there when you need it.** Medical systems provide reliable, 24/7 monitoring from senior-sensitivity trained Companion agents, allowing older adults to live with less worry, at home or on the go. You can get help in three simple steps. First, if there's an emergency, push the personal help button on your pendant or wristband. Systems with optional fall detection will automatically send an emergency alert to ADT if a fall occurs. Second, when ADT's Monitoring Center receives the emergency alert, a senior-sensitivity trained Companion agent will respond to you over the base unit's two-way voice communicator. If there's no response, the agent will send help. Third, ADT will notify emergency responders and/or family as needed. On-The-Go users also benefit from GPS location services. All our systems feature 24/7 monitoring from senior-sensitivity trained agents and fast response time that's just the push of a button away. In retrospect, by following these simple steps one can prolong his or her independence. Remember, just 30 minutes of moderate physical activity each day, along with a healthy diet, safety proofing your home can help you stay stronger and live independently longer. But it's still comforting for you and your loved ones to know that, with ADT, you're never alone in an emergency. We can help you find the right Medical Alert System to fit your lifestyle.

**For additional Medical Alert System options, please see page 78.**

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MOUNDVILLE, AL 35474



# AGING PROGRAM CONTRACTORS

## Bibb County

**City of Brent**  
 22 First Street  
 Brent, AL 35034  
 205-926-4643  
[www.cityofbrentalabama.com](http://www.cityofbrentalabama.com)

**Town of Woodstock**  
 28513 Hwy. 5  
 Woodstock, AL 35188  
 205-938-9796  
[www.townofwoodstockal.com](http://www.townofwoodstockal.com)

## Fayette County

**Fayette County Commission**  
 103 1st Ave. NW #2  
 Fayette, AL 35555  
 205-932-4510

## Greene County

**Greene County Commission**  
 400 Morrow Ave.  
 Eutaw, AL 35462  
 205-372-3349

**Town of Boligee**  
 17404 CR 20  
 Boligee, AL  
 35443  
 205-336-8531

## Hale County

**City of Greensboro**  
 1101 Main St.  
 Greensboro, AL 36744  
 334-624-8119  
[www.cityofgreensboroal.wixsite.com/cityhall](http://www.cityofgreensboroal.wixsite.com/cityhall)

**City of Moundville**  
 410 Market St.  
 Moundville, AL 35474  
 205-371-2644  
[www.moundvillealabama.com](http://www.moundvillealabama.com)

## Lamar County

**Town of Kennedy**  
 17885 SR-96  
 Kennedy, AL 35574  
 205-596-3956

**Town of Millport**  
 920 Black St.  
 Millport, AL 35576  
 205-662-4228

**City of Sulligent**  
 5797 US-278  
 Sulligent, AL 35586  
 205-698-9111

## Pickens County

**H.E.L.P.**  
 190 William Hill Dr.  
 Carrollton, AL 35447  
 205-367-2200

**Pickens County Family Resource Center**  
 514 10th Ave. SE  
 Reform, AL 35481  
 205-367-9382

## Tuscaloosa County

**Focus 50+**  
 3801 Loop Rd.  
 Tuscaloosa, AL 35404  
 205-553-3133  
[www.focus50plus.org](http://www.focus50plus.org)

## Region-Wide

**Legal Services Alabama**  
 2315 9th St. Ste. 3A  
 Tuscaloosa, AL 35401  
 205-758-7503  
[www.legalservicesalabama.org](http://www.legalservicesalabama.org)

**Tips To BOOST Your Health as You Age**

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

- Get moving — try gardening, biking, or walking.
- Choose healthy foods rich in nutrients.
- Manage stress — try yoga or keep a journal.
- Learn something new — take a class or join a club.
- Go to the doctor regularly.
- Connect with family and friends.

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).

NIH National Institute on Aging

# SENIOR ACTIVITY CENTERS

## Bibb County

**Brent Senior Center**  
10445 AL- 5  
Brent, AL 35034  
205-926-3968

**Woodstock Senior Center**  
28515 Hwy. 5  
Woodstock, AL 35188  
205-938-9790

## Fayette County

**Belk Senior Center**  
7941 Hwy. 96  
Belk, AL 35545  
205-932-4751

**Berry Senior Center**  
30 School Ave.  
Berry, AL 35546  
205-689-4940

**Fayette Senior Center**  
125 2nd Ave. NW  
Fayette, AL 35555  
205-932-2666

## Greene County

**Boligee Senior Center**  
17404 CR 20  
Boligee, AL 35443  
205-336-8531

**Eutaw Senior Center**  
107 Harris Ave.  
Eutaw, AL 35462  
205-372-6908

**Forkland Senior Center**  
13327 U.S. Hwy. 43  
Forkland, AL 36740  
334-287-0951

## Hale County

**Greensboro Senior Center**  
515 Greene St.  
Greensboro, AL 36744  
334-507-5561

**Moundville Senior Center**  
39750 Hwy. 69 S  
Moundville, AL 35474  
205-371-264

## Lamar County

**Kennedy Senior Center**  
112 Park St.  
Kennedy, AL 35574  
205-596-4073

**Millport Senior Center**  
294 Old Kennedy Rd.  
Millport, AL 35576  
205-712-2466

**Sulligent Senior Center**  
211 Project St.  
Sulligent, AL 35586  
205-689-9482

## Pickens County

**Aliceville Senior Center**  
416 3rd Ave. NE  
Aliceville, AL 35442  
205-373-8872

**Carrollton Senior Center**  
(Located inside Carrollton Methodist Church)  
85 Tuscaloosa Ave.  
Carrollton, AL 35447  
205-463-2139

**Gordo Senior Center**  
228 Main St.  
Gordo, AL 35466  
205-364-7966

**Reform Senior Center**  
213 7th Ave. SW  
Reform, AL 35481  
205-375-2514

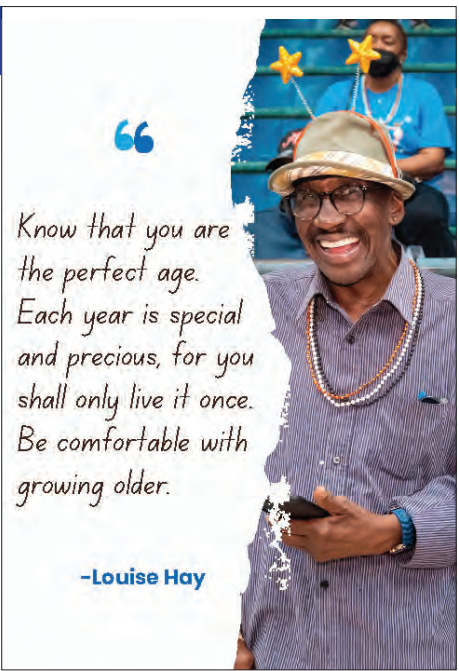
## Tuscaloosa County

**Clara Verner Senior Center**  
(Located inside Clara Verner)  
101 Old Hackberry Ln.  
Tuscaloosa, AL 35401  
205-349-1202

**Focus/McAbee Senior Center**  
(Located inside McAbee Center)  
3801 Loop Rd.  
Tuscaloosa, AL 35404  
205-553-3133

**Holt Senior Center**  
4002 Alabama Ave. NE  
Tuscaloosa, AL 35404  
205-248-7950

**McKenzie Senior Center**  
2525 34th Ave.  
Tuscaloosa, AL 35401  
205-758-0479



## Who can participate in the Senior Activity Centers?

- Anyone who is 60 years or older
- Spouses of a participant, regardless of age
- Persons with a disability residing with an eligible participant
- Persons with a disability under the age of 60 residing in a living community where the senior activity center is located

## Why go to your local Senior Activity Center?

- Daily fun activities
- Nutritious meals
- Socialization and recreation
- Building friendships and staying connected
- Volunteer opportunities
- Enjoyment
- Staying Informed
- Educational Programs



# STAY CONNECTED

to Combat Loneliness and Social Isolation



**Feeling lonely and being isolated are bad for your health.**

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.\*

**Are you at risk?**



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

## Ideas for staying connected

**Find an activity that you enjoy or learn something new.** You might have fun and meet people with similar interests.



**Get moving!** Exercise decreases stress, boosts your mood, and increases your energy.

**Volunteer.** You'll feel better by helping others.



**Stay in touch** with family, friends, and neighbors in person, online, or by phone.

**Consider adopting a pet.** Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>



\*Cacioppo JJ, Hawkley LC. Perceived social isolation and cognition. *Trends Cogn Sci.* 2009;13(10):447-54.



“New and interesting projects keep me engaged, thinking, and anxious to get going everyday. Does not matter if it is learning a new song for our family band, MICHAEL and the MEMORIES, to perform on stage or an interesting metal art piece, I'm on it! Aging?  
I might wear out but I won't rust out.”  
-Mike Spiller

AGE MY WAY



Bama Renfroe *Ages Her Way* by teaching line dancing and clogging classes in Fayette and Winfield. She and her classes sometimes visit nursing homes and assisted livings to perform for the residents. She has also attended line dancing workshops in Tennessee where she instructed people from all over the United States! Bama has been line dancing for over 50 years!

*“These are fun classes, they give us exercise, and everyone in my classes are like family and we are there to support each other. My doctor is always very encouraging and always tells me to Keep it up!”*

-Bama Renfroe

**What does “Age My Way” mean to you?**  
Take a look at how some West Alabama citizens define, or re-define, Aging! Part of a social media series, you can find more feature content on our Facebook, Twitter, Instagram and website!



*“If you are over sixty years old and feel you cannot/should not be doing exercise or outdoor adventures let me beg you to reconsider...”*

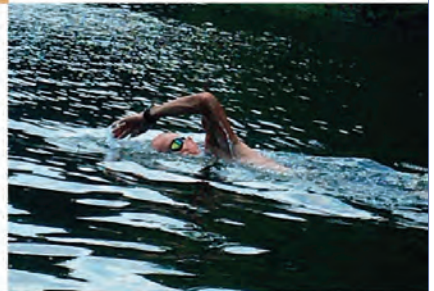


Laughter is healthy and contagious.

**BE HAPPY**  
is my motto.



Age or limited physical ability should NOT stop us from getting outside or to the gym and pool for exercise and active fun. Exercise is essential in keeping our bodies healthy and our spirit uplifted.



*“If you are 'on the couch', I would implore you to re-engage your body and feel the joy of exercise and challenging outside activities.”*

-Gary Falls, 69



## EDUCATION

### Literacy Council of West Alabama

3401 MLK Jr. Blvd. Ste. 210  
Tuscaloosa, AL 35401  
205-391-2643

### Osher Lifelong Learning Institute (OLLI)

The University of Alabama  
240 Paul W. Bryant Dr.  
Tuscaloosa, AL 35401  
205-348-6482  
[www.olli.ua.edu](http://www.olli.ua.edu)

### University of Alabama LIFT Program

Classes available in Tuscaloosa and West Alabama communities.  
205-928-8258  
[www.lift.culverhouse.ua.edu](http://www.lift.culverhouse.ua.edu)

## SCSEP SPOTLIGHT

"SCSEP helped me supplement my income when I needed it the most. It helped to keep my job skills up to date like computer training and customer service."



### Lee Wilson, 64

Lee is currently at The Tuscaloosa Career Center where he focuses on increasing both his computer and customer service skills.

## JOB TRAINING

### Alabama Department of Rehabilitation Services Vocational Rehabilitation Services

1400 James I. Harrison Jr. Pkwy E Ste. 300  
Tuscaloosa, AL 35405  
205-554-1300  
[www.rehab.alabama.gov](http://www.rehab.alabama.gov)

### Fayette Career Center

Tom Beville Building Rm. B37  
2631 Temple Ave. N  
Fayette, AL 35555  
205-932-3221 ext. 5171  
[www.facebook.com/fayettecareercenter](http://www.facebook.com/fayettecareercenter)

### Senior Community Service Employment Program (SCSEP)

4200 Hwy. 69 N Ste. 1  
Northport, AL 35473  
205-333-2990  
800-432-5030  
[www.westalabamaaging.org/scsep](http://www.westalabamaaging.org/scsep)

### Shelton State Alabama Career Essentials (ACE)

9500 Old Greensboro Rd.  
Tuscaloosa, AL 35405  
205-391-2482  
[www.sheltonstate.edu](http://www.sheltonstate.edu)

### Tuscaloosa Area Career Center

202 Skyland Dr.  
Tuscaloosa, AL 35405  
205-759-2576

### Tuscaloosa's One Place

810 27th Ave.  
Tuscaloosa, AL 35401  
205-462-1000  
[www.tuscaloosaoneplace.org](http://www.tuscaloosaoneplace.org)

### Vernon Career Center

44425 AL-17  
Vernon, AL 35592  
205-932-3221 ext. 5612  
[www.facebook.com/Vernon-Career-Center-1435084003371268](http://www.facebook.com/Vernon-Career-Center-1435084003371268)



## SENIOR GROUPS & ORGANIZATIONS

### Beulah Baptist Golden Agers

3100 25th St.  
Tuscaloosa, AL 35401  
205-758-9560

### Calvary Baptist 60+ Ministry

1121 Paul W. Bryant Dr.  
Tuscaloosa, AL 35404  
205-758-0495

### Central Church of Christ Young at Heart

304 Hargrove Rd.  
Tuscaloosa, AL 35401  
205-758-1177

### Chapel Hill Baptist GAP

8790 Hwy 43 N  
Northport, AL 35473  
205-339-4071

### Circlewood Baptist KIT Club

2201 Loop Rd.  
Tuscaloosa, AL 35405  
205-553-4315

### DCH Golden Years Senior Group

809 University Blvd. E  
Tuscaloosa, AL 35401  
205-759-7931

### First Baptist Church Adult Adventure Ministry

721 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-345-7554

### First Presbyterian Mature Members

900 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-752-3531

### First United Methodist Church

Senior Adult Ministry  
800 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-345-7261

### Five Points Baptist The Joy Group

3718 36th St.  
Northport, AL 35473  
205-339-3220

### Gilgal Baptist XYZ Club

3000 Bear Creek Rd. E  
Duncanville, AL 35456  
205-758-0034

### Holton Heights Church of the Nazarene Primetimers

4401 17th St. NE  
Tuscaloosa, AL 35404  
205-553-6845

### Indian Lake Baptist Church Young at Heart

3815 Watermelon Rd.  
Northport, AL 35473  
205-752-0107

### Mt. Olive Baptist Senior Adult Ministry

13303 Mt. Olive Rd.  
Coker, AL 35452  
205-339-2529

### Northport Baptist Trail Blazers

1004 Main Ave.  
Northport, AL 35476  
205-345-0100

### Northport Church of Christ Young at Heart

2700 44th Ave.  
Northport, AL 35476  
205-339-6211

### Northport Church of God Sunshine Ministry

2412 Lurleen Wallace Blvd.  
Northport, AL 35476  
205-339-5115

### Northport Free Will Baptist JOY (Just Older Youth)

2401 Lurleen B Wallace Blvd.  
Northport, AL 35476  
205-339-7302

### One Hope Church Adults Fellowship

1501 McFarland Blvd.  
Tuscaloosa, AL 35406  
205-752-4251

### Skyland Baptist Church Senior Adult Ministry

3320 Skyland Blvd. E  
Tuscaloosa, AL 35405  
205-553-7412

### Taylorville Baptist Prime Timers

7201 Moundville Ln.  
Tuscaloosa, AL 35405  
205-758-0868

### Valley View Baptist Walking with Jesus

8820 Hwy 69 S  
Tuscaloosa, AL 35405  
205-752-0977





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## Caregiving

## ADULT DAY PROGRAMS

**Braxton Senior Care**  
307 South Cherry Ave.  
Demopolis, AL 36732  
334-289-2421  
[www.braxtonseniorcare.com](http://www.braxtonseniorcare.com)

**Caring Days Adult Daycare**  
943 31st ST. E  
Tuscaloosa, AL 35405  
205-752-6840  
[www.caringdays.org](http://www.caringdays.org)

**Connect Respite Care Ministry  
at Christ Episcopal Church**  
605 Lurleen B Wallace Blvd. N.  
Tuscaloosa, AL 35401  
205-758-4252  
[www.christchurch1828.org](http://www.christchurch1828.org)

## CAREGIVER ASSISTANCE

Caregiving involves providing assistance to another individual who is ill, disabled, or elderly and frail. Many times caregiving involves helping someone with physical, emotional, social, and psychological needs.

In the United States, family and friend caregivers provide approximately eighty percent of all care. Caregivers play a vital role in helping seniors maintain their health and independence. As the population ages, so will the demand for caregivers.

Even though caregiving is rewarding, it can have a negative impact on the health and well-being of the caregiver. Caregiving has its greatest impact on the emotional health of caregivers, particularly the caregivers of persons with dementia and stroke, who are at the highest risk for depression and anxiety disorders. The Area Agency on Aging is committed to helping caregivers through educational programs, in-home services, support groups and supplemental resource availability.



### Alabama Cares

Alabama Cares is a program designed to support family caregivers by providing training, assistance, and resources to help them take care of their aging loved ones and themselves. Alabama Cares strives to keep families together and to allow seniors to age at home instead of in costly long-term care facilities.

The National Family Caregiver Support Program (NFCSP) was established in 2000 under the Older Americans Act. It provides funds to states and territories based on their share of senior citizens.

Alabama created the Alabama Cares Program, which offers support for caregivers across the state by providing services through five basic areas:

- **Information:** provides public education, caregiver and provider training, health fairs, newsletters, brochures, and audio/visual/written caregiver information
- **Assistance:** provides outreach, case management, assessment, and information regarding resources.
- **Education:** provides support groups and training to assist and advise in areas of health, nutrition, financial literacy, and the role of caregiving.
- **Respite:** provides temporary, substitute support of the care recipient to provide a brief period of relief/rest to the caregiver help with personal care, homemaker services, adult day care, and skilled or unskilled services in the home.
- **Supplemental Services:** incontinent and other supplies provided through a limited basis.



Alabama Cares is a program for **CAREGIVERS**. Unlike traditional services our client is **NOT** the one in need of assistance, our client is the one providing care to the one in need. This program is funded in part by the Alabama Department of Senior Services through Title III of the Older Americans Act.

**DID YOU KNOW?**  
 The Area Agency on Aging of West Alabama has a Monthly  
**Virtual Caregiver Support Group!**  
 Call 205-333-2990 for more information!



**Older Relative Caregiver Program**

Alabama Cares offers a program that assists grandparents and/or older relatives who are serving as primary caregivers for a child or children age 18 and younger or caring for a child or children with a severe disability of any age. Priority will be given to grandparents or older individuals who are relative caregivers for children with severe disabilities.

**\*\*\* See page 33 for a listing of Caregiver Support Groups! \*\*\***

## IN-HOME CARE

### Above & Beyond Health Services

38441 AL Hwy 69  
Moundville, AL 35474  
205-737-7736

### Addus Health Care

3021 Lorna Rd., Ste. 200  
Hoover, AL 35126  
205.303.3256  
www.addus.com

### ADPH - Lamar County

300 Springfield Rd.  
Vernon, AL 35592  
205-695-6916  
www.alabamapublichealth.gov/  
lamar

### ADPH - Tuscaloosa County

2350 Hargrove Rd. E  
Tuscaloosa, AL 35405  
205-554-4520  
www.alabamapublichealth.gov/  
tuscaloosa

### Always Home, LLC

404 Hwy 80  
Demopolis, AL 36732  
334-289-8222

### Amedisys Home Health Care

- 4116 Watermelon Rd.  
Northport, AL 35473  
205-752-0606  
www.amedisys.com
- 96 Court Square  
Carrollton, AL 35447  
205-564-1273 or 800-277-7445
- 10341 Hwy 5 Ste. E  
Brent, AL 35034  
205-926-6309
- 228 Temple Ave. N  
Fayette, AL 35555  
205-932-5066 or 866-297-8253

### A Touch of Love

3815 Stafford Pl.  
Tuscaloosa, AL 35405  
205-246-1219

### Aveanna Healthcare

245 Cahaba Valley Pkwy. Ste. 110.  
Pelham, AL 35124  
(205) 663-6887  
www.aveanna.com

### CV Home Health Care

155 Birmingham Rd., Ste. 123  
Centreville, AL 35042  
205-926-3211  
www.cvhomehealth.com

### Caring Missions Services

6521 Hwy 69 S, Ste. F  
Tuscaloosa, AL 35405  
205-248-6793  
www.caringmissionservices.com

### DCH Home Health Care

1110 Edward Hillard Dr.  
Tuscaloosa, AL 35401  
205-759-7010  
www.dchsystem.com

### Enhabit Home Health

- 194 William E. Hill Dr.  
Carrollton, AL 35447  
205-367-2407  
www.enhabit.com
- 100 Towncenter Blvd., Ste. 200  
Tuscaloosa, AL 35406  
205-345-5145
- 131 1st Ave NW Ste B  
Vernon, AL 35592  
205-695-6736

### Fayette Medical Center Homecare

102 2nd Ave. SE  
Fayette, AL 35555  
205-932-5961  
www.lhcgroupp.com

### Hale County Hospital Home Health

1207 State St., Unit 2  
Greensboro, AL36744  
334-624-3066  
www.halecountyhospital.com

### Help at Home

1213 Lurleen Wallace Blvd.  
Northport, AL 35473  
205-345-9088  
www.helppathome.com

### Home Instead Senior Care

303 Hargrove Rd E Ste B  
Tuscaloosa, AL 35403  
205-764-0387  
www.homeinstead.com/746

### HomeRN

1150 8th St., Ste. 619  
Tuscaloosa, AL 35401  
205-789-7780  
www.homerncare.com

### Pickens County Family Resource Center

514 10th Ave. SE  
Reform, AL 35481  
205-367-9382

### ProHealth

1629 McFarland Blvd. N, Ste. 401  
Tuscaloosa, AL 35406  
205-710-1000  
www.prohealthgroup.com

### Right at Home

320 Hargrove Rd. E  
Tuscaloosa, AL 35401  
205-248-9822  
www.rightathome.net

# Expect more

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**Simpra Advantage**  
Alabama's Healthplan



## Call 1-833-4simpra

(TTY 711) 8AM - 8PM. Or, visit [simpra.com](https://simpra.com)

Simpra Advantage plans are available to individuals eligible for Medicare, Medicaid or both. Eligibility rules apply to some benefits. Simpra Advantage is a PPO I-SNP, PPO D-SNP, and Premier PPO I-SNP with a Medicare contract. Enrollment in Simpra Advantage depends on contract renewal. Simpra Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-637-4770 (TTY 1-833-312-0044). H4091\_2023 WARCAAd\_M



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# Community Resources

## FOOD ASSISTANCE

\*Services available vary from free food pantries, discounted food to prepared meals. To check if there are food banks in your area contact West Alabama Food Bank at 205-333-5353.

### Bibb County

**Brent Baptist Church Caring Center**  
2446 Main Street  
Brent, AL 35034  
205-926-7687

**Brent Compassion & Hope Food Basket**  
1728 Main St.  
Brent, AL 35034  
205-876-6931

**Pineview Baptist**  
10291 Hwy. 5  
Brent, AL 35034  
[www.pineviewbaptist.org](http://www.pineviewbaptist.org)

**West Bocton First Baptist Church Food Pantry**  
1249 Main Street  
West Blocton, AL 35184  
205-938-7392

### Greene County

**Greene County CSP of West Alabama**  
116 Prairie Ave.  
Eutaw, AL 35462  
205-372-4562

### Hale County

**Moundville Baptist Church**  
150 5th Ave.  
Moundville, AL 35474  
205-371-6370  
[www.moundvillebaptistchurch.org](http://www.moundvillebaptistchurch.org)

### Lamar County

**Matt Miller Food Pantry**  
Propst Memorial United Methodist Church  
131 Wood Dr.  
Millport, AL 35576  
205-712-3327  
[www.facebook.com/mattmiller.foodpantry](http://www.facebook.com/mattmiller.foodpantry)

### Pickens County

**Gordo First UMC**  
310 N Main St.  
Gordo, AL 35466  
205-364-7489  
[www.gordoumc.org](http://www.gordoumc.org)

**Pickens County Community Action & Community Development Corporation Inc.**  
71 Lakeside St.  
Carrollton, AL 35447  
205-367-8166/205-367-1283  
[www.caapickens.org](http://www.caapickens.org)

**Pickens County Family Resource Center**  
514 10th Ave. SW  
Reform, AL 35481  
205-367-9382

**The Lord's Pantry at Aliceville First UMC**  
307 3rd Ave. NE  
Aliceville, AL 35442  
205-373-2263

### Tuscaloosa County

**Beans and Rice Ministry**  
St. Matthias' Episcopal Church  
2310 Skyland Blvd. E  
Tuscaloosa, AL 35405  
205-553-7282  
[www.matthiaschurch.dioala.org](http://www.matthiaschurch.dioala.org)

**Catholic Social Services of West Alabama**  
608 James I. Harrison Jr. Pkwy.  
Tuscaloosa, AL 35405  
205-759-1268  
[www.csstuscaloosa.org](http://www.csstuscaloosa.org)

**Community Soup Bowl**  
1711 23rd Ave.  
Tuscaloosa, AL 35401  
205-752-2421  
[www.tuscaloosasoupbowl.com](http://www.tuscaloosasoupbowl.com)

**Deacon's Deli Food Ministry at Canterbury Episcopal Chapel**  
812 5th Ave.  
Tuscaloosa, AL 35401  
205-345-9590  
[www.canterburychapel.dioala.org/Ministries/deacons-deli-food-ministry.html](http://www.canterburychapel.dioala.org/Ministries/deacons-deli-food-ministry.html)

**East Tuscaloosa Community Soup Bowl**

Hargrove Memorial United Methodist Church  
1812 Hargrove Rd. E  
Tuscaloosa, AL 35405  
205-553-7271  
www.etcbs.net

**Hephzibah Baptist Church**

20512 Hephzibah Church Rd.  
McCalla, AL 35111  
www.hbcmccalla.com

**Lakewood Baptist Church Food Pantry**

14468 Hwy 43 N  
Northport, AL 35475  
205-333-0414  
www.lakewoodtuscaloosa.com

**Loaves & Fishes Food Pantry at Grace Presbyterian Church**

113 Hargrove Rd.  
Tuscaloosa, AL 35401  
205-758-1193  
www.gracetuscaloosa.org/need-help

**Love Inc.**

238 McFarland Blvd.  
Northport, AL 35476  
205-614-2849  
www.loveinctuscaloosa.com

**St. Mark A.M.E. Church Center of Hope Food Pantry**

2715 18th St  
Tuscaloosa, AL 35401  
205-657-1966 or 706-761-6880

**St. Mark United Methodist Church Food Pantry Ministry**

1421 McFarland Blvd. N  
Northport, AL 35476  
205-339-2127  
www.saintmarknorthport.com/foodpantry

**Temporary Emergency Services**

1705 15th St.  
Tuscaloosa, AL 35401  
205-758-5535  
www.temporaryemergencyservices.org

**The Salvation Army**

2902 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-632-3691  
www.salvationarmyalm.org/tuscaloosa/center-hope

**University Church of Christ**

1200 Julia Tutwiler Dr.  
Tuscaloosa, AL 35404  
205-553-3001  
www.universitycofc.org

**Wings of Grace at Forest Lake Baptist Church**

107 18th St.  
Tuscaloosa, AL 35401  
205-759-1569  
www.flbc.us/wings-of-grace

**Food Stamps**

**Supplemental Nutrition Assistance Program (SNAP) Alabama Elderly Simplified Application Project (AESAP)**

AESAP is designed to reinvent the Food Assistance Program application process for those households where all members are elderly (60+) and have no earned income. Income and resource limits are the same for any other food assistance household. If you do not qualify for AESAP, you may still qualify for the regular Food Assistance Program at your local county office.

**To apply for food assistance through AESAP, contact the Area Agency on Aging of West Alabama at 205-333-2990 or 800-432-5030.**

**Did you know that if you are 60+ there is a simplified food stamp application just for you?**

**If you are not currently receiving food assistance, call us to see if you qualify!**

**(205) 333-2990**  
**1-800-AGELINE**

## 32 COMMUNITY RESOURCES

### Alabama Senior Farmers Market Nutrition Program (SFMNP)

#### Alabama Farmers Market Authority

Richard Beard Bldg. Ste. 003  
1445 Federal Dr.  
Montgomery, AL 36107  
334-240-7247

The goal of the Alabama Senior Farmers Market Nutrition Program (SFMNP) is to provide fresh, nutritious, locally-grown fresh fruits, vegetables and herbs from farmers markets and roadside stands to low-income seniors. Vouchers are provided for individuals 60 years of age and older who are on a limited income, allowing them to purchase fresh produce at farmers markets. Qualified recipients may receive only one voucher booklet. Quantities are limited. Booklets are mailed out in June and July.

**To request vouchers, you can register online at [www.fma.alabama.gov](http://www.fma.alabama.gov)**

### West Alabama Food Bank Brown Box Program

3160 McFarland Blvd.  
Northport, AL 35476  
205-333-5353  
[www.westalabamafoodbank.org/programs/senior-brown-box](http://www.westalabamafoodbank.org/programs/senior-brown-box)

The Brown Box Program is a food supplemental program for eligible individuals 60 years of age and older in West Alabama. Seniors are provided with bags of groceries during the third week of each month. Partners such as local churches and organizations assist with donations and distribution of the Brown Boxes. There is no cost to the individuals served. Eligibility is determined using the federal poverty level income guidelines. Individuals can be sponsored to receive this service for an annual cost of \$50. Monthly donations are also accepted. To learn more about this program contact the West Alabama Food Bank.

## Home Delivered Meals

### Meals on Wheels

Community Service Programs  
601 17th St.  
Tuscaloosa, AL 35401  
205-752-5429 or 855-211-0950  
[www.cspwal.com/departments/meals-on-wheels](http://www.cspwal.com/departments/meals-on-wheels)

### Home Bound Meal Program

Area Agency on Aging  
4200 Hwy 69 N  
Northport, AL 35473  
205-333-2990  
1-800-243-5463



**Our Services:**

-  **Transportation**  
medical & social service needs
-  **Senior Activity Centers**  
activities and lunch daily
-  **Volunteer & Mentor**  
community opportunities
-  **Supportive Services**  
community opportunities

**CALL**  
**(205) 554-1919**  
3801 Loop Road  
Meeting the needs of seniors in Tuscaloosa for over 50 years!  
**ACTIVE - HEALTHY - INDEPENDENT**





## HOMELESS RESOURCES

**Dent Transitional Program**  
(Homeless Shelter for men)  
15769 Thomas Chapel Rd.  
Cottondale, AL 35453  
205-246-5655  
www.tracydentfoundation.  
pledgepage.org

**First United Methodist Church**  
800 Greensboro Ave,  
Tuscaloosa, AL 35401  
Once a month - 10 Trolley tickets  
If you are homeless and need a  
mailing address, you may come  
by and fill out paperwork to  
have your mail delivered here.

**Jesus Way Shelter**  
(Women & Children only)  
2662 Short 24th St.  
Tuscaloosa, AL 35401  
205-759-9771

**Jesus Way Shelter**  
(Men only)  
2513 Short 21st St.  
Tuscaloosa, AL 35401  
205-759-9771

**Love Inc.**  
238 McFarland Blvd.  
Northport, AL 35476  
205-614-2849  
www.loveinctuscaloosa.com

**Salvation Army Center of Hope**  
2902 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-632-3691  
www.salvationarmyalm.org/  
tuscaloosa

**Turning Point**  
(Women & Children only)  
Safehouse - Address not  
disclosed  
205-758-0808  
www.turningpointservices.org

**Veterans Affairs Medical  
Center**  
3701 Loop Rd. E  
Tuscaloosa, AL 35404  
205-554-2000  
877-4AID-VET

## SUPPORT GROUPS

### Cancer Support Groups

**Behind the Ribbon**  
205-330-3647

**Cancer Wellness**  
Lewis and Faye Manderson  
Cancer Center  
809 University Blvd. E  
Tuscaloosa, AL 35401  
205-759-7877

**HeART: Healing with the Arts**  
Lewis and Faye Manderson  
Cancer Center  
809 University Blvd. E  
Tuscaloosa, AL 35401  
205-759-7877

**IMPACT Breast Cancer Support  
Group**  
First Methodist Church  
800 Greensboro Ave. 35401  
Tuscaloosa, AL  
205-759-7877

**Look Good...Feel Better**  
Lewis and Faye Manderson  
Cancer Center  
809 University Blvd. E  
Tuscaloosa, AL 35401  
205-759-7877

To attend virtually: [www.look-goodfeelbetter.org](http://www.look-goodfeelbetter.org)

**Prostate Cancer Support Group**  
Lewis and Faye Manderson  
Cancer Center  
809 University Blvd. E  
Tuscaloosa, AL 35401  
205-759-7877

**Stretch for Breast Cancer Patients**  
UA Student Rec Center  
400 Peter Bryce Blvd.  
Tuscaloosa, AL 35401  
205-759-7877

### Caregiver Support Groups

**Alzheimer's Family Support  
Group**  
Caring Days Mal and Charlotte  
Moore Building  
943 31st St. E.  
Tuscaloosa, AL 35405  
205-752-6840  
[www.caringdays.org/events](http://www.caringdays.org/events)

**Alzheimer's Support Group**  
Regency Retirement Village  
5001 Old Montgomery Hwy.  
Tuscaloosa, AL 35405  
205-752-5500

## 34 COMMUNITY RESOURCES

### Area Agency on Aging of West Alabama Monthly Virtual Support Group

Call 205-333-2990 or  
1-800-AGELINE for login information

### Fayette County Support Group

Fayette Church of Christ  
809 2nd St. E  
Fayette, AL 35555  
205-333-2990 or 800-243-5463

### Hale County Support Group

Department of Human Resources (DHR)  
906 Wheelan St.  
Greensboro, AL 36744  
205-371-2252 or 205-333-2990  
or 800-243-5463

### West Alabama Traumatic Brain Injury Survivors & Caregivers Support Group

The District Room  
551 20th Ave.  
Tuscaloosa, AL 35401  
205-349-9804

## Grief Support Groups

### Hospice of West Alabama

3851 Loop Rd.  
Tuscaloosa, AL 35404  
205-523-0101  
[www.hospiceofwestal.com/grief-counseling-support](http://www.hospiceofwestal.com/grief-counseling-support)



**Fayette County  
Caregiver Support Group**

*Second Tuesday of every month at 2 PM*

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**Fayette Church of Christ**  
809 2nd Ave. NE  
Fayette, AL 35555

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**For more information  
contact:**

Nikki Poe, Aging Services Coordinator  
205-333-2990 ext. 203  
[nikki.poe@westal.org](mailto:nikki.poe@westal.org)



ALABAMA CARES  
SUPPORT FOR CAREGIVERS

AREA AGENCY ON AGING  
OF WEST ALABAMA



**Hale County  
Caregiver  
Support  
Group**



 3rd Tuesday of  
every month  
at 2 PM

**Hale County DHR**

906 Wheelan Street  
Greensboro, AL 36744

**For more  
information contact:**

Nikki Poe, Aging  
Services Coordinator  
205-333-2990 ext. 203  
[nikki.poe@westal.org](mailto:nikki.poe@westal.org)

ALABAMA CARES  
SUPPORT FOR CAREGIVERS

AREA AGENCY ON AGING  
OF WEST ALABAMA

# TRANSPORTATION

**Ability Alliance of West Alabama**

1002 McFarland Blvd. Ste. K  
 Northport, AL 35476  
 205-333-1577  
[www.abilityalliance.info](http://www.abilityalliance.info)

**Alabama Medicaid Non-Emergency Transportation (NET) Program**

1-800-362-1504  
[www.medicaid.alabama.gov](http://www.medicaid.alabama.gov)

**CareAvan**

**(Bibb, Fayette, Lamar, Pickens, Tuscaloosa)**

4183 Carmichael Rd. Ste. A  
 Montgomery, AL 36106  
 334-758-6480  
[www.careavan.care](http://www.careavan.care)

**GoGo Grandparent**

[www.gogograndparent.com](http://www.gogograndparent.com)

**Lyft Transportation**

[www.lyft.com](http://www.lyft.com)

**Uber**

[www.uber.com](http://www.uber.com)

**West Alabama Public Transportation**

**(Bibb, Greene, Hale)**

500 E. Washington St.  
 Demopolis, AL 36732  
 334-289-5789

## Pickens County

**H.E.L.P. Inc. Transportation**

190 William Hill Dr.  
 Carrollton, AL 35447  
 205-367-2200

**CLARA  
 VERNER**

TOWERS  
 APARTMENTS

NOW TAKING  
 APPLICATIONS  
 FOR ONE AND  
 TWO BEDROOM  
 APARTMENTS.

Applications may be picked up M-F 8A-4P.  
 Senior Property 62 and Older

**For More Information  
 Call 205-349-1202.**

For the deaf and hearing impaired.  
**TDD: 800.548.2547 (V)**  
**TDD: 800.548.2546 (V/A)**

Equal Housing Opportunity

TA-2012-699

## Tuscaloosa County

### AIDB

2412 Skyland Blvd. E.  
Tuscaloosa, AL 35405  
205-345-2883  
www.aidb.org

### Easter Seals West Alabama

1400 James I Harrison Jr Pkwy  
Tuscaloosa, AL 35405  
205-759-1211 ext. 271  
www.eswaweb.org/transportation-program

### Focus 50+

3801 Loop Rd.  
Tuscaloosa, AL 35404  
205-554-1919  
www.focus50plus.org/transportation

### Handi Care Transportation

2018 Inverness Pkwy  
Tuscaloosa, AL 35405  
205-391-7994  
www.handi.care

### Rebirth Transportation LLC

112 Jasmine Rd.  
Greensboro, AL 36744  
(also serves Tuscaloosa County)  
334-507-2410  
wendilee@rebirthtransportation.com

### Temporary Emergency Services

Gas assistance for doctor's appointments in Birmingham.  
1705 15th St.  
Tuscaloosa, AL 35401  
205-758-5535

### Tuscaloosa County Parking and Transit Authority

601 23rd Ave.  
Tuscaloosa, AL 35401  
205-343-2300

### UCP of West Alabama

1100 UCP Pkwy  
Northport, AL 35476  
205-345-3031  
www.ucpwa.org

### Veterans Administration

3701 Loop Rd. E  
Tuscaloosa, AL 35404  
205-554-2000  
www.va.gov/healthbenefits/vtp/map.asp



## Limits? No Way!

Since 1858 Alabama Institute for Deaf and Blind has been blazing a trail of forward progress with people in Alabama who have sensory loss.

Do you find yourself saying, "huh?" more often? Or maybe your vision isn't quite what it used to be. The AIDB Tuscaloosa Regional Center is here to help seniors who have hearing or vision loss due to age or other factors. From screenings to assistive technology and social services, we are here to blaze a new path with you and show you what it means to have a LIMITLESS life!

To learn more about how we can help, call us at (205) 345-2883 or visit us online at [www.aidb.org/tuscaloosa](http://www.aidb.org/tuscaloosa).

# VETERANS' ASSISTANCE

**American Veterans Care Connection**  
 855-601-4770  
 www.avcchomecare.com

**Tuscaloosa Chapter 1  
 Disabled Veteran Americans**  
 448 65th St.  
 Tuscaloosa, AL 35405  
 205-247-4862

**Veterans Law Project**  
 University of Alabama School of Law  
 P.O. Box 870392  
 Tuscaloosa, AL 35487  
 205-348-4960

**VFW Post 6022**  
 7001 University Blvd. E  
 Cottondale, AL 35453  
 205-553-8040

## Veterans Administration and Affairs

**Bibb/Hale County**  
 205-926-3116

**Fayette/Lamar/Pickens County**  
 205-932-6262

**Greene County**  
 205-372-6977

**Tuscaloosa County**  
 205-464-8360 ext. 8360, 8361, 8362

**Tuscaloosa VA Medical Center**  
 205-554-2000  
 1-888-269-3405  
 www.va.gov

**Veterans Crisis Line**

Are you a Veteran in crisis or concerned about one? Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. This free support is confidential and available every day, 24/7.

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Serving all Veterans, Service members, National Guard and Reserve, family members and friends

**HOW TO CONNECT**

<b>Call</b>	<b>Text</b>
988, then press 1	838255
<b>Chat</b>	
<a href="http://www.veteranscrisisline.net/get-help-now/chat">www.veteranscrisisline.net/get-help-now/chat</a>	

# CHAMBER OF COMMERCES

**Aliceville Area Chamber of Commerce**  
 419 Memorial Pkwy. E  
 Aliceville, AL 35442  
 205-373-2820  
[www.thecityofaliceville.com/chamber](http://www.thecityofaliceville.com/chamber)

**Bibb County Chamber of Commerce**  
 835 Walnut St.  
 Centreville, AL 35042  
 205-926-5222  
[www.bibbchamber.org](http://www.bibbchamber.org)

**Fayette Area Chamber of Commerce**  
 102 2nd Ave.  
 Fayette, AL 35555  
 205-932-4587  
[www.fayetteareachamber.org](http://www.fayetteareachamber.org)

**Gordo Area Chamber of Commerce**  
 25226 Hwy 82  
 Gordo, AL 35466  
 205-364-7111 ext. 6  
[www.gordoareachamber.com](http://www.gordoareachamber.com)

**Millport Chamber of Commerce**  
 156 Hwy 96  
 Millport, AL 35576  
 205-662-5936

**Reform Area Chamber of Commerce**  
 P.O. Box 819  
 Reform, AL 35481  
 205-375-6363

**South Lamar Chamber of Commerce**  
 P.O. Box 205  
 Millport, AL 35576  
 205-712-8705

**Sulligent Chamber of Commerce**  
 5795 Hwy. 278  
 Sulligent, AL 35586  
 205-698-8116

**The Chamber of Commerce of West Alabama**  
 2222 9th Street  
 Tuscaloosa, AL 35401  
 205-758-7588  
[www.tuscaloosachamber.com](http://www.tuscaloosachamber.com)

**Vernon Chamber of Commerce**  
 P.O. Box 336  
 Vernon, AL 35592  
 205-695-7718



**Lifelong Learning Classes and Field Trips  
 for Adults 50+**

**OLLI**

Osher Lifelong Learning Institute  
 THE UNIVERSITY OF ALABAMA\*

*Where curiosity never retires.*



[olli.ua.edu](http://olli.ua.edu) | 205-348-6482 | [olli@ua.edu](mailto:olli@ua.edu)

## GOVERNMENT OFFICES

### City/Town Government

#### Bibb County

Brent	205-926-4643
Centreville	205-974-0890
West Blocton	205-938-7622
Woodstock	205-938-9790

#### Fayette County

Belk	205-932-9292
Berry	205-689-4562
Fayette	205-932-5367
Glen Allen	205-487-2014

#### Greene County

Boligee	205-336-8531
Eutaw	205-372-4212
Forkland	334-289-3032
Union	205-372-3498

#### Hale County

Akron	205-372-3148
Greensboro	334-624-8119
Moundville	205-371-2641
Newbern	334-507-5177

#### Lamar County

Beaverton	205-698-0744
Detroit	205-273-4294
Kennedy	205-596-3670
Millport	205-662-4228
Sulligent	205-698-9111
Vernon	205-695-7718

#### Pickens County

Aliceville	205-373-2559
Carrollton	205-367-8711
Gordo	205-364-7111
McMullen	205-463-8821
Pickensville	205-373-2068
Reform	205-375-6363

#### Tuscaloosa County

Brookwood	205-556-1300
Coaling	205-507-0200
Coker	205-333-8181
Lake View	205-477-1999
Northport	205-339-7000
Tuscaloosa	205-248-5311
Vance	205-553-8278

### County Government

#### County Commission Offices

Bibb	205-926-3114
Fayette	205-932-4510
Greene	205-372-3349
Hale	334-624-4257
Lamar	205-695-7333
Pickens	205-367-2020
Tuscaloosa	205-464-8212

### Local District Offices

#### Medicaid Office - Tuscaloosa

907 22nd Ave.  
Tuscaloosa, AL 35401  
205-391-6760  
[www.medicaid.alabama.gov](http://www.medicaid.alabama.gov)

#### Social Security Administration Tuscaloosa office

2005 University Blvd. Ste. 1200  
Tuscaloosa, AL 35401  
877-480-4988  
[www.ssa.gov](http://www.ssa.gov)

## 40 COMMUNITY RESOURCES

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### Alabama Cooperative Extension County Offices

For a list of all counties:  
[www.aces.edu/counties](http://www.aces.edu/counties)

#### **Bibb County**

183 S.W. Davidson Dr. Ste. A  
Centreville, AL 35042  
205-926-4310

#### **Fayette County**

650 McConnell Loop  
Fayette, AL 35555  
205-932-8941

#### **Greene County**

720 Greensboro St.  
Eutaw, AL 35462  
205-372-3401

#### **Hale County**

701 Hall St.  
Greensboro, AL 36744  
334-624-8710

#### **Lamar County**

281 Columbus Ave. NW  
Vernon, AL 35592  
205-695-7139

#### **Pickens County**

155 Reform St. Rm. 300  
Carrollton, AL 35447  
205-367-8148

#### **Tuscaloosa County**

2513 7th St.  
Tuscaloosa Co. Courthouse Annex  
Tuscaloosa, AL 35401  
205-349-4630

### Department of Human Resources (DHR) County Offices

For a list of all counties:  
[www.dhr.alabama.gov/county-office-contact](http://www.dhr.alabama.gov/county-office-contact)

#### **Bibb County**

84 Library St.  
Centreville, AL 35042  
205-926-2900

#### **Fayette County**

410 16th St. NE  
Fayette, AL 35555  
205-932-1665

#### **Greene County**

36 Park St.  
Eutaw, AL 35462  
205-372-5000

#### **Hale County**

906 Wheelan St.  
Greensboro, AL 36744  
334-624-2583

#### **Lamar County**

250 Springfield Rd.  
Vernon, AL 35592  
205-695-5000

#### **Pickens County**

401 Tuscaloosa Ave.  
Carrollton, AL 35447  
205-367-1500

#### **Tuscaloosa County**

3716 12th Ave. E.  
Tuscaloosa, AL 35405  
205-562-6100

### Emergency Management (EMA) County Offices

For a list of all counties:  
[www.ema.alabama.gov/county-ema-directory](http://www.ema.alabama.gov/county-ema-directory)

#### **Bibb County**

157 SW Davidson Dr.  
Centreville, AL 35042  
205-926-3113

#### **Fayette County**

103 1st Ave. NW Ste. 2  
Fayette, AL 35555  
205-904-8276

#### **Greene County**

102 Prairie Ave.  
Eutaw, AL 35462  
205-372-1911

#### **Hale County**

998 Church St.  
Greensboro, AL 36744  
334-624-8160

#### **Lamar County**

1118 Co. Rd. 9  
Vernon, AL 35592  
205-695-7105

#### **Pickens County**

155 Reform St. Rm. 100  
Carrollton, AL 35447  
205-367-2009

#### **Tuscaloosa County**

7400 Richard M. Pierce Pkwy.  
Northport, AL 35473  
205-349-0150



**Public Health**

**Department (PHD)  
County Offices**

For a list of all counties:  
[www.alabamapublichealth.gov/  
about/health-departments](http://www.alabamapublichealth.gov/about/health-departments)

**Bibb County**  
281 Alexander Ave.  
Centreville, AL 35042  
205-926-9702

**Fayette County**  
215 1st Ave. NW  
Fayette, AL 35555  
205-932-5260

**Greene County**  
412 Morrow Ave.  
Eutaw, AL 35462  
205-372-9361

**Hale County**  
670 Hall St.  
Greensboro, AL 36744  
334-624-3018

**Lamar County**  
300 Springfield Rd.  
Vernon, AL 35592  
205-695-9195

**Pickens County**  
80 William E. Hill Dr.  
Carrollton, AL 35447  
205-367-8157

**Tuscaloosa County**  
2350 Hargrove Rd. E  
Tuscaloosa, AL 35405  
205-562-6900

**State Government**

**Alabama Department of  
Human Resources (DHR)**  
50 N. Ripley St. Ste. 2104  
Montgomery, AL 36130  
334-242-1310  
[www.dhr.alabama.gov](http://www.dhr.alabama.gov)

**Alabama Department of  
Insurance**  
201 Monroe St. Ste. 502  
Montgomery, AL 36104  
334-269-3550  
[www.aldoi.gov](http://www.aldoi.gov)

**Alabama Department of Public  
Health (ADPH)**  
201 Monroe St.  
Montgomery, AL 36104  
334-206-5300  
800-252-1818  
[www.adph.org](http://www.adph.org)

**Alabama Department of Senior  
Services (ADSS)**  
201 Monroe St. #350  
Montgomery, AL 36104  
877-425-2243 or 334-242-5743  
[www.alabamaageline.gov](http://www.alabamaageline.gov)

**Alabama Medicaid Agency**  
P.O. Box 5624  
Montgomery, AL 36103  
205-391-6760 or 334-242-5000  
[www.medicaid.alabama.gov](http://www.medicaid.alabama.gov)

**Federal Government**

**Centers for Medicare &  
Medicaid Services**  
7500 Security Blvd.  
Baltimore, MD 21244  
800-633-4227  
[www.cms.gov](http://www.cms.gov)

**FEMA-Region IV**  
3003 Chamblee Tucker Rd.  
Atlanta, GA 30341  
800-621-FEMA (3362)  
770-220-5200  
TDD: TTY dial 800-462-7585  
for Federal Relay Service  
[www.fema.gov](http://www.fema.gov)

**Medicare**  
800-633-4227 or  
1-800-MEDICARE  
TTY 877-486-2048  
[www.medicare.gov](http://www.medicare.gov)

**Medicare Fraud Hotline**  
800-447-8477

**Social Security Administration**  
887-480-4988 (Tuscaloosa Office)  
800-772-1213  
TTY 800-325-0778  
[www.ssa.gov](http://www.ssa.gov)

### ELECTED OFFICIALS - FEDERAL

#### Senators

##### Senator Katie Britt

2005 University Blvd Ste. 2100  
Tuscaloosa, AL 35401  
205-759-5047  
[www.britt.senate.gov](http://www.britt.senate.gov)

##### Senator Tommy Tuberville

Frank M. Johnson Jr. Annex  
One Church St. Ste. 500-B  
Montgomery, AL 36103  
334-523-7424  
[www.tuberville.senate.gov](http://www.tuberville.senate.gov)

#### Representatives

##### Representative Robert Aderholt District 4

247 Carl Elliot Bldg.  
1710 Alabama Ave.  
Jasper, AL 35501  
205-221-2310  
[www.aderholt.house.gov](http://www.aderholt.house.gov)

##### Counties Served:

Blount (partial), Cherokee (partial), Colbert, Cullman, DeKalb, Etowah, Fayette, Franklin, Jackson (partial), Lamar, Lawrence, Marion, Marshall, Tuscaloosa (partial), Walker, Winston

##### Representative Gary Palmer District 6

3535 Grandview Pwy Ste. 525  
Birmingham, AL 35243  
205-968-1290  
[www.palmer.house.gov](http://www.palmer.house.gov)

##### Counties Served:

Bibb, Blount (partial), Chilton, Coosa, Jefferson (partial)

##### Representative Terri Sewell District 7

Federal Building  
2501 7th St. Ste. 300  
Tuscaloosa, AL 35401  
205-752-5380  
[www.sewell.house.gov](http://www.sewell.house.gov)

##### Counties Served:

Choctaw, Clarke, Dallas, Greene, Hale, Jefferson, Lowndes, Marengo, Montgomery, Perry, Pickens, Sumter, Tuscaloosa, Wilcox

## ELECTED OFFICIALS - STATE

### Governor

**Kay Ivey**

334.242.7100

[www.governor.alabama.gov](http://www.governor.alabama.gov)

#### State Capitol

600 Dexter Ave.  
Montgomery, AL 36130  
334-242-7100

#### Senate Information:

334-261-0800

#### Sen. Gerald Allen

##### District 21

11 S Union St., Ste. 729  
Montgomery, AL 36130  
334-261-0861  
(Lamar, Pickens,  
Tuscaloosa Counties)

#### Rep. Cynthia Almond

##### District 63

11 S Union St. Ste. 427-E  
Montgomery, AL 36130  
334-261-0524  
(Tuscaloosa County)

#### Tracy Estes

##### District 17

11 S Union St., Ste. 427-H  
Montgomery, AL 36130  
334-261-0434  
(Lamar, Marion, Winston  
Counties)

#### Vacant

##### District 16

11 S Union St.  
Montgomery, AL 36130  
334-261-0482  
(Fayette, Jefferson, Lamar,  
Tuscaloosa Counties)

#### Sen. Greg Reed

##### District 5

11 S Union St. Ste. 722  
Montgomery, AL 36130  
334-261-0894  
(Fayette, Jefferson,  
Tuscaloosa, Walker,  
Winston Counties)

#### Rep. Russell Bedsole

##### District 49

11 S Union St. Ste. 427-D  
Montgomery, AL 36130  
334-261-0500  
(Bibb, Chilton, Shelby  
Counties)

#### Rep. Bill Lamb

##### District 62

11 S Union St. Ste. 522-E  
Montgomery, AL 36130  
334-261-0481  
(Tuscaloosa County)

### Lt. Governor

**Will Ainsworth**

334-261-9590

[www.ltgov.alabama.gov](http://www.ltgov.alabama.gov)

#### Alabama State House

11 South Union St.  
Montgomery, AL 36130  
[www.alabama.gov](http://www.alabama.gov)

#### Representative Information:

334-242-0500

#### Sen. Bobby Singleton

##### District 24

11 S Union St. Ste. 740  
Montgomery, AL 36130  
334-261-0335  
(Choctaw, Clarke, Greene,  
Hale, Marengo, Perry,  
Pickens, Sumter, Tuscaloosa  
Counties)

#### Rep. Ron Bolton

##### District 61

11 S Union St. Ste. 522- A  
Montgomery, AL 36130  
334-261-0403  
(Greene, Pickens,  
Tuscaloosa Counties)

#### Rep. Artis "A.J."

##### McCampbell

**District 71**  
11 S Union St. Ste. 534-D  
Montgomery, AL 36130  
334-261-0547  
(Choctaw, Greene, Marengo,  
Pickens, Sumter, Tuscaloosa  
Counties)

#### Sen. April Weaver

##### District 14

11 S Union St., Ste. 733  
Montgomery, AL 36130  
(Bibb, Chilton, Shelby  
Counties)

#### Rep. Chris England

##### District 70

11 S Union St. Ste. 534-C  
Montgomery, AL 36130  
334-261-0503  
(Tuscaloosa County) **Rep.**

#### Rep. Curtis Travis

##### District 72

11 S Union St. Ste. 539-E  
Montgomery, AL 36130  
334-261-0547  
(Bibb, Greene, Hale,  
Marengo, Perry, Sumter  
Counties)



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## Financial & Legal Services

### Scams happening in West Alabama

By Kayla Clark  
State Health Insurance Assistance Program (SHIP)  
Coordinator, West Alabama Area Agency on Aging

As the world is getting more and more tech savvy, so are scammers! It is important to learn about popular scams in case one day you or a loved one finds yourself getting correspondence from fraudsters.

# DID YOU KNOW?



According to the Federal Trade Commission, Tuscaloosa is number ONE in fraud reports, per capita, for ALL metropolitan areas in the United States. Tuscaloosa is number one in identity theft reports as well.



#### Imposter Scams

When a stranger uses some form of communication such as a phone call, social media, or text message pretending to be someone else it is considered an Imposter Scam.

Some examples include:

- **Grandparent Scams:** Someone might call pretending to be your child or grandchild. They often use a scare tactic and pretend to be in trouble and demand money for assistance/ ransom. Some examples might be that your loved one has been in a car accident or involved in some sort of criminal investigation. A lot of times, this news can come as a shock and you act out of emotion. Scammers can use real names of your loved ones and possibly even recordings of their voice. In situations like this, it is important to contact your loved one immediately to make sure they are okay. You cannot believe the person on the other line.

- **Sweetheart Scams:** A scammer pretends to be someone else on social media or even a dating website. They often use fake photos and identities to get the other person to develop feelings and fall in love with them. They pretend to have the same interests and hobbies to find common ground. A lot of times feelings grow strong and fast in these types of scams. The scammer then again, uses a fear tactic to persuade the other person to give them money. Commonly seen reasons used might be the other person is in need of a life saving medical procedure right away and their insurance is not covering it. Never give money to someone you have only met online.

- **Agency Impersonator Scams:** Each year there are thousands of reports of fraudulent callers pretending to be Social Security, the IRS, and Medicare. If you receive a call from someone claiming to be one of the sources, hang up and call the agency yourself. In most cases these agencies are going to communicate with you in other ways besides a phone call, mailings etc. They also will not be calling you and asking for any type of money. Other agencies that scammers impersonate can include an insurance company, a sweepstakes agency, or a local charity.

## 2 QUICK TIPS

TO AVOID FRAUD

### 01

#### NEVER PAY ANYONE BY GIFT CARD.

If someone calls and is requesting payment by a gift card, this is most likely a scam.



### 02

#### BE CAUTIOUS OF WHAT YOU CLICK ON.

Whether it is a link on a text or email or even an ad on social media- it is better to log off and go to that store's direct website. Oftentimes fraudsters use ads as a way to lure someone in.



If you are expecting a call from a certain agency, it is a good tip to hang up and call them directly. This helps you know for certainty that this is the agency. Another tip- do not click on any type of link you receive via text message or email from a sender you do not know.

Unfortunately, most of the time these crimes are not traceable. Scammers are good at changing phone numbers, removing websites, profiles, etc. in a moment's notice. A lot of times once your money is gone, nothing can be done. They usually have already moved onto the next victim. That is why it is imperative to know these tips and tricks to prevent you and your loved ones from being scammed!

**To report scams, contact the Federal Trade Commission at [www.reportfraud.ftc.gov](http://www.reportfraud.ftc.gov) You may also request a free credit report through [www.annualcreditreport.com](http://www.annualcreditreport.com) or call (877) 322-8228**

## ABUSE, NEGLECT & EXPLOITATION

### Alabama Department of Human Resources Adult Protective Services Division

50 N. Ripley Street  
P.O. Box 304000  
Montgomery, Alabama 36130  
(334) 242-1350  
Adult Abuse Hotline 1-800-458-7214  
[www.dhr.alabama.gov](http://www.dhr.alabama.gov)  
**(Refer to Page 38 for Local DHR Contacts by County)**

**Alabama Coalition Against Domestic Violence**  
Hotline: 800-650-6522  
Office: 334-832-4842  
[www.acadv.org](http://www.acadv.org)

**Domestic Violence Law Clinic**  
The University of Alabama School of Law  
101 Paul Bryant Drive  
P.O. Box 870392  
Tuscaloosa 35401  
205-348-4960

**Turning Point of West Alabama**  
205-758-0808  
[www.turningpointservices.org](http://www.turningpointservices.org)

**Tuscaloosa SAFE Center**  
1601 University Blvd. E., Ste. 150  
Tuscaloosa, AL 35404  
24-Hour Hotline: 205-860-7233  
[www.tuscaloosafecenter.com](http://www.tuscaloosafecenter.com)

**The National Domestic Violence Hotline:**  
1-800-799-7233  
TTY: 1-800-787-3224  
[www.thehotline.org](http://www.thehotline.org)

## 46 FINANCIAL & LEGAL SERVICES

You can help cut down on Medicare error, fraud, and abuse!

Did you know Medicare and Medicaid fraud tops \$100 billion according to annual reports, but investigators say it's likely much higher?

### Senior Medicare Patrol (SMP)

#### The SMP mission:

**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.**

If you suspect you have been a victim to Medicare fraud, contact your local SMP.

**1-800-AGELINE or  
(205) 333-2990**



### Ways to Protect against Medicare Fraud:

- Read your Medicare summary notices and Explanation of Benefits.
- Look for charges for: Services/ supplies you did not receive, double billing, or services not ordered by your doctor.
- Report suspicious phone calls asking for personal information to your local SMP!

**ENERGY ASSISTANCE**

**Low Income Home Energy Assistance Program (LIHEAP)**

**LIHEAP is a federally funded program to help eligible, low-income homeowners and renters meet their home heating and/or cooling needs. There is a sign-up for heating costs in the winter and cooling costs in the summer.**

**Bibb, Fayette, Greene, Hale, Lamar and Tuscaloosa County Residents contact the call center for Community Service Programs of West Alabama to apply: 1-877-803-5509**

**Pickens County Residents, contact: Pickens County Community Action Committee and Community Development Corporation, Inc. 71 Lakeside St. Carrollton, AL 35447 205-367-8166, 205-367-1283, or 205-367-9246 www.caapickens.org**

**Free Garbage Pick-up**

In 1989, Alabama adopted legislation requiring each county or municipality to promote and provide for mandatory solid waste collection. In part, the law was established to curtail the illegal dumping and burning of household garbage. Included in the law were provisions to help fixed income households cope with the cost of this service. Included are “households whose sole source of income is Social Security or SSI benefits.”

In Tuscaloosa County, Waste Management must be your service provider. Contact 205-465-8216 or the City of Tuscaloosa at 205-248-5311. For additional information you can also contact your local health department for an application. See page 39 for West Alabama County Health Department listing.

**Project SHARE**

Project SHARE provides emergency energy assistance to elderly and disabled Alabamians who need help with their energy bills. Clients in need apply for Project SHARE assistance at their area local energy assistance agencies. Eligibility requirements for Project SHARE recipients are set by each agency assistance program. Project SHARE is administered by each local agency and is funded by electric utility customers who donate through their monthly bills. All contributions are forwarded to these assistance programs.

**You can apply for assistance from Project SHARE at your local Salvation Army office or by calling 205-328-2420.**

**Rate Rider Supplemental Security Income (SSI)**

Alabama Power offers the Rate Rider SSI (Supplemental Security Income). Rate Rider is the discount of the basic customer charge which is available to those persons drawing SSI. Apply at your local Alabama Power Company office. Please note, the Social Security number and name on your application should be exactly as shown on your SSI records.

**Contact 1-800-245-2244 for more information.**



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## INFORMATION SOURCES

**Aging and Disability Resource Center (ADRC)  
at Area Agency on Aging of West Alabama**  
4200 Hwy 69 N  
Northport, AL 35473  
205-333-2990 or 1-800-AGELINE  
[www.westalabamaaging.org](http://www.westalabamaaging.org)

**Alabama Disabilities Advocacy Program**  
624 Paul W. Bryant Dr.  
500 Martha Parham West  
Tuscaloosa, AL 35487  
205-348-4928 (In-state clients only)  
[www.adap.ua.edu](http://www.adap.ua.edu)

**Alabama Public Service Commission**  
100 N. Union St. RSA Union  
Montgomery, AL 36104  
334-242-5218  
[www.psc.alabama.gov](http://www.psc.alabama.gov)  
**For complaints:**  
800-392-8050

**Eldercare Locator**  
800-677-1116  
[www.eldercare.acl.gov](http://www.eldercare.acl.gov)

**United Way of West Alabama (211)**  
2720 6th Street  
Tuscaloosa, AL 35401  
205-345-6640  
[www.uwwa.org](http://www.uwwa.org)

## LEGAL SERVICES

**Legal Services Alabama**  
P.O. Box 020967  
2315 9th St., Ste. 3A  
Tuscaloosa, AL 35401  
205-758-7503  
886-456-4995  
888-835-3505 (Spanish)  
[www.legalservicesalabama.org](http://www.legalservicesalabama.org)

**Banking that moves  
you toward what's  
next.**



“Aging is out of your control.  
How you handle it though,  
is in your hands.”

DIANE VON FURSTENBERG



Start your journey  
at [synovus.com](http://synovus.com).

Synovus Bank, Member FDIC

**SYNOVUS**  
*get there*



## PHONE & INTERNET ASSISTANCE

### Access from AT&T

Access from AT&T is a low-cost program for home internet offered to limited-income households who participate in the Supplemental Nutrition Assistance Program (SNAP). AT&T offers internet service for a reduced cost based on the maximum speed available at your address. Eligible households will receive free installation and in-home Wi-Fi Gateway with no annual contract and no deposit.

Eligibility is determined by four programs: Supplemental Nutritional Access Program (SNAP), Supplemental Security Income (SSI) for California residents only, Income (temporary) and National School Lunch and Head Start Programs (temporary). Documentation will be required when applying.

**For more information about Access from AT&T, or to check your eligibility, go to [www.att.com/access](http://www.att.com/access) or call 1-855-220-5211.**

-Source: [www.att.com](http://www.att.com)

### Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. To apply for this program visit [www.fcc.gov/acp](http://www.fcc.gov/acp). For application assistance call 1-800-AGELINE or 205-333-2990.

### Assurance Wireless

Assurance Wireless is a federal Lifeline Assistance program. Lifeline is a government benefit assistance program supported by the federal Universal Service Fund. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria and is non-transferable. The Assurance Wireless offer provides eligible low-income households with free monthly data, unlimited texting, and free monthly minutes. The phone and basic voice service is free, but customers can choose to pay for additional features such as more minutes or international calls.

**For more information, or to apply for Assurance Wireless, call 1-888-898-4888 or visit [www.assurancewireless.com](http://www.assurancewireless.com).**

-Source: [www.assurancewireless.com](http://www.assurancewireless.com)

### Lifeline

Lifeline is the Federal Communications Commission's (FCC) program to help make communications services more affordable for eligible consumers. Customers will get a discount on their bill if they qualify. This discount is currently set at \$9.25 per month. Federal rules prohibit eligible low-income subscribers from receiving more than one Lifeline service per household. You can only use Lifeline for phone or internet, but not both. Assistance is limited to one monthly discount per customer. Only one Lifeline service is available per household.

To participate in the Lifeline program, consumers must either have an income that is at or below 135% of the Federal Poverty Guidelines or participate in certain federal assistance programs, such as the Supplemental Nutrition Assistance Program (SNAP), Medicaid, Federal Public Housing Assistance, Supplemental Security Income, the Veterans and Survivors Pension Benefit, or certain Tribal Programs. Separate

## 50 FINANCIAL & LEGAL SERVICES

households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible. You may need to provide proof of income or proof of program participation.

**For more information, or to apply for Lifeline, call 1-800-234-9473 or visit [www.lifelinesupport.org](http://www.lifelinesupport.org).**

If your local telephone company is not authorized to provide Lifeline in your area, contact the **Alabama Public Service Commission at 1-800-392-8050** or the **Alabama State Utility Consumers Advocate Office at 1-334-242-7393**

or write to the following address:

**Office of the Attorney General/Alabama State House  
11 S. Union St.  
Montgomery, AL 36130**

-Source: [www.lifelinesupport.org](http://www.lifelinesupport.org)

### SafeLink

SafeLink is a program for income-eligible households provided by TracFone Wireless, Inc. Through SafeLink, applicants can choose to use their current phone while enjoying the free service which includes monthly data, unlimited texts, and 350 minutes per month. Additional features may be purchased as add-ons for a fee.

**For more information, or to apply for SafeLink, call 1-800-SafeLink (723-3546) or visit [www.safelinkwireless.com](http://www.safelinkwireless.com).**

-Source: [www.safelinkwireless.com](http://www.safelinkwireless.com)

## SENIOR DISCOUNTS

**\*Many offers vary by location.** This listing is not meant to be all-inclusive or an endorsement of included businesses. Please remember to check with businesses about their current Senior Discount offers as some may have changed after this directory was published.

### Repairs

#### Strip Shop

5% off all repair services for 55+

### Restaurants

#### Arby's

10% off and 55 cent beverage for 55+

#### Burger King

Offers vary by location, must be 55+

#### Captain D's

Offers vary by location, must be 55+

#### Chili's

10% discount for 55+

#### Cici's Pizza

Offers vary by location, must be 50+

#### Dairy Queen

10% or one free small drink for 55+

#### Dunkin Donuts

10% off for 55+

#### Hardee's

10% off for 55+

#### IHOP

10% off and senior menu, must be 55+

#### KFC

10 % off or free small drink with any meal, for 55+

#### Krispy Kreme

10% off for 50+

#### Long John Silver's

Offers vary by location, must be 55+

#### McDonald's

Discounts on beverages for 55+

#### Outback

10% off (excluding alcohol) for AARP members 60+

## Sonic

10% off or free beverage for 60+

## Subway

10% off for 60+

## Taco Bell

5% off and free beverage for 65+

## TCBY

10% off for 55+

## Waffle House

Offers vary by location, must be 55+

## Wendy's

Offers vary by location, must be 60+

## Whataburger

Free drink with purchase of a meal for 55+

## Retail

### Amazon Prime

50% off Prime Membership - must be qualifying government assistance recipient, including SSI and SNAP

### Banana Republic

10% off for 55+

### Belk

15% off 1st Tuesday for 62+

### CJ Banks / Christopher Banks

10% off every Wednesday for 60+

### Goodwill

10% off one day a week for 60+

### Kohl's

15% off on Wednesdays for 60+

### Michael's

10% off for 55+

### Ross

10% off every Tuesday for 55+

### The Salvation Army Thrift Stores

up to 50% off for 55+ (days vary by location)

### Walgreens

20% off once a month for 55+ or AARP Members

## Other Services

### Ascent Audiology & Hearing

10% off hearing aid purchase and buy one get one batteries for 55+

### Picture This Frame Shop

10% off for 55+

## Travel

### Best Western

Discount for guests 55+

### Carnival Cruises

Exclusive savings for Seniors 55+

### Choice Hotels

10% off advanced reservations for 60+

### Greyhound

Senior discounts are available for specific destinations and dates for 62+

### Hertz

Up to 20% off base rates with the Fifty Plus Program

### IHG Hotels & Resorts

Discounts vary by location for 62+

### Marriott Hotels & Resorts

Senior Discount Rate offered at various locations for 62+

### Royal Caribbean

Exclusive savings for Seniors 55+

### Thrifty Car Rental

Save 5% through the Silver Thrifty Club for 50+

### Wyndham Hotels & Resorts

Senior savings on best available rate at participating locations for 60+

### TAX PREPARATION ASSISTANCE

**211-United Way**  
888-99T-axAL  
[www.211unitedway.org](http://www.211unitedway.org)

**Focus 50+**  
3801 Loop Road  
Tuscaloosa, AL 35405  
205-554-1919  
[www.focus50plus.org](http://www.focus50plus.org)

**AARP Foundation Tax-Aide**  
Toll-free: 888-OUR-AARP (888-687-2277)  
Toll-free TTY: 877-434-7598  
[www.aarp.org/money/taxes/aarp\\_taxaide](http://www.aarp.org/money/taxes/aarp_taxaide)

**SaveFirst Initiative**  
205-934-0664  
[www.impactamerica.com/savefirst](http://www.impactamerica.com/savefirst)

Other sources of tax assistance may be available seasonally. Call the Area Agency on Aging of West Alabama at 205-333-2990 for the most up to date listing.

### VARIOUS ASSISTANCE

#### Clothing, Financial, Utility, Etc.

**Cleaning for a Reason**  
Provide house cleaning for cancer patients free of charge.  
877-337-3348  
[www.cleaningforareason.org](http://www.cleaningforareason.org)

#### Greene County

**Community Service Programs of West Alabama**  
116 Prairie Ave.  
Eutaw, AL 35462  
205-372-4562  
[www.cspwal.com](http://www.cspwal.com)

#### Bibb County

**Community Service Programs of West Alabama**  
200 2nd St.  
Centreville, AL 35042  
205-926-9384  
[www.cspwal.com](http://www.cspwal.com)

#### Hale County

**Community Service Programs of West Alabama**  
800 Hall St.  
Greensboro, AL 36744  
334-624-4455  
[www.cspwal.com](http://www.cspwal.com)

#### Fayette County

**Community Service Programs of West Alabama**  
1600 Temple Ave. N Ste. 7  
Fayette, AL 35555  
205-932-3218  
[www.cspwal.com](http://www.cspwal.com)

#### Lamar County

**Community Service Programs of West Alabama**  
141 2nd Ave. N.W.  
Vernon, AL 35592  
205-695-9573  
[www.cspwal.com](http://www.cspwal.com)

## Pickens County

### Community Action Agency

71 Lakeside St.  
Carrollton, AL 35447  
205-367-8166  
[www.caapickens.org](http://www.caapickens.org)

### The Potluck Shop

281 Reform St.  
Carrollton, AL 35447  
205-367-2131  
[www.facebook.com/carrolltonpotluckstore](https://www.facebook.com/carrolltonpotluckstore)

## Tuscaloosa County

### American Red Cross

2130 Paul W. Bryant Dr. Ste. B  
Tuscaloosa, AL 35401  
205-758-3608  
[www.redcross.org](http://www.redcross.org)

### Catholic Social Services of West Alabama

608 James I Harrison Jr. Pkwy. E  
Tuscaloosa, AL 35405  
205-759-1268  
[www.csstuscaloosa.org](http://www.csstuscaloosa.org)

### Christian Ministry Center

3880 Watermelon Rd. Ste. B  
Northport, AL 35473  
205-752-8399  
[www.tuscaloosacba.com/christian-ministry-center](http://www.tuscaloosacba.com/christian-ministry-center)

### Community Service Programs of West Alabama

601 Black Bears Way  
Tuscaloosa, AL 35401  
205-752-5429  
[www.cspwal.com](http://www.cspwal.com)

### Habitat for Humanity ReStore

Parkview Center  
504 14th St.  
Tuscaloosa, AL 35401  
205-349-4620  
[www.tuscaloosarestore.org](http://www.tuscaloosarestore.org)

### Love Inc.

238 McFarland Blvd.  
Northport, AL 35476  
205-614-2849  
[www.loveinctuscaloosa.com](http://www.loveinctuscaloosa.com)

### Temporary Emergency Services

1705 15th St.  
Tuscaloosa, AL 35401  
205-758-5535  
[www.temporaryemergencyservices.org](http://www.temporaryemergencyservices.org)

### The Lazarus Ministry Christ Episcopal Church (Utility Assistance)

605 Lurleen B Wallace Blvd. N  
Tuscaloosa, AL 35401  
205-758-4252  
[www.christchurch1828.org](http://www.christchurch1828.org)

### The Salvation Army

2902 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-632-3691  
[www.salvationarmyalm.org](http://www.salvationarmyalm.org)

### Tuscaloosa's One Place

810 27th Ave.  
Tuscaloosa, AL 35401  
205-462-1000  
[www.tuscaloosaoneplace.org](http://www.tuscaloosaoneplace.org)

### United Way of West Alabama

2720 6th St.  
Tuscaloosa, AL 35403  
205-345-6640 or 211  
[www.uwwa.org](http://www.uwwa.org)

### Wings of Grace at Forest Lake Baptist Church

3101 Alabama Ave. NE  
Tuscaloosa, AL 35401  
205-759-1039  
[www.facebook.com/wingsofgracedisasterrelief](https://www.facebook.com/wingsofgracedisasterrelief)

### Woodland Forest Baptist Church

6701 Hargrove Rd. E.  
Tuscaloosa, AL 35405  
205-553-1494  
[www.woodlandforestchurch.org](http://www.woodlandforestchurch.org)



# HOUSING ASSISTANCE INFORMATION

## The local Housing Authority (HA) determines eligibility based on:

1. Annual gross income
2. Whether you qualify as elderly, a person with a disability, or as a family
3. U.S. citizenship or eligible immigration status

If you are eligible, the HA will check your references to make sure you and your family will be good tenants. HAs will deny admission to any applicant whose habits and practices may be expected to have a detrimental effect on other tenants or on the project's environment. Housing Authorities use income limits developed by HUD. HUD sets the low income limits at 80 percent and very low income limits at 50 percent of the median income for the county or metropolitan area. Income limits vary by location, so you may be eligible at one HA but not at another. The HA serving your community can provide you with the income levels for your area and family size. Contact your local HA (listing on page 59) for more information.

## Section 8 Housing - Housing Choice Voucher Program

The Section 8 Program provides assistance for low-income families in the private rental market through the Housing Assistance Payments Program. Rental voucher holders select a unit from the private rental market. Rental assistance makes market rate housing affordable. Program participants normally pay no more than 30 percent of their monthly adjusted income towards rent and utilities.

The Housing Assistance Payment subsidizes the balance of the rent to the property owner. The housing unit must meet HUD Housing Quality Standards and the rent must be approvable within HUD Fair Market Rents and market rate comparable.

## Public Housing

Public housing was established to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. Public housing comes in all sizes and types, from scattered single family houses to high-rise apartments for elderly families. There are approximately 1.3 million households living in public housing units, managed by some 3,300 housing authorities. The U.S. Department of Housing and Urban Development (HUD) administers federal aid to local housing authorities that manage the housing for low-income residents at rents they can afford. HUD furnishes technical and professional assistance in planning, developing and managing these developments. Public housing is limited to low-income families and individuals.

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Eddie Jackson, Administrator  
1101 Snows Mill Avenue, Tuscaloosa, AL 35406  
Phone: 205-759-5179 \* Fax: 205-759-5216



*Our on-campus assisted living facility and in-home rehabilitation services allow us to provide a complete continuum of care.*

## 56 HOUSING

Eligibility for a rental voucher is determined by the local Housing Authority (HA) based on the total annual gross income and family size and is limited to U.S. citizens and specified categories of non-citizens who have eligible immigration status. Generally, the family's income may not exceed 50 percent of the median income for the county or metropolitan area in which the family lives. Median income levels are published by HUD and vary by location.

The HA serving your community can provide you with the income limits for your area and family size. During the application process, the HA will collect information on family income, composition and assets. The HA will verify this information with other local agencies, your employer and bank, and will use the information to determine program eligibility and the amount of the rental assistance payment. If the HA determines that your family is eligible, it will put your name on a waiting list, unless it is able to assist you immediately. Once your name is reached on the waiting list, the HA will contact you and issue a rental voucher. Contact your local HA for more information.

## Property Taxes and Homestead Exemption

A Homestead Exemption is a tax reduction a property owner may be entitled to if he or she owns a single family residence and occupies it as their primary residence on the first day of the tax year for which they are applying.

### There are four types of homestead exemptions:

1. Regular Homestead Exemption, or Homestead 1, is available to all citizens of Alabama who own and occupy a single-family residence, if the property is used for no other purpose. The amount of the exemption is \$4,000 of the assessed value for the state taxes and \$2,000 of the assessed value for the county taxes.
2. Homestead Exemption 2 is for persons age 65 or older whose adjusted gross income on the state income tax return is less than \$12,000 annually. This exemption is for all state and county taxes up to \$5,000 in assessed value. Those who are permanently and totally disabled or blind, regardless of income are entitled to this exemption.
3. Homestead Exemption 3 is for all persons age 65 or older, or who are totally disabled. This exemption is for all property taxes if their annual taxable income on the Federal Tax Return is \$7,500 or less.
4. Homestead Exemption 4 is for all persons age 65 or older, regardless of income. This exemption is for the total assessed value of the state taxes and up to \$2,000 of the assessed value of the county taxes.

Exemptions should be applied for between Oct. 1 and Dec. 31 based upon the status of the property as of Oct. 1. For homestead exemptions 2 and 3, an application for special homestead exemption is mailed Oct. 1 to previously qualified homeowners allowing them to renew their special homestead exemption each year. Contact your local county administrative office to inquire about homestead exemption and your status.





## USDA Rural Development

USDA Rural Development is a federal agency whose mission is to help rural Americans improve the quality of their lives. Some of the programs available through USDA Rural Development help finance new or improved housing for moderate-, low- and very low-income individuals/families. General descriptions of these USDA Rural Development programs are provided below.

### Home Repairs 504 Loan and Grant Program

USDA Rural Development offers a home repair loan and grant program, called 504 Loan & Grant Program to very low-income households who are owners/applicants. This program does not apply to home rental properties.

- Maximum loan amount is \$20,000 at 1% interest for up to 20 years.
- Maximum grant amount is \$7,500 - lifetime limit. Applicants must be 62 years of age or older.
- Loans may be used for remodeling. Grants may only be used to remove health or safety hazards.

### Loans can be used for the following purposes:

- Dwelling improvements
- Dwelling modernization
- Removal of safety hazards
- Removal of health hazards

### Loans CANNOT be used for the following:

- New construction
- Repairing dwellings in such poor condition that they would continue to have a major hazard after repairs are made
- Moving a home or relocating mobile/manufactured homes
- Off-site improvements
- Refinancing debts

### Limitations and Requirements for loans:

- The balance of all Section 504 loans to an applicant can never exceed \$20,000.
- The interest rate on the outstanding principal is 1 percent.
- Loan terms are based on applicant's repayment ability, never to exceed 20 years.
- Loans of less than \$7,500 may be on a "note only" basis (no mortgage).
- Loans of \$7,500 or more must be secured by a mortgage (with title insurance) with all outstanding debt on the property not exceeding the property value.
- Cases where the total outstanding indebtedness on the property exceeds \$15,000 require escrow for taxes and insurance (either by USDA or a prior debtor).

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## To qualify for the Loan Program:

- Applicant must be a U. S. citizen or a resident non-citizen admitted for permanent residence.
- Applicant's household must be very low income.
- Applicant must have evidence of ownership.
- Property must be in a rural area or town with a population of 20,000 or less.
- Applicant must possess legal capacity to incur the loan obligation.
- Applicant must have an acceptable credit history.
- Applicant must have sufficient and reliable income to repay loan amount requested.
- Applicant must own and occupy the property being improved and property must be a single family dwelling in a rural area and in need of repair.
- Applicant must be unable to obtain financial assistance from other non-Rural Development or grant sources and lack personal resources that could be utilized to meet the applicant's needs.
- Applicant must have an income under the "very low" income limits defined by USDA Rural Development.
- Applicant must have repayment ability for the proposed loan.

## Loan applicants age 62 or older may be eligible for grant assistance, as follows:

### Grant limitations are:

- The grant may not be used for cosmetic or convenience purposes such as painting, paneling, carpeting, improving closets, improving kitchen cabinets, changing lighting or adding a room other than a bathroom.
- The loan and grant may be used to make a home or bathroom handicapped accessible.
- The loan or grant may be used to install a septic system, install a well, or connect the home to public water.

## Homeownership/Rehabilitation Program

USDA Rural Development provides loans for home ownership and/or home rehabilitation called 502 Direct Loan Program.

- Property financed must be located in eligible rural areas or towns with a population of 20,000 or less.
- Applicant's household income must be within either the very low- or low-income limits as defined by USDA Rural Development. Please contact a USDA Rural Development office for income limits.
- Applicant may qualify for subsidy to reduce the payments to a level as low as 1 percent interest. Subsidy is reviewed periodically and adjusted according to borrower's income. Portions of the subsidy are subject to recapture if borrower sells the property or ceases to occupy the home.
- Homes financed through USDA Rural Development's Direct 502 Program must meet USDA Rural Development program standards, be inspected by a state registered inspector, meet USDA Rural Development's thermal standards, termite and pest control standards and have adequate plumbing, heating and cooling, electrical, water and waste water disposal systems.

## Apartments for Rent

An alternative to home ownership is apartment living. USDA Rural Development provides financing for approximately 500 apartment complexes throughout Alabama - giving rural citizens access to more than 16,000 apartment units. Apartments are available for rent to low-income individuals, families, seniors and those with disabilities. Rental assistance may be available to eligible tenants.

For information on the location of USDA Rural Development financed apartments in Alabama, contact the office listed below or a complete listing is available at [www.rd.usda.gov/al](http://www.rd.usda.gov/al).

### USDA Rural Development West Alabama

3831-B Palisades Dr.  
Tuscaloosa, AL 35405  
205-553-1733 ext. 5

# HOUSING

## Housing Authorities & Public Housing

### Bibb County

**Brent Housing Authority**  
10 White St.  
Brent, AL 35034  
205-926-7781

### Fayette County

**Berry Housing Authority**  
11 Hud Dr.  
Berry, AL 35546  
205-689-4564

**Fayette Housing Authority**  
405 6th St. SW  
Fayette, AL 35555  
205-932-6250

### Greene County

**Eutaw Housing Authority**  
301 Carver Circle  
Eutaw, AL 35462  
205-372-3926

**Greene County Housing Authority**  
429 W.M. Branch Heights Dr.  
Eutaw, AL 35462  
205-372-3342

### Hale County

**Greensboro Housing Authority**  
101 Centreville Circle  
Greensboro, AL 36744  
334-624-7728

### Lamar County

**Kennedy Housing Authority**  
133 Project St. Hwy 96 W  
Kennedy, AL 35574  
205-596-3659

**Millport Housing Authority**  
12080 Hwy. 96  
Millport, AL 35576  
205-662-3269

**Sulligent Housing Authority**  
211 Project St.  
Sulligent, AL 35586  
205-698-9482

**Vernon Housing Authority**  
230 Strickland Circle  
Vernon, AL 35592  
205-695-7122

### Pickens County

**Aliceville Housing Authority**  
851 Franconia Village  
Aliceville, AL 35442  
205-373-8333

**Gordo Housing Authority**  
140 2nd Ave. NE  
Gordo, AL 35466  
205-364-7114

**Reform Housing Authority**  
510 5th Court NW  
Reform, AL 35481  
205-375-6360

### Tuscaloosa County

**Northport Housing Authority**  
3500 West Circle  
Northport, AL 35476  
205-752-8171  
[www.northporthousingauthority.org](http://www.northporthousingauthority.org)

**Tuscaloosa Housing Authority**  
2117 Jack Warner Pkwy.  
Tuscaloosa, AL 35401  
205-758-6619  
[www.tuscaloosahousing.org](http://www.tuscaloosahousing.org)

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## Senior Friendly Independent Living Options

### Capstone Village

515 Roger Sayers Dr.  
Tuscaloosa, AL 35401  
205-347-0062 (Admissions)  
1-866-232-1428 (Facility)  
[www.capstonevillage.ua.edu](http://www.capstonevillage.ua.edu)

### North River Village

5810 Rice Mine Rd. NE.  
Tuscaloosa, AL 35406  
205-759-9875  
[www.northrivervillage.com](http://www.northrivervillage.com)

### Regency Retirement Village

5001 Old Montgomery Hwy.  
Tuscaloosa, AL 35405  
205-752-5500  
[www.regencytuscaloosa.com](http://www.regencytuscaloosa.com)

### Pine Valley - A Vitality Living Community

800 Rice Valley Rd. N  
Tuscaloosa, AL 35406  
205-349-8700  
[www.vitalityseniorliving.com/senior-living-locations/alabama/tuscaloosa/](http://www.vitalityseniorliving.com/senior-living-locations/alabama/tuscaloosa/)

### The Crossings at North River

200 George Hall Ln.  
Tuscaloosa, AL 35406  
205-203-9182  
[www.thecrossingsatnorthriver.com](http://www.thecrossingsatnorthriver.com)

## Senior Friendly Low Income Housing Options

### Bibb County

**Brantwood Lane Apartments**  
507 Alexander Ave.  
Centreville, AL 35042  
205-926-5137

**Brent Garden Apartments**  
57 Steele St.  
Centreville, AL 35042  
205-926-7547

**Cahaba Trace Retirement Community**  
86 Pierson Ave.  
Centreville, AL 35042  
205-926-3286

**Countrywood Apartments**  
420 Nicholson Ave.  
Centreville, AL 35042  
205-926-9803

**Hill Creek Apartments**  
1010 Cahaba River Rd.  
West Blocton, AL 35184  
205-938-2977

**Cahaba Glades Apartments**  
1160 S. Scottsville Rd.  
Centreville, AL 35042  
205-926-7619

### Fayette County

**Brookside & Claymont Apartments**  
1640 2nd Ave. NE  
Fayette, AL 35555  
205-932-3227

**Eastside Apartments**  
820 5th Ave. NE  
Fayette, AL 35555  
205-904-9104

**Mayfair Manor Apartments**  
705 7th St. NE  
Fayette, AL 35555  
205-932-8590

**Springhill Apartments**  
115 Springhill Dr.  
Berry, AL 35546  
205-689-4194

**Terrace Park**  
744 6th St. SW  
Fayette, AL 35555  
205-932-6906

**Valley Cove Apartments**  
804 5th Ave. NE  
Fayette, AL 35555  
205-932-2466

**Yester Oakes Apartments**  
612 7th St. NE  
Fayette, AL 35555  
205-932-8783

### Greene County

**Arrowood Apartments**  
260 County Rd 82 #9A  
Boligee, AL 35443  
205-336-8563

**Elmwood Manor**  
1156 W. End St.  
Eutaw, AL 35462  
205-372-4400

**Eutaw Elderly Village, Inc.**  
321 Tuscaloosa St.  
Eutaw, AL 35462  
205-372-1028

**Sagewood Apartments**  
940 W. End St.  
Eutaw, AL 35462  
205-372-4947

## 62 HOUSING

### Hale County

#### Canterbury Manor

6400 AL Hwy. 14  
Greensboro, AL 36744  
334-624-0770

#### Carriage Hills

6500 AL Hwy. 14  
Greensboro, AL 36744  
334-624-4843

#### Magnolia Village

1910 Short Blount St.  
Greensboro, AL 36744  
334-624-4388

#### Moundville Gardens

270 Alabama Ave.  
Moundville, AL 35474  
205-371-9009

#### Project Horseshoe Farm

1202 Main St.  
Greensboro, AL 36744  
205-710-6372  
334-218-6009  
[www.projecthsf.org/housing-programs](http://www.projecthsf.org/housing-programs)

### Lamar County

#### Fox Ridge Apartments

520 County Rd. 9  
Vernon, AL 35592  
205-695-0011

#### Lawrence Plaza V Apartments

304 Julia Circle  
Sulligent, AL 35586  
205-698-8711

### Pickens County

#### Carrollton Manor Apartments

560 Sanders St.  
Carrollton, AL 35447  
205-367-8196  
[www.carrolltonmanorapartments.com](http://www.carrolltonmanorapartments.com)

#### Grandview Apartments

617 Garden Dr.  
Gordo, AL 35466  
205-364-6150

#### Reform Manor

569 Manor Circle  
Reform, AL 35481  
205-375-2952

#### Treeline Apartments

198 Treeline Dr. NE  
Aliceville, AL 35442  
205-373-2639

#### Turtle Creek Apartments

202 Ball St.  
Reform, AL 35481  
205-375-2618

#### Westhill Square Apartments

25770 Hwy 82  
Gordo, AL 35466  
205-364-8903

### Tuscaloosa County

#### Bonita Terrace Apartments

1300 Hargrove Rd.  
Tuscaloosa, AL 35401  
205-758-5870

#### Branscomb Apartments

570 60th St.  
Tuscaloosa, AL 35405  
205-758-1829

#### Chastain Manor

381 34th Ave. E  
Tuscaloosa, AL 35404  
205-409-8622

**Chesnut Trace Apartments**

(Tax Credit Property)  
9801 Old Greensboro Rd.  
Tuscaloosa, AL 35405  
205-722-9200  
www.chesnuttrace2.com

**Clara Verner Apartments**

101 Old Hackberry Ln.  
Tuscaloosa, AL 35401  
205-349-1202

**Crescent East Apartments**

5041 1st St. E  
Tuscaloosa, AL 35404  
205-556-1074

**CSP Village Apartments**

2700 McFarland Blvd. E  
Tuscaloosa, AL 35405  
205-391-4936

**Field Crest Apartments**

1000 Fieldcrest Dr.  
Tuscaloosa, AL 35406  
205-752-3044

**Forrester Gardens**

1350 James I Harrison Jr. Pkwy. E  
Tuscaloosa, AL 35405  
205-553-4410  
www.preservationmanagement.com

**Grandview Apartments**

(Tax Credit Property)  
1700 Snows Mill Ave.  
Northport, AL 35476  
205-650-1760

**Hallmark Homes**

(Tax Credit Property)  
815 Garden Pkwy.  
Tuscaloosa, AL 35405  
205-750-2488

**Hampton Point Apartments**

(Tax Credit Property)  
1900 Snows Mill Ave.  
Northport, AL 35476  
205-758-7774

**Hay Court Apartments**

4420 21st St.  
Tuscaloosa, AL 35401  
205-758-7514

**Hurricane Creek Trace**

4603 6th St. E  
Tuscaloosa, AL 35404  
205-469-9601

**Jackson Apartments**

4101 21st St.  
Tuscaloosa, AL 35401  
205-632-5091  
256-560-0821-leasing office

**McConnell Hills**

4620 18th Ave. E  
Tuscaloosa, AL 35405  
205-553-1223

**McDaniel Arms Apartments**

1791 Harper Rd.  
Northport, AL 35476  
205-333-0224

**McKenzie Annex**

4420 21st St.  
Tuscaloosa, AL 35401  
205-758-7514

**Oak Trace Apartments**

5775 McFarland Blvd. E  
Tuscaloosa, AL 35405  
205-758-0544

**Presbyterian Apartments Building 1 & II**

3845 Hwy. 69 N  
Northport, AL 35473  
205-339-5180

**Providence Place**

(Tax Credit Property)  
3503 38th St.  
Northport, AL 35473  
205-333-7888

**Pine Cone Apartments**

2101 44th St. E  
Tuscaloosa, AL 35405  
205-562-1992

## 64 HOUSING

### Rosedale Apartments

1021 Robert Glenn Dr.  
Tuscaloosa, AL 35401  
205-759-9700

### Running Brook

4413 Cypress Creek Ave. E  
Tuscaloosa, AL 35405  
205-556-8070

### Saddlewood Apartments

2400 Deerfield Dr. E  
Northport, AL 35473  
205-339-0660

### Somerville Apartments

(Tax Credit Property)  
5701 McFarland Blvd. E  
Tuscaloosa, AL 35405  
205-758-4300

### Winding Creek Apartments

(Tax Credit Property)  
6802 Old Greensboro Rd.  
Tuscaloosa, AL 35405  
205-366-9500



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- ☆ Somerville Tuscaloosa, AL 205-758-4300
- ☆ Elmwood Manor Eutaw, AL 205-372-4400
- ☆ Yester Oaks Fayette, AL 205-932-8783
- ☆ Mayfair Manor Fayette, AL 205-832-8590
- ☆ Canterbury Manor Greensboro, AL 334-627-0770
- ☆ Carriage Hills Greensboro, AL 334-624-4843
- ☆ Lawrence Plaza V Sulligent, AL 205-698-8711

[www.morrowapartments.net](http://www.morrowapartments.net)





# LONG-TERM CARE OMBUDSMAN

## KNOW YOUR Rights!

If you live in a nursing home or assisted living, you have:

The right to be fully informed and participate in all aspects of your care.



The right to privacy and confidentiality.



The right to make independent choices based on your needs and preferences.



The right to be treated with dignity, consideration and respect.

### THE RIGHT TO...

- safe and appropriate transfer and discharge, including the right to appeal decisions.
- voice concerns and complaints without fear of repercussions.
- be free from discrimination, abuse, neglect and restraints.

The right to spend time and visit with friends, family, providers and others of your choosing.



The right to participate in resident groups or councils.



The right to information about living in the community.

The right to adequate medical care and treatment.



Contact your local Ombudsman Representative at 205-333-2990 or 1-800-AGE-LINE.

Residents have many rights. If you, or a loved one, are in need of advocacy for a Long-Term Care resident please contact your local Ombudsman representative at the Area Agency on Aging of West Alabama. The Long-Term Care Ombudsman representative is trained and certified by the Alabama Office of the State Long-Term Care Ombudsman Program. They are available to investigate and work to resolve problems or complaints affecting long-term care residents.

### For more information or to make a complaint contact:

- **Alabama Department of Public Health (ADPH)**  
Health Care Division: 1-800-356-9596

Contact if you believe a resident is being abused or neglected at a facility by a member of the facility staff.

- **Department of Human Resources (DHR)**  
Contact in the county that the resident lives (see page 38). Report concerns to DHR if the person responsible for the abuse or neglect is a family member or a person not employed by the facility.

- **The Elder Abuse Hotline**  
800-458-7214
- **West Alabama's Long-Term Care Ombudsman**  
4200 Hwy. 69 N Ste. 1  
Northport AL 35473  
205-333-2990 or 800-243-5463

- **Office of the State Long-Term Care Ombudsman Program**  
**Alabama Department of Senior Services**  
201 Monroe St. Ste. 350  
Montgomery, AL 36130  
334-242-5753



## Long Term Care Guide

### Did you know?

- Medicare does NOT pay for LTC.
- Home Health Services paid for by Medicare is not designed for long-term care, it is intermittent based on providing care while a person is recuperating.
- Medicaid does cover LTC, but only if you have very limited income and assets. If you qualify, they would cover nursing home care or in home services through a Medicaid waiver program.
- The median cost for a nursing home bed in a semi-private room is \$7000+ per month (2023)
- If one does not qualify for Medicaid in the nursing home the person is considered private pay.

### Helpful Terms to Remember

- **Rehab Stay-** Medicare pays for rehab days in a nursing home for a short-term placement that is medically necessary. This is \*usually\* triggered by an inpatient hospital stay. Can receive up to 100 days but a 20-day stay is most common with Medicare coverage.
- **Assisted Living-** is a private pay option for persons with varying needs. Assisted living may include independent living, assisted living, and specialty care for memory loss.
- **VA Aid and Attendance-** may provide monthly payments for care to those who qualify based on a War-time veteran or their spouse needing assistance with activities of daily living.
- **Long-term care insurance-** these policies are sold by private companies to cover some of the cost for LTC.
- **Sitters and Respite-** these services can be arranged from the home health setting or sitter/respite agencies and is private pay.
- **Home and Community Based Waiver-** programs that provide personal and homemaker services aimed at maintaining independence and are based on income and resources.
- **Hospice-** an option for end-of-life care but also for chronic conditions and can provide supportive services in the home setting.

# Medicaid: Nursing Home Care and Estate Recovery

By Taylor Goodall, Esq., Legal Services Alabama

**M**edicaid is a government-funded program designed to provide health care coverage for low-income individuals and families. While Medicaid covers a wide range of medical expenses, there are certain eligibility requirements and guidelines that must be met. In addition, Medicaid estate recovery is a process by which the government recovers the costs of long-term care from a person's estate after their death.

In this article, we will discuss Medicaid estate recovery and the exemptions for eligibility and estate recovery.

## What is Medicaid?

**Medicaid is a joint federal and state program that provides health insurance to eligible low-income individuals and families, as well as people with disabilities, pregnant women, and seniors. Medicaid covers a wide range of medical expenses, including hospital visits, doctor's appointments, prescription drugs, and long-term care services.**

Institutional Medicaid is a type of Medicaid that covers the costs of long-term care in a nursing home or other facility. Eligibility for institutional Medicaid is based on income and assets, with strict guidelines that must be followed in order to qualify.

## Who is eligible?

In Alabama, Medicaid provides coverage for nursing home care for eligible individuals who meet certain requirements.

### To be eligible for nursing home coverage from Medicaid in Alabama, an individual must:

- A. Be a resident of Alabama
- B. Be a U.S. citizen or qualified non-citizen
- C. Have a medical need for skilled nursing care or rehabilitation services on a daily basis as determined by a physician
- D. Have limited income and resources that meet Medicaid eligibility requirements

In addition to these basic requirements, there are also specific financial eligibility criteria that must be met, which are based on an individual's income and assets. For example, in Alabama, the monthly income limit for nursing home Medicaid eligibility is \$2,742 (2023) for an individual, and the asset limit is \$2,000 at the beginning of each month. These asset and income limits are subject to change at the beginning of each new year.

### There are some exceptions to the asset limit.

#### For example:

- A. One vehicle
- B. Personal belongings and household items
- C. Prepaid burial plans
- D. Pay on Death Bank Accounts or Insurance Policies
- E. Property may not be counted as a resource in the following situations:
  - If there is an intent to return from the medical institution,
  - A bona fide effort is being made to sell the property,
  - If a spouse, other dependent relative, or joint owner is living on the property,
  - The property, valued less than 6,000, is income producing,
  - If the property interest is a life estate.

### NOTE: A lien may be placed on your property to recover the cost of care

- F. Under the Medicaid "spousal impoverishment" provisions, a certain amount of the couple's combined resources is protected for the spouse living in the community.

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Non-exempt assets, on the other hand, are those that count towards the asset limit and can affect Medicaid eligibility.

**Examples of non-exempt assets include:**

- A. Cash and bank accounts
- B. Investments such as stocks, bonds, and mutual funds
- C. Additional vehicles
- D. Second homes or other real estate
- E. Other valuable personal property, such as jewelry or artwork

It's important to note that these eligibility requirements can be complex and can vary based on an individual's specific circumstances. If you or a loved one are considering nursing home care and want to explore Medicaid coverage options, it may be helpful to consult with a Medicaid specialist or elder law attorney who can provide guidance on the eligibility criteria and application process.

### What does it mean to “spend down” your assets?

In order to qualify for Medicaid, individuals may need to “spend down” their assets in order to meet eligibility requirements. Spending down refers to the process of reducing assets in order to meet the asset limit for Medicaid eligibility. There are a number of ways that individuals can spend down their assets in order to qualify for Medicaid. It is important to note that spending down assets must be done in accordance with Medicaid guidelines, and individuals should seek professional advice in order to ensure that they are following the rules.

### Can Medicaid take your home?

One of the biggest concerns for individuals who are considering Medicaid is whether the program can take their home. The answer is that it depends on the individual's circumstances. In general, Medicaid cannot take a person's primary residence while they are still alive. However, the home may stand in your way of qualifying for Medicaid to pay for your care in the nursing home. In other words, Medicaid requires your resources be below \$2000 (2023)

for an individual and \$29,724 (2023) for a married couple. However, if the home is not sold while the person is in the nursing home, after the person's death, Medicaid may be able to recover the costs of long-term care from the person's estate, which could include the home.

### The Estate Recovery Process

Medicaid estate recovery is a process where Alabama Medicaid seeks to recover the cost of long-term care services provided to Medicaid beneficiaries from their estates after they pass away. Recoveries may not exceed the total amount spent by Medicaid on the individual's behalf at or after age 55. To protect the estates of Medicaid beneficiaries and their heirs, Alabama has built-in exemptions to the Medicaid estate recovery process. For example, Alabama must delay estate recovery claims if the Medicaid recipient's spouse, child under 21, or disabled child lives there. Also, personal property with little or no resale value, such as furniture or clothing, is exempt from estate recovery. Alabama Medicaid also provides exemptions for family farms that are essential to the income of the heirs.

In summary, while Alabama has exemptions in place to protect Medicaid beneficiaries and their heirs from the negative effects of estate recovery, it remains essential to be aware and consult with an experienced elder law attorney about the potential implications of Medicaid estate recovery when planning for long-term care needs.

## LONG-TERM CARE FACILITIES

**Assisted Living Facilities (ALF)** provide residential housing, personalized supportive services and health care. These settings maximize independence and only provide skilled services in **Specialty Care Assisted Living Facilities (SCALF)**. Contact the facility for exact pricing and facility information.

### Assisted Living Facilities

#### Fayette County

**Morningview Estates**  
404 25th St. NW  
Fayette, AL 35555  
205-932-4003  
www.mveal.com  
38 Beds

#### Tuscaloosa County

**Crimson Village and The Tides at Crimson Village**  
1410 18th Ave. E.  
Tuscaloosa, AL 35404  
205-632-6699  
www.crimsonvillage.com  
78 Beds / 28 Beds (Specialty Care)

**Hallmark Manor at Capstone Village and Traditions Way (Specialty Care)**  
515 Roger Sayers Dr.  
Tuscaloosa, AL 35401  
205-347-0062 (Admissions)  
1-866-232-1428 (Facility)  
www.capstonevillage.ua.edu  
13 beds / 16 beds (Specialty Care)

**Heritage Village**  
1001 Snows Mill Ave.  
Tuscaloosa, AL 35406  
205-349-1011  
www.heritagehealthcareandrehab.com  
15 beds

**Legacy of Crimson Village**  
755 55th Pl. E  
Tuscaloosa, AL 35405  
205-469-1828  
www.crimsonvillage.com  
36 beds

**Morning Pointe of Tuscaloosa**  
1801 Rice Mine Rd. N  
Tuscaloosa, AL 35406  
205-345-1112  
www.morningpointe.com  
60 beds (Specialty Care)

**North River Village**  
5810 Rice Mine Rd. NE  
Tuscaloosa, AL 35406  
205-759-9875  
www.northrivervillage.com  
80 beds

**Regency Retirement and Pathway at Regency Retirement (Specialty Care)**  
5001 Old Montgomery Rd.  
Tuscaloosa, AL 35405  
205-752-5500  
www.regencytuscaloosa.com  
80 beds / 26 beds (Specialty Care)

**The Crossings at North River**  
200 George Hall Ln.  
Tuscaloosa, AL 35406  
205-203-9182  
www.thecrossingsatnorthriver.com  
84 Beds / 32 Beds (Specialty Care)

**The Landings of Northport**  
951 Rose Dr.  
Northport, AL 35476  
205-330-1700  
www.northportseniors.com  
83 beds

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**Nursing Home facilities** provide 24-hour skilled nursing care to those who are chronically ill or injured, have health care needs as well as personal needs, and are unable to function independently. Contact residencies for exact pricing and facility information.

## Nursing Home Facilities

### Bibb County

#### **Bibb Medical Center Nursing Home**

208 Pierson Ave.  
Centreville, AL 35042  
205-926-4881  
[www.bibbmedicalcenter.com](http://www.bibbmedicalcenter.com)  
131 beds

### Fayette County

#### **Fayette Medical Center Long Term Care Unit**

1653 Temple Ave. N.  
Fayette, AL 35555  
205-932-5966  
[www.dchsystem.com/locations/fayette-medical-center/long-term-care-unit](http://www.dchsystem.com/locations/fayette-medical-center/long-term-care-unit)  
122 Beds

### Greene County

#### **Greene County Nursing Home**

509 Wilson Ave.  
Eutaw, AL 35462  
205-372-4545  
[www.gcheutaw.com](http://www.gcheutaw.com)  
72 Beds

### Hale County

#### **Diversicare of Greensboro**

616 Armory Rd.  
Greensboro, AL 36744  
334-624-3054  
[www.colonialhavenrehab.com](http://www.colonialhavenrehab.com)  
97 Beds

#### **Moundville Health & Rehabilitation, LLC**

121 Union St.  
Moundville, AL 35474  
205-371-2252  
[www.moundvillehealthandrehab.com](http://www.moundvillehealthandrehab.com)  
68 Beds

### Lamar County

#### **Generations of Vernon**

1050 Convalescent St.  
Vernon, AL 35592  
205-695-9313  
[www.genmanco.com](http://www.genmanco.com)  
158 Beds

**121 Union St.**  
**Moundville, AL 35474**  
**205-371-2252**

**MOUNDVILLE**  
HEALTH AND REHABILITATION, LLC  
[www.moundvillehealthandrehabilitation.com](http://www.moundvillehealthandrehabilitation.com)  
*Our Family Caring For Yours*

**Pickens County**

**Aliceville Manor Nursing Home**  
 703 17th St. NW  
 Aliceville, AL 35442  
 205-373-6307  
[www.alicevillemanornursinghome.com](http://www.alicevillemanornursinghome.com)  
 100 Beds

**Arbor Woods Health & Rehab**  
 515 2nd Ave. NW  
 Reform, AL 35481  
 205-375-6379  
 85 Beds

**Tuscaloosa County**

**Aspire Physical Recovery Center of West Alabama, LLC**  
 2400 Hospital Dr.  
 Northport, AL 35476  
 205-330-8412  
[www.aspirephysicalrecovery.com](http://www.aspirephysicalrecovery.com)  
 75 Beds

**Forest Manor Health and Rehabilitation**  
 2215 32nd St.  
 Northport, AL 35476  
 205-339-5400  
[www.forestmanorhealth.com](http://www.forestmanorhealth.com)  
 182 Beds/40 Beds

**Glen Haven Health & Rehabilitation**  
 2201 32nd St.  
 Northport, AL 35476  
 205-339-5700  
[www.glenhavenhealthandrehab.com](http://www.glenhavenhealthandrehab.com)  
 200 Beds

**Heritage Health Care & Rehab**  
 1101 Snows Mill Ave.  
 Tuscaloosa, AL 35406  
 205-759-5179  
[www.heritagehealthcareandrehab.com](http://www.heritagehealthcareandrehab.com)  
 216 Beds



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 OR FIND US ON FACEBOOK  
[WWW.FACEBOOK.COM/ALICEVILLEMANOR](http://WWW.FACEBOOK.COM/ALICEVILLEMANOR)



**Hunter Creek Health & Rehab**  
 600 McFarland Blvd.  
 Northport, AL 35476  
 205-339-5900  
[www.huntercreekhealthandrehab.com](http://www.huntercreekhealthandrehab.com)  
 78 Beds

**Park Manor**  
 2201 McFarland Blvd.  
 Northport, AL 35476  
 205-339-5300  
[www.parkmanorhealthandrehab.com](http://www.parkmanorhealthandrehab.com)  
 152 Beds



## HEALTH CLINICS & ORGANIZATIONS

### **American Cancer Society**

1100 Ireland Way Ste. 300  
Birmingham, AL 35205  
800-227-2345  
[www.cancer.org/about-us/local/alabama.html](http://www.cancer.org/about-us/local/alabama.html)

### **American Heart & Stroke Association**

217 Country Club Park PMB 326  
Birmingham, AL 35213  
205-510-1500  
[www.heart.org/heartorg](http://www.heart.org/heartorg)  
[www.strokeassociation.org/strokeorg](http://www.strokeassociation.org/strokeorg)

### **Alabama Kidney Foundation**

265 Riverchase Pkwy E Ste. 106  
Hoover, AL 35244  
205-900-7250  
[www.alkidney.org](http://www.alkidney.org)

### **American Red Cross - Bibb**

195 Hospital Dr.  
Centreville, AL 35042  
205-758-3608  
[www.redcross.org](http://www.redcross.org)

### **American Red Cross - Hale**

988 Church St.  
Greensboro, AL 36744  
205-758-3608

### **American Red Cross - Fayette & Lamar**

601 Columbus Ave.  
Vernon, AL 35592  
205-695-9573

### **American Red Cross - Central-West Alabama**

2130 Paul W. Bryant Dr. Ste. B  
Tuscaloosa, AL 35401  
205-758-3608

### **Arthritis Foundation**

800-283-7800  
[www.arthritis.org](http://www.arthritis.org)

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## Health Care

### **Health Organizations**

#### **Alabama Department of Rehabilitation Services**

1400 James I. Harrison Jr. Pkwy E Ste. 300  
Tuscaloosa, AL 35405  
205-554-1300  
[www.rehab.alabama.gov](http://www.rehab.alabama.gov)

#### **Advancing Sight**

500 Robert Jemison Rd.  
Birmingham, AL 35209  
800-423-7811  
[www.advancingsight.org](http://www.advancingsight.org)

#### **Alabama Head Injury Foundation**

500 Chase Park S. Ste. 130  
Hoover, AL 35244  
205-823-3818 or 800-433-8002  
[www.ahif.org](http://www.ahif.org)

#### **Legacy of Hope**

516 20th St. S  
Birmingham, AL 35233  
205-731-9200 or 800-252-3677  
[www.legacyofhope.org](http://www.legacyofhope.org)



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## Nursing Home

To complement our "age-in-place" model, the BMC campus is also home to a 130-bed Skilled Nursing Facility. The Nursing Home is known for its enjoyable activities and the famous 50's Diner.

CONTACT US

205-926-4881

[bibbmedicalcenter.com](http://bibbmedicalcenter.com)

Find us on 



**Asthma & Allergy Foundation of America**  
800-727-8462  
www.aafa.org

**Breast & Cervical Cancer Early Detection Program of Alabama**  
877-252-3324  
www.alabamapublichealth.gov/bandc/index.html

**National Cancer Institute**  
800-422-6237  
www.cancer.gov

**Cancer Survivors Network**  
www.csn.cancer.org

**DCH Diabetes & Nutrition Education Center**  
DCH Annex  
600 Bryant Dr. E  
Tuscaloosa, AL 35401  
205-750-5260  
www.dchsystem.com/services/diabetes-nutrition-education-center

**Easter Seals West Alabama**  
1400 James I Harrison Jr. Pkwy. E  
Tuscaloosa, AL 35405  
205-759-1211 or 800-726-1216  
www.eswaweb.org

**National Kidney Foundation**  
(Serving Alabama, Georgia and Mississippi)  
830 Glenwood Ave., Ste. 510, Box 405  
Atlanta, GA 30316  
770-452-1539 or 800-633-2339  
www.kidney.org/offices/nkf-serving-alabama-georgia-and-mississippi

**Rural Alabama Prevention Center**  
301 Prairie Ave.  
P.O. Box 786  
Eutaw, AL 35462  
205-372-3514  
www.ruralalabamaprevention.org

**United Cerebral Palsy of West Alabama**  
1100 UCP Pkwy.  
Northport, AL 35476  
205-345-3031  
www.ucpwa.org

## Kidney Dialysis Assistance

Depending on the availability of funds, limited emergency transportation assistance, and in some cases, emergency utilities assistance may be available. Assistance is provided after all other resources have been exhausted. Dialysis patients, persons with kidney problems and transplant recipients must meet specific qualifications. If assistance is needed, contact the social worker at your dialysis treatment center.

### Davita Dialysis Clinic

**Fayette County**  
2450 Temple Ave. N  
Fayette, AL 35555  
205-932-8500 or 800-424-6589

**Greene County**  
544 Hwy. 43  
Eutaw, AL 35462  
1-800-424-6589

**Pickens County**  
289 William E Hill Dr. Ste. A  
Carrollton, AL 35447  
1-800-424-6589

### **Tuscaloosa County**

- 400 McFarland Blvd. Ste. 2-B  
Northport, AL 35476  
659-239-6174  
800-424-6589  
www.davita.com
- 805 Old Mill St.  
Tuscaloosa, AL 35401
- 220 15th St.  
Tuscaloosa, AL 35401
- 6521 Hwy 69 S., Ste. O  
Tuscaloosa, AL 35405
- 1850 McFarland Blvd. N, Ste. B  
Tuscaloosa, AL 35406

Hospitals

**Bibb County**

**Bibb Medical Center**  
 208 Pierson Ave.  
 Centreville, AL 35042  
 205-926-4881  
 www.bibbmed.com

**Fayette County**

**Fayette Medical Center**  
 1653 Temple Ave. N.  
 Fayette, AL 35555  
 205-932-5966  
 www.dchsystem.com/locations/  
 fayette-medical-center

**Greene County**

**Greene County Health System**  
 509 Wilson Ave.  
 Eutaw, AL 35462  
 205-372-3388  
 www.gcheutaw.com

**Hale County**

**Hale County Hospital**  
 508 Greene St.  
 Greensboro, AL 36744  
 334-624-3024  
 www.halecountyhospital.com

**Tuscaloosa County**

**DCH Regional Medical Center**  
 809 University Blvd. E  
 Tuscaloosa, AL 35401  
 205-759-7111  
 www.dchsystem.com

**Northport Medical Center**  
 2700 Hospital Dr.  
 Northport, AL 35476  
 205-333-4500  
 www.dchsystem.com

**Tuscaloosa VA Medical Center**  
 3701 Loop Rd. E  
 Tuscaloosa, AL 35404  
 205-554-2000 or 888-269-3045  
 www.tuscaloosa.va.gov

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**Dr. Vlada Groysman, MD**  
 Founder and Medical Director

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205.214.7546  
 2279 Valleydale Rd. Suite 102, Hoover, AL 35244  
 www.spacahaba.com | www.shopcahaba.com

## Health Clinics for Uninsured

### Enroll Alabama

205-759-7085 or 844-248-7698  
www.enrollala.com

### Health Insurance Marketplace

800-318-2596  
www.healthcare.gov

## Bibb County

### Bibb Medical Associates

208 Pierson Ave.  
Centreville, AL 35042  
205-926-4694  
www.bibbmedicalcenter.com

## Greene County

### Whatley Health Services at Eutaw

200 Morrow Ave.  
Eutaw, AL 35462  
205-372-0011  
www.whatleyhealth.org

## Hale County

### Hale County Hospital

508 Green St.  
Greensboro, AL 36744  
334-624-3024  
www.halecountyhospital.com

### Whatley Health Services LaBridgette R. Ellis Medical and Dental Center

800 Hall St.  
Greensboro, AL 36744  
334-624-0871  
www.whatleyhealth.org

## Lamar County

### Whatley Health Services Vernon Health Center

230 Hospital Dr.  
Vernon, AL 35592  
205-695-0450  
www.whatleyhealth.org

## Pickens County

### Whatley Health Services at Aliceville

432 5th Street NW  
Aliceville, AL 35442  
205-758-6647

### Whatley Health Services Aliceville Health & Wellness Center

417 3rd St. SE  
Aliceville, AL 35442  
205-373-6378  
www.whatleyhealth.org

### Whatley Health Services at Carrollton

289 William E Hill Dr. Ste. C  
Carrollton, AL 35447  
205-614-6228  
www.whatleyhealth.org

### Whatley Health Services Pickens County Family Practice Center

27340 Hwy 86  
Gordo, AL 35466  
205-364-7135  
www.whatleyhealth.org

## Tuscaloosa County

### Five Horizons Health Services

2720 6th St.  
Tuscaloosa, AL 35401  
205-759-8470  
www.fivehorizons.org

### Good Samaritan Clinic

3880 Watermelon Rd. Ste. A  
Northport, AL 35473  
205-343-2212  
www.gscclinic.org

### Whatley Health Services James O Ellis Health Center

3532 Greensboro Ave.  
Tuscaloosa, AL 35401  
205-752-1087  
www.whatleyhealth.org

### Maude L. Whatley Health Center

2731 Martin Luther King Jr. Blvd.  
Tuscaloosa, AL 35401  
205-758-6647  
www.whatleyhealth.org

### The University of Alabama Health Center

750 Peter Bryce Blvd.  
Tuscaloosa, AL 35401  
205-348-6262  
www.shc.ua.edu

### Whatley Health Services Crescent East Health Center

4952 1st St. NE  
Tuscaloosa, AL 35404  
205-556-6042  
www.whatleyhealth.org

## DENTAL ASSISTANCE

### Low Cost & Discounted Dental Services

#### Dental Insurance Online Savings

800-296-3800  
dentalinsurance.com

#### National Association of Dental Plans

972-458-6998  
www.nadp.org

#### Cahaba Medical Care Dental Clinic

260 Walnut St.  
Centreville, AL 35042  
205-926-4697  
www.cahabamedicalcare.com/  
dental-care

#### Foundry Dental Center

1700 6th Ave. N.  
Bessemer, AL 35020  
205-434-2031

#### Good Samaritan Clinic

3880 Watermelon Rd. Ste. A  
Northport, AL 35473  
205-343-2212  
www.gscclinic.org

#### LaBridgette R. Ellis Medical and Dental Center

800 Hall St.  
Greensboro, AL 36744  
334-624-3342  
www.whatleyhealth.org

#### Advantage Dental

1911 Skyland Blvd. E Ste. A-3  
Tuscaloosa, AL 35405  
205-535-1780  
www.advantagedental.com

#### Theodore R. Hendrix Dental Center

2731 Martin Luther King Jr. Blvd.  
Tuscaloosa, AL 35401  
205-758-6647  
www.whatleyhealth.org

#### UAB School of Dentistry

1919 7th Ave. S  
Birmingham, AL 35233  
205-934-2700  
www.uab.edu/dentistry/home/  
patients/become-a-patient

#### West Alabama Dental Center

149 Skyland Blvd. E.  
Tuscaloosa, AL 35405  
205-345-8859  
www.westalabamadental.com

## HEARING ASSISTANCE

**\*Eligible veterans should contact the Veterans Administration for hearing services offered.**

#### Hear Now Starkey Hearing Foundation

(ask for "Hear Now")  
1-800-328-8602  
www.starkeyhearingfoundation.org/hear-now

#### Alabama Institute for Deaf & Blind (AIDB)

Tuscaloosa Regional Center  
2412 Skyland Blvd. E.  
Tuscaloosa, AL 35405  
205-345-2883  
www.aidb.org

#### Ascent Audiology & Hearing

1800 N. McFarland Blvd. Ste. 330  
Tuscaloosa, AL 35406  
205-523-8199  
www.ascentaudiologytuscaloosa.com

#### Bibles on Tape or CDs

Aurora Ministries  
12108 10th Ave. E  
Bradenton, FL 34212  
941-748-3031  
www.auroraminstries.org

#### Pattillo Balance & Hearing Center

515 Hargrove Rd. E.  
Tuscaloosa, AL 35401  
205-409-4717  
www.pattillohearingtuscaloosa.com

#### University of Alabama Speech & Hearing Center

700 University Blvd. E  
Tuscaloosa, AL 35487  
205-348-7131  
www.cd.ua.edu/speech-and-hearing-center

#### Vocational Rehabilitation Services (Blind/Deaf Program) and OASIS

1400 James I Harrison Jr. Pkwy. E.  
Ste. 300  
Tuscaloosa, AL 35405  
205-554-1300  
800-441-7607

## MEDICAL ALERT SYSTEMS

**Acadian on Call**

1-877-477-6507  
www.acadianoncall.com

**ADT**

1-800-863-8186  
www.adt.com

**Alert 1 Medical Alert Systems**

866-802-3676 ext. 3418  
408-744-3422  
www.alert1.com

**Connect America**

1-800-215-4206  
www.connectamerica.com

**Life Alert**

1-800-360-0329  
www.lifealert.com

**Life Button**

1-855-566-9111  
www.lifebutton24.com

**Medical Guardian**

1-800-668-9200  
www.medicalguardian.com

**MedScope**

1-800-645-2060 option #1  
www.medscope.org

**Pioneer Emergency Response Services**

1-800-824-8844  
www.pioneeremergency.com

**Phillips Lifeline**

1-855-658-5351  
www.lifelinesys.com

## MEDICAL SUPPLIES

**AIM Plus Medical Supplies**

500 Patriot Pkwy, Ste. B  
Tuscaloosa, AL 35405  
866-919-1246  
www.aimplusmedicalsups.com

**DCH Home Medical Equipment**

809 University Blvd. E.  
Tuscaloosa, AL 35401  
205-330-3177  
www.dchsystem.com

**DME Services, LLC.**

3600 5th Ave. S  
Birmingham, AL 35222  
205-591-4792  
www.durablemedicalequipment.net

**Howard Instruments, Inc.**

3102 Greensboro Ave. Ste. B4  
Tuscaloosa, AL 35401  
205-758-9083  
www.howardinstruments.com

**Med-South, Inc.**

400 McFarland Blvd. Ste. G  
Northport, AL 35476  
205-339-8013  
www.medsouthinc.net

**Norris Limb & Brace**

1020 McFarland Blvd.  
Northport, AL 35476  
205-333-1020

**Nutritional Parenteral Home Care**

500 Paul Bryant Dr. E #B  
Tuscaloosa, AL 35401  
205-345-4566

**Specialized Medical Devices**

518 Paul Bryant Dr. E  
Tuscaloosa, AL 35401  
205-345-6880  
www.smdrespiratory.com

**Tuscaloosa Supply Company, Inc.**

3101 25th Ave. Unit A  
Tuscaloosa, AL 35401  
205-394-6917  
www.tuscsupplyco.com

**Tusk Mobility**

4705 McFarland Blvd. Ste. F  
Northport, AL 35476  
205-409-6619  
www.tuskmobility.com

**YD Home Medical**

- 314 2nd Ave. SE  
Fayette, AL 35555  
205-932-5221  
www.yddme.com
- 405 Conti St.  
York, AL 36925  
205-392-5911

# TUSCALOOSA SUPPLY COMPANY, INC

**OFFICE, JANITORIAL, BREAK ROOM & MEDICAL SUPPLIES**

**FREE DELIVERY**

**205-394-6917**

## MEDICARE



### Enrolling in Medicare automatically happens at age 65.

- If you are drawing social security benefits six months *before* your 65th birthday then yes, you will automatically be enrolled in Parts A and B. But, if you are not drawing benefits from social security, enrollment is **NOT** automatic. You **must** enroll through the Social Security Administration.
- Your **Initial Enrollment Period (IEP)** begins three months *before* your 65th birthday, the month of your 65th birthday, and three months after. (Unless your birthday is on the 1st of the month- then your IEP will begin one month prior) **Pay attention to this because enrolling at the wrong time can cause a delay in coverage and late enrollment penalties!**

\*There are other beneficiaries that might qualify before age 65 including people with disabilities, those diagnosed with end stage renal disease, or ALS.

### Medicare covers 100% of health care costs.

- **Medicare Parts A and B** cover 80% of hospital and medical costs. If you would like the other 20% out of pockets to be covered, you can purchase a **Medigap/Supplement plan**. These are sold by private companies.
- **Medicare Part C/ Medicare Advantage Plans** also usually have co-pays and maximum out of pocket amounts.

### Medicare is Free.

- **Medicare Part A (hospital insurance)** is free to most beneficiaries unless they or their spouse has not worked for at least 30 quarters- equivalent to 10 years.
- **Medicare Part B (medical insurance)** costs \$164.90 (in 2023) for most people. Some people are affected by **Income-Related Monthly Adjustment Amount (IRMAA)** and pay a higher amount. This is based on your tax returns from two years prior.
- **Medicare Part D and Medigap plans** almost always also have monthly premiums. You also will be charged co-payments for your medications and possible deductibles.
- **Medicare Part C/ Advantage Plans** can also have monthly premiums, co-insurance charges, deductibles, and out of pocket maximum amounts.

\*There are extra help programs available to help supplement the costs of Medicare. Eligibility is determined by monthly income and resources.

**Call the Area Agency on Aging of West Alabama at 205-333-2990 or 1-800-AGELINE to contact your local SHIP for any Medicare questions!**

# SAVE THE DATE

**Medicare's Annual Enrollment Period:  
October 15 - December 7**

**LOCAL • FREE • UNBIASED  
Medicare Counseling**

Remember to Review Your  
Medicare Benefits Annually

**Contact your LOCAL Area Agency on Aging to  
schedule an appointment:**

**4200 Hwy 69 N  
Northport, AL 35473**

**205-333-2990 or 1-800-AGELINE**



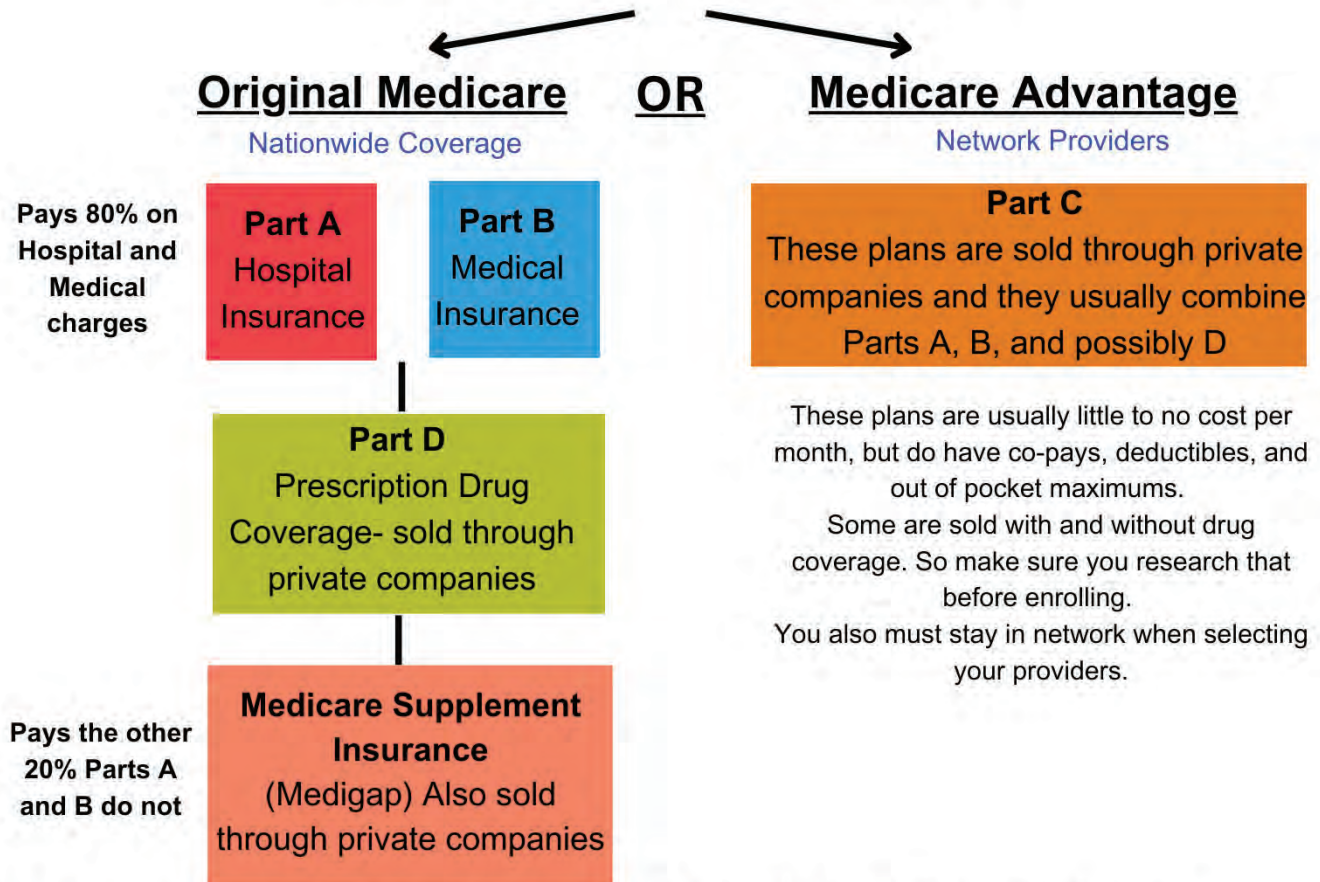
**ALABAMA  
SHIP**

STATE HEALTH INSURANCE  
ASSISTANCE PROGRAM



## What are my Medicare coverage choices?

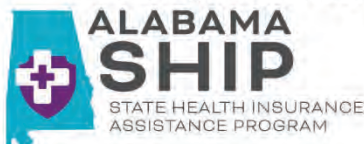
Decide how you want to get your coverage



If you need assistance understanding the "Medicare Maze" call your local Area Agency on Aging. SHIP (State Health Insurance and Assistance Program) offers free, clear, and unbiased Medicare counseling to beneficiaries.

### Call SHIP for...

- Help navigating options when you are new to Medicare
- Assisting with coordination of benefits
- Conducting comparisons to see the most cost-effective Part D or Medicare Advantage Plans
- Assisting beneficiaries with enrollments
- Assisting with Medigap and supplemental policy questions
- Screening for Extra Help programs to supplement Medicare
- Assisting with understanding billing, claims, and appeals



Call (205) 333-2990 or 1-800-AGELINE



## I'm Turning 65- but still working

By 2030, it is estimated that there will be 16 million people 65 and older still in the workforce. More and more people are working after age 65.

### So what does this mean when it comes to Medicare eligibility??

#### You are still eligible for Medicare at age 65- but enrollment is not automatic

If you are **not** currently drawing your Social Security benefits- Medicare enrollment is **not** automatic. One must apply for Parts A and B through the Social Security Administration. This can be done three months before your 65th birthday, the month of your 65th birthday, and three months after.

### Do I need to apply for Medicare if I am still covered under a Group Health Plan?

This is a tricky question because it all depends on your current group health plan. There are a few things to check before deciding if you need to apply for Medicare or delay enrollment.

#### Is the coverage you are on based on ACTIVE employment?

One might be able to delay Medicare coverage if they are currently covered under a Group Health Plan based on current **active** employment. COBRA is not creditable for Part B.

#### Is the Coverage "Creditable" for Part B and D?

"Creditable" means as good as Medicare or better. In order to not accumulate an enrollment penalty or delay your effective dates, the coverage must be creditable. Check with your employers benefits coordinator on this. If it is, they should be able to get you a certificate of creditable coverage.

#### Does my current policy require Medicare enrollment?

Again, this would be something to check with your benefits coordinator. Some policies do require members to take Medicare once eligible. They might only pay secondary if one is eligible for Medicare. Some require a call into the plan in order to let them know one is delaying Medicare. Each plan has different requirements.

#### What if I am enrolled in a High Deductible Health Plan?

If you are currently enrolled in a HDHP and contributing to a Health Savings Account (HSA), there are many things you need to know! If you enroll in Medicare Part A and/or B, you can no longer contribute pre-tax dollars to your HSA. If you decide to delay enrolling in Medicare, make sure to stop contributing to your HSA at least six months before you do plan to enroll in Medicare.

As you can see, delaying Medicare can be a complex decision. If one makes the wrong choice it can cause enrollment penalties and delayed start dates.

Make sure you are communicating with your benefits coordinator to make the best decision for you. If you have any questions, please give the Area Agency on Aging's SHIP a call!

SHIP (State Health Insurance and Assistance Program) is a federally funded program that offers free and unbiased Medicare counseling. SHIP's purpose is to provide clear explanations concerning your Medicare choices. Our counselors are trained and certified to help beneficiaries make informed decisions about their coverage.



205-333-2990 or 1-800- AGELINE



## Are You Missing Out on Savings?

There are two different agencies that may assist someone in qualifying to receive assistance with costs associated with Medicare

1. The Alabama Medicaid Agency administers the **Medicare Savings Programs** (MSP) that is available to help persons whose incomes fall between 101-135% of the Federal Poverty Level.
  - QMB (Qualified Medicare Beneficiary)
    - Medicaid will pay the Medicare coinsurance, which is the 20% that Medicare Parts A and B do not cover.
    - Pays Medicare Part B monthly premium
    - Makes you eligible for Part D premium free which is referred to as LIS (Low Income Subsidy or extra help)
  - SLMB (Specified Low-Income Medicare Beneficiary) and QI-1 (Qualified Individual)
    - Pays Medicare Part B monthly premium
    - Makes you eligible for Part D premium free which is referred to as LIS (Low income subsidy or extra help)
2. The Social Security Administration is responsible for deeming persons eligible for **Low Income Subsidy** (LIS) for those whose incomes are up to 150% of the Federal Poverty Level.
  - Qualifies you for Part D premium free and copay assistance
  - This does not cover any other premiums or costs associated with Medicare

Call your Local Area Agency on Aging for assistance in applying for Extra Help!

205-333-2990

1-800- AGELINE



## MENTAL HEALTH CARE & SUPPORT

### Bibb County

#### Indian Rivers Community Mental Health Center

2439 Main St.  
Brent, AL 35034  
205-926-4681  
www.irmhc.org

### Greene County

#### West Alabama Mental Health Center

301 Prairie Ave.  
Eutaw, AL 35462  
205-372-3106 or 800-239-2901  
www.wamhc.org

### Lamar County

#### Northwest Alabama Mental Health Center

1626 Co. Rd. 9  
Vernon, AL 35592  
205-695-9183 or 1-800-489-3975  
www.nwamhc.com

### Fayette County

#### Northwest Alabama Mental Health Center

123 2nd Ave. NW  
Fayette, AL 35555  
205-932-3216  
1-800-489-3972  
www.nwamhc.com

### Hale County

#### West Alabama Mental Health Center

401 1st St.  
Greensboro, AL 36744  
334-624-4905  
www.wamhc.org

### Pickens County

#### Indian Rivers Community Mental Health Center

890 Reform St.  
Carrollton, AL 35447  
205-367-8032  
www.irmhc.org



*There is hope.*



If you or someone you know needs support now,  
call or text **988** or chat **988lifeline.org**

**988** SUICIDE & CRISIS  
**LIFELINE**

## Tuscaloosa County

### Ability Alliance of West Alabama

1002 McFarland Blvd. Ste. K  
Northport, AL 35476  
205-333-1577  
www.abilityalliance.info

### Bryce Hospital

1651 Ruby Tyler Pkwy.  
Tuscaloosa, AL 35404  
205-507-8000  
www.mh.alabama.gov

### Indian Rivers Community Mental Health Center

2209 9th St.  
Tuscaloosa, AL 35401  
205-391-3131  
www.irmhc.org

### Mary S. Harper Geriatric Psychiatry Center

115 Harper Court  
Tuscaloosa, AL 35401  
205-366-3010

### NAMI Tuscaloosa

P.O. Box 20527  
Tuscaloosa, AL 35401  
205-334-1555  
www.namialabama.org

### North Harbor Pavilion at Northport Medical Center

2700 Hospital Drive  
Northport, AL 35476  
205-330-3000  
www.dchsystem.com

## PHARMACIES

## Bibb County

### Bibb Medical Center Pharmacy

208 Pierson Ave.  
Centreville, AL 35042  
205-926-3277  
www.bibbmed.com/pharmacy

### Curren Pharmacy

22586 AL-216  
McCalla, AL 35111  
205-477-7797  
www.currenpharmacy.com

### CVS Pharmacy

155 Birmingham Rd.  
Centreville, AL 35042  
205-926-4654  
www.cvs.com

### J&S Drugs

1130 Walnut St.  
Centreville, AL 35042  
205-926-7621

### Jacks Discount Pharmacy

23010 AL-5  
West Blocton, AL 35184  
205-938-9588  
www.jacksdiscountpharmacy.com

### Mills Pharmacy

4750 Eastern Valley Rd.  
McCalla, AL 35111  
205-477-1007  
www.millspharmacies.com

### Walmart Pharmacy

10675 AL-5  
Brent, AL 35034  
205-926-6553  
www.walmart.com

### Woodstock Drugs

28891 AL-5  
Woodstock, AL 35188  
205-938-9221

## Fayette County

### Berry Discount Pharmacy

31 Depot St.  
Berry, AL 35546  
205-689-4777

### Cannon Apothecary

106 16th St. NE  
Fayette, AL 35555  
205-932-8969

### Debbie's Drugs

1716 Temple Ave. N.  
Fayette, AL 35555  
205-932-7455

### Fayette Downtown Pharmacy

101 Temple Ave. S.  
Fayette, AL 35555  
205-932-4513

### Walmart Pharmacy

3186 Hwy 171 N  
Fayette, AL 35555  
205-932-2737  
www.walmart.com

## Greene County

### Mills Pharmacy

306 Morrow Ave.  
Eutaw, AL 35462  
205-372-0500  
www.millspharmacies.com



We're honored to join you in supporting Sr. Resource Guide.

Thanks for standing with the West Alabama Regional Commission community.

Ready to learn more about Humana plans?  
Get in touch with a licensed Humana sales agent.



**Sage Smelley**  
**205-534-5475 (TTY: 711)**  
csmelley@humana.com  
Monday – Friday, Monday – Friday, 8:30 a.m. – 5 p.m.

For accommodation of persons with special needs at meetings, call 1-877-320-1235 (TTY: 711).

**Humana.**

**Hale County**

**CVS Pharmacy**  
675 Tuscaloosa St.  
Greensboro, AL 36744  
334-624-8874  
www.cvs.com

**Boone's Pharmacy**  
850 Tuscaloosa St.  
Greensboro, AL 36744  
334-624-7151

**KC Drug**  
40870 Hwy 69 Ste. D  
Moundville, AL 35474  
205-371-8755  
www.kcdrug.com

**Lamar County**

**Beasley's Pharmacy**  
170 5th St. N.  
Vernon, AL 35592  
205-695-0144

**Durham Pharmacy**  
4984 AL-17  
Vernon, AL 35592  
205-695-9611  
www.durhampharmacy.com

**Family Health Pharmacy**  
55298 AL-17  
Sulligent, AL 35586  
205-698-9770  
www.mygnp.com

**Joe Golden Drug & Gifts**  
13532 AL-96 Ste. A  
Millport, AL 35576  
205-662-3817

**Sulligent Drug**  
5808 Hwy. 278  
Sulligent, AL 35586  
205-698-0107

**Pickens County**

**Carrollton Drugs**  
25700 AL-17  
Carrollton, AL 35447  
205-367-2476

**CVS Pharmacy**

- 113 3rd St. SE  
Aliceville, AL 35442  
205-373-8475  
www.cvs.com
- Hwy 82 S.  
Gordo, AL 35466  
205-364-7133

**Gentry Drugs**  
551 Memorial Pkwy.  
Aliceville, AL 35442  
205-373-6688

**H& W Apothecary**  
211 1st St. S  
Reform, AL 35481  
205-828-0047



**“Quality primary care,  
one encounter at a time.”**

**108 4<sup>th</sup> Ave SW Suite A  
Reform, AL 35481**

**Office: (205) 375-6251**

**Fax: (205) 375-9064**

- **Julia L. Boothe, MD**
- **Brandy Junkin, CRNP**
- **Emily Jones, CRNP**
- **Chelsie Skinner, CRNP**
- **Cacyce Fowler, CRNP**

- **Neil Honea, MD**
- **Darlene Putman, CRNP**
- **Kacie Wood, CRNP**
- **Jill Barnette, CRNP**
- **Marcus Stephenson, CRNP**
- **Randa Corley, CRNP**

## Tuscaloosa County

### 15th Street Pharmacy

445 15th St. E  
Tuscaloosa, AL 35401  
205-345-3180  
[www.dutchpharmacy.net/  
15thstreetpharmacy](http://www.dutchpharmacy.net/15thstreetpharmacy)

### CVS Pharmacy

- 808 Veterans Memorial Pkwy.  
Tuscaloosa, AL 35401  
205-345-0531  
[www.cvs.com](http://www.cvs.com)
- 1901 13th Ave. E  
(Inside Target)  
Tuscaloosa, AL 35404  
205-556-5731
- 3302 15th St.  
Tuscaloosa, AL 35401  
205-349-4115
- 1910 McFarland Blvd.  
Northport, AL 35476  
205-339-3819
- 4715 Rice Mine Rd. NE  
Tuscaloosa, AL 35406  
205-345-3455
- 4260 University Blvd. E  
Tuscaloosa, AL 35404  
205-556-3031
- 8700 Hwy 69 S  
Tuscaloosa, AL 35405  
205-342-1401
- 4280 Mitt Larry Rd.  
Northport, AL 35475  
205-339-0415
- 1218 University Blvd.  
Tuscaloosa, AL 35401  
205-349-2660

### Druid City Vital Care

611 McFarland Blvd. Ste. C  
Northport, AL 35476  
205-523-4863  
[www.druidcityvitalcare.com](http://www.druidcityvitalcare.com)

### Dunkin's Pharmacy

7700 AL-69 S Ste. A  
Tuscaloosa, AL 35405  
205-345-4410  
[www.dutchpharmacy.net/  
dunkins-pharmacy](http://www.dutchpharmacy.net/dunkins-pharmacy)

### Family Pharmacy of Northport

110 Mitt Lary Rd.  
Northport, AL 35475  
205-409-9777  
[www.familypharmacyofnorthport.com](http://www.familypharmacyofnorthport.com)

### Jann's Pharmacy

1825 McFarland Blvd. N Ste. 200  
Tuscaloosa, AL 35406  
205-752-2045  
[www.jannspharmacy.com](http://www.jannspharmacy.com)

### Mills Pharmacy

16114 Hwy. 216  
Brookwood, AL 35444  
205-556-1600  
[www.millspharmacies.com](http://www.millspharmacies.com)

### Northport Pharmacy

909 McFarland Blvd.  
Northport, AL 35476  
205-339-5800  
[www.northportpharmacy.com](http://www.northportpharmacy.com)

### Northside Pharmacy

19039 Hwy 43 N Ste. D  
Northport, AL 35475  
205-330-7704

### Optum Infusion Pharmacy

500 B Paul W. Bryant Dr. E, Ste. B  
Tuscaloosa, AL 35401  
866-404-6742  
[www.specialty.optumrx.com](http://www.specialty.optumrx.com)

### Publix Pharmacy

- Bristol Park  
13556 Hwy 69 N  
Northport, AL 35475
- Capital Market Center  
1101 Southview Ln.  
Tuscaloosa, AL 35405  
205-247-7715  
[www.publix.com](http://www.publix.com)
- Northwood Crossings  
2300 McFarland Blvd.  
Northport, AL 35476  
205-339-4388
- The Shops of Lake Tuscaloosa  
4851 Rice Mine Rd. NE #200  
Tuscaloosa, AL 35406  
205-247-4721
- University Town Center  
1190 University Blvd.  
Tuscaloosa, AL 35401  
205-247-5044

### Sams Club Pharmacy

1401 Skyland Blvd. E  
Tuscaloosa, AL 35405  
205-345-2016  
[www.samsclub.com](http://www.samsclub.com)

### The Pharmacy at Midtown

1800 McFarland Blvd. E Ste. 334  
Tuscaloosa, AL 35404  
205-752-0627  
[www.pharmacymidtown.com](http://www.pharmacymidtown.com)



## Tuscaloosa Drug Company

- **Capstone**  
1236 McFarland Blvd. NE  
Tuscaloosa, AL 35406  
205-469-9669  
www.tuscaloosadrugcompany.com
- **Five Points**  
4301 Veterans Memorial Pkwy.  
Tuscaloosa, AL 35404  
205-248-2220
- **Northport**  
13620 Hwy. 43 N Ste. A  
Northport, AL 35475  
205-409-6410

## VA Medical Center Pharmacy

3701 Loop Rd. E Bldg. 135  
Tuscaloosa, AL 35404  
205-554-2000

## Walgreens Pharmacy

- **Jim Myers Drug**  
3325 University Blvd. E  
Tuscaloosa, AL 35404  
205-556-3800  
www.walgreenspharmacy.com
- 1520 McFarland Blvd. N  
Tuscaloosa, AL 35406  
205-759-1501
- **DCH Towers**  
701 University Blvd. E Ste. M04  
Tuscaloosa, AL 35401  
205-750-0041
- **Maude Whatley**  
2731 MLK Jr Blvd.  
Tuscaloosa, AL 35401  
205-345-1197
- **Northport**  
3107 Lurleen B Wallace Blvd.  
Northport, AL 35476  
205-333-9343

- **Skyland Plaza**  
4400 University Blvd. E  
Tuscaloosa, AL 35404  
205-553-6188
- **Taylorville**  
8701 AL-69 S  
Tuscaloosa, AL 35405  
205-758-1684
- 4200 McFarland Blvd. E  
Tuscaloosa, AL 35405  
205-759-1103
- 2916 University Blvd. E  
Tuscaloosa, AL 35404  
205-553-0232
- 521 University Blvd. E  
Tuscaloosa, AL 35401  
205-758-4423
- 3206 15th St.  
Tuscaloosa, AL 35401  
205-349-1330

## Walmart Pharmacy

- **Neighborhood Market**  
4201 Hargrove Rd. E  
Tuscaloosa, AL 35405  
205-632-6150  
www.walmart.com
- **Neighborhood Market**  
1660 McFarland Blvd.  
Northport, AL 35476  
205-861-1262
- 1501 Skyland Blvd. E  
Tuscaloosa, AL 35405  
205-345-4047
- 5710 McFarland Blvd.  
Northport, AL 35476  
205-333-7873

## Winn-Dixie Pharmacy

- 13620 Hwy. 43 N  
Northport, AL 35475  
205-333-0678  
www.winndixie.com
- 9750 Hwy. 69 S  
Tuscaloosa, AL 35405  
205-366-9626
- 4205 University Blvd. E  
Tuscaloosa, AL 35404  
205-553-9477
- 10 McFarland Blvd.  
Northport, AL 35476  
205-345-2755

## Having Trouble Affording High-Cost Medications?

SenioRx has been able to assist with medications such as: **Toujeo, Humalog, Eliquis, Symbicort, Entresto, Bystolic and many more!**



AREA  
AGENCY  
ON AGING  
OF WEST ALABAMA

SenioRx

**Call the Area Agency on Aging to find out if you qualify for this assistance too!**

**205-333-2990  
1-800-AGELINE**

## PHYSICAL THERAPY

### Bibb County

**Bibb Medical Center**  
208 Pierson Ave.  
Centreville, AL 35042  
205-926-3261  
[www.bibbmedicalcenter.com](http://www.bibbmedicalcenter.com)

**Renew Physical Therapy**  
10452 Hwy. 5 Ste. D  
Brent, AL 35034  
205-316-9207

### Fayette County

**Encore Rehabilitation**  
1793 Temple Ave. N  
Fayette, AL 35555  
205-904-8228  
[www.encorerehab.com](http://www.encorerehab.com)

**Fayette Medical Center**  
1653 Temple Ave. N  
Fayette, AL 35555  
205-932-5966  
[www.dchsystem.com](http://www.dchsystem.com)

### Greene County

**Greene County Health Systems**  
509 Wilson Ave.  
Eutaw, AL 35462  
205-372-3388  
[www.gcheutaw.com](http://www.gcheutaw.com)

### Hale County

**Helping Hands Therapy**  
1502 Main St.  
Greensboro, AL 36744  
334-624-3950  
[www.helpinghands-therapy.com](http://www.helpinghands-therapy.com)

**Hale County Hospital**  
508 Green St.  
Greensboro, AL 36744  
334-624-1713  
[www.halecountyhospital.com](http://www.halecountyhospital.com)

### Lamar County

**Renew Physical Therapy**  
314 Columbus Ave. NW  
Vernon, AL 35592  
205-695-5111  
[www.renewrehabandwellness.com](http://www.renewrehabandwellness.com)

### Pickens County

**Encore Rehabilitation**  
214 Robert K. Wilson Dr.  
Carrollton, AL 35447  
205-367-2468

**Encore Rehabilitation**  
219 Industrial Park St.  
Gordo, AL 35466  
205-364-1003

### Tuscaloosa County

**Aptor Physical Therapy**  
526 14th St.  
Tuscaloosa, AL 35401  
205-345-4441

**Aspire Physical Recovery Center of West Alabama, LLC.**  
2400 Hospital Dr.  
Northport, AL 35476  
205-330-8412  
[www.aspirephysicalrecovery.com](http://www.aspirephysicalrecovery.com)

**Champion Sports Medicine**

2700 University Blvd. Ste. A  
Tuscaloosa, AL 35401  
205-752-2266  
www.csmsportsmedicine.com

**DCH Rehabilitation Pavillion (inpatient and outpatient)**

2700 Hospital Dr.  
Northport, AL 35476  
205-333-4900  
www.dchsystem.com

**DCH Encore Rehabilitation**

- 92 McFarland Blvd.  
Northport, AL 35476  
205-344-9161  
www.dchencore.com
- 1050 Ruby Tyler Pkwy.  
Tuscaloosa, AL 35404  
205-759-7860
- 6561 Hwy 69 S. Ste. A  
Tuscaloosa, AL 35405  
205-722-1036

**Drayer Physical Therapy Institute**

- 12420 Wildcat Dr., Unit B  
Northport, AL 35475
- 401 Peter Bryce Blvd.  
Tuscaloosa, AL 35401  
205-348-3904  
www.drayerpt.com
- 1781 B Commons North Loop  
Tuscaloosa, AL 35406  
205-752-0845

**Fyzical Therapy & Balance Center**

- 4280 Watermelon Rd. #113  
Northport, AL 35473  
205-349-2525  
www.fyzical.com/tuscaloosa
- 1300 McFarland Blvd. NE  
Tuscaloosa, AL 35406  
205-343-7711
- 2201 Jack Warner Pkwy.  
Tuscaloosa, AL 35401  
205-523-5618

**North River Therapy**

212 McFarland Blvd.  
Northport, AL 35476  
205-333-5351  
www.northrivertherapy.com

**Physiolete Therapy and Performance**

610 Lurleen B Wallace Blvd. N  
Tuscaloosa, AL 35401  
205-409-8060  
www.physioletept.com

**Professional Therapy Services**

1110 15th St. Ste. C  
Tuscaloosa, AL 35401  
205-758-0053  
www.professionaltherapyservices.net

**Trinity Physical Therapy**

7402 Hwy 69 S  
Tuscaloosa, AL 35405  
205-758-5832  
www.trinityphysicaltherapy.com

**Tuscaloosa Rehabilitation and Hand Center**

5690 Watermelon Rd. Ste. 100  
Northport, AL 35473  
205-759-2211  
www.trahc.net

**University Orthopedic & Clinic**

- 305 Paul W. Bryant Dr.  
Tuscaloosa, AL  
205-345-0192  
www.uocortho.com
- 400 Paul W. Bryant Dr. E  
Tuscaloosa, AL 35401  
205-345-0192
- 2702 Hospital Dr. Ste. 101  
Northport, AL 35476  
205-345-0192

**VA Medical Center**

3701 Loop Rd. E  
Tuscaloosa, AL 35404  
205-554-2000

## SUBSTANCE USE

### Support Groups

**Al Anon Family Groups Help and Hope for Family & Friends of Alcoholics**  
1-888-4-AL-ANON (1-888-425-2666)  
[www.al-anon.org](http://www.al-anon.org)

**Alcoholics Anonymous**  
2025 Jack Warner Pkwy  
Tuscaloosa, AL 35401  
[www.tuscaloosa-aa.org](http://www.tuscaloosa-aa.org)

**Celebrate Recovery**  
Hope City Church  
3800 University Blvd. E  
Tuscaloosa, AL 354  
205-469-9575  
[www.hopecitytuscaloosa.com](http://www.hopecitytuscaloosa.com)

**Celebrate Recovery**  
The Church at Tuscaloosa  
6120 Watermelon Rd.  
Northport, AL 35473  
205-759-8050

**The Well**  
Fayette First United Methodist Church  
412 Temple Ave. N  
Fayette, AL 35555  
205-932-5544  
[www.firstmethodistchurchfayette.org/ministries](http://www.firstmethodistchurchfayette.org/ministries)

### Treatment

**Alabama Treatment Options**  
1-877-413-6436

**A Woman's Place  
(for women only)**  
2209 9th St.  
Tuscaloosa, AL 35401  
205-391-3131  
[www.irbh.org/services/substance-abuse/inpatient](http://www.irbh.org/services/substance-abuse/inpatient)

**A Reprieve for Women**  
14332 Hwy 69 S  
Tuscaloosa, AL 35405  
404-655-8577  
[www.experiencethereprieve.com](http://www.experiencethereprieve.com)

**Bradford Health Services**  
205-244-8169 or 866-977-7158  
[www.bradfordhealth.com](http://www.bradfordhealth.com)

**Greene County Health Systems**  
509 Wilson Ave.  
Eutaw, AL 35462  
205-372-3388  
[www.gcheutaw.com](http://www.gcheutaw.com)

### Indian Rivers Community Mental Health Center

- **Bibb County**  
2439 Main St.  
Brent, AL 35034  
205-926-4681  
[www.irmhc.org](http://www.irmhc.org)
- **Pickens County**  
890 Reform St.  
Carrollton, AL 35447  
205-367-8032
- **Tuscaloosa County**  
2209 9th St.  
Tuscaloosa, AL 35401  
205-391-3131

**Northwest Alabama Mental Health Center**

- **Fayette County Office**  
123 2nd Ave. NW  
Fayette, AL 35555  
205-932-3216  
800-489-3972
- **Lamar County Office**  
1626 Co. Rd. 9  
Vernon, AL 35592  
205-695-9183  
800-489-3972

**Phoenix House**

700 35th Ave.  
Tuscaloosa, AL 35401  
205-758-3867  
[www.phoenixhousetuscaloosa.com](http://www.phoenixhousetuscaloosa.com)

**Substance Abuse & Mental Health Services  
National Helpline**

800-662-4357  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

**West Alabama Mental Health Center**

401 1st St.  
Greensboro, AL 36744  
334-624-4905  
800-239-2901 Crisis Care Line

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# VISION ASSISTANCE

\*Eligible veterans should contact the Veterans Administration for vision services offered.

### **Alabama Regional Library for the Blind & Physically Handicapped**

6030 Monticello Dr.  
Montgomery, AL 36130  
1-334-213-3900  
1-800-392-5671  
[www.aplsws2.apls.state.al.us/library-for-the-blind](http://www.aplsws2.apls.state.al.us/library-for-the-blind)

The Regional Library for the Blind and Physically Disabled is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or physical, perceptual, or reading disability that prevents them from using regular print materials. The Regional Library circulates books and magazines in braille or audio formats that are instantly downloadable to a personal device or delivered by mail free of charge.

### **The American Academy of Ophthalmology**

**Eye Care America**  
877-887-6327  
[www.eyecareamerica.org](http://www.eyecareamerica.org)

The **Seniors EyeCare Program** ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. It raises awareness about age-related eye disease, including cataracts, provides free eye care, educational materials and facilitates access to eye care - with no out-of-pocket cost.

Seniors EyeCare Program serves people who are US citizens or legal residents, are age 65 or older, have not seen an ophthalmologist in three or more years, and are not participants of an HMO or the VA.

**Alabama Institute for  
Deaf and Blind  
Tuscaloosa Regional Center**  
2412 Skyland Blvd. E  
Tuscaloosa, AL 35405  
205-345-2883  
[www.aidb.org](http://www.aidb.org)

# TUSCALOOSA EYECARE HALE - PICKENS

[www.eyecaretuscaloosa.com](http://www.eyecaretuscaloosa.com)

Tuscaloosa Eyecare  
Northport, AL 35473  
(205) 758-0242

Hale Co. Eyecare  
Greensboro, AL 36744  
(334)624-9967

Pickens Co. Eyecare  
Reform, AL 35481  
(205) 375-8200



# Frequently Accessed Online Services

## [www.ssa.gov](http://www.ssa.gov)

A personal *my* Social Security account gives you access to personalized tools whether you receive benefits or not. Don't have an account yet? Signing up is free, easy, and secure. Below are just a few examples of what you can do with a *my* Social Security account from virtually anywhere and without contacting Social Security. Save time and go online! Visit the link or use your mobile device to scan the QR code to learn more about a service. Join the more than 65 million people who have a *my* Social Security account to complete their Social Security business online.

### Get Your Benefit Verification Letter

You can *instantly* view, print, or save your official Benefit Verification Letter to show proof you do or do not receive benefits.

[www.ssa.gov/myaccount/proof-of-benefits.html](http://www.ssa.gov/myaccount/proof-of-benefits.html)



### Change Your Address

If you are receiving Social Security benefits or are enrolled in Medicare, you can change your address and phone number.

[www.ssa.gov/myaccount/change-of-address.html](http://www.ssa.gov/myaccount/change-of-address.html)



### Get Copy of Your SSA-1099 Tax Form

You can *instantly* view, print, or save a copy of your SSA-1099 or SSA-1042S if it was lost or you did not receive it.

[www.ssa.gov/myaccount/replacement-SSA-1099.html](http://www.ssa.gov/myaccount/replacement-SSA-1099.html)



### Set Up or Change Direct Deposit

You can set up or change your direct deposit if you already receive Social Security benefits and you have a bank account.

[www.ssa.gov/myaccount/direct-deposit.html](http://www.ssa.gov/myaccount/direct-deposit.html)



### Get Your Social Security Statement

You can *instantly* view, print, or save a copy of your *Social Security Statement*. Your *Statement* shows your estimated future benefits based on your actual earnings history and is a great way to plan for your future.

[www.ssa.gov/myaccount/statement.html](http://www.ssa.gov/myaccount/statement.html)



### Check Status of Your Application or Appeal

You can *instantly* check the status of your application for Social Security benefits or Supplemental Security Income (SSI), or the status of your pending reconsideration or hearing request.

[www.ssa.gov/myaccount/application-status.html](http://www.ssa.gov/myaccount/application-status.html)



### Request Replacement Social Security Number Card

You can request a replacement Social Security number (SSN) card if it was lost or stolen. If you're only requesting a replacement card, and no other changes, using your personal *my* Social Security account is a good option. Keep in mind that in many cases, even if you lost your card, you may not need a replacement. In most cases, simply knowing your SSN is enough. But if you do need a replacement, we make it easy.

[www.ssa.gov/myaccount/replacement-card.html](http://www.ssa.gov/myaccount/replacement-card.html)



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Social Security Administration

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Frequently Accessed Online Services

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## Planning Ahead

### A Q&A about Planning Ahead with Taylor Goodall, Esq., Legal Services Alabama

When it comes to getting your affairs in order, there are different types of designees and roles one can appoint. Each of these terms and positions can get confusing and be detrimental if you do not understand the meanings and responsibilities. The Area Agency on Aging is contracted with Legal Services of Alabama. This relationships allows individuals over the age of 60 to receive some free legal services. Taylor Goodall, from Legal Services Alabama, has assisted us with answering some commonly asked legal questions.

#### What is a Durable Power of Attorney?

This is a legal document that designates someone, usually called an **agent** or **attorney-in-fact**, to make financial or legal decisions on behalf of the person creating the document, known as the **principal**. The document remains in effect even if the principal becomes incapacitated or unable to make decisions for themselves. It is “durable” because the power is not destroyed by the principal’s incapacity. A power of attorney can be drafted to end in the event of incapacity, but the default in Alabama is that a power of attorney is durable unless the document states otherwise.

#### What is a Healthcare Power of Attorney?

This is a legal document that designates someone, usually called a **healthcare agent** or **proxy**, to make medical decisions on behalf of the principal if they become unable to make those decisions for themselves. This is a broad power that covers a variety of medical decisions.

#### What is a Living Will?

This is a legal document that specifies a person’s wishes for end-of-life medical care, including whether they want life-prolonging measures to be taken or not. It is also known as an **advance directive**. You can also appoint a health proxy using this document, but their powers are generally limited to the narrow situations of end-of-life care, whereas a healthcare power of attorney generally has authority for a wider variety of medical decisions.

#### Who should I choose as my agent?

Your agent should be someone whom you trust. It is important to note that as long as you are able, you should verify the actions that your agent takes on your behalf. Just because they are supposed to act in your best interest doesn’t mean they always will. Pick someone who is close to you, such as a family member or friend, or even a professional if they are able and willing. The most important thing to consider is this power can be dangerous in the wrong hands, so it is important to pick someone you trust, and only establish a power of attorney if you really need it.



**If I choose an agent, does that mean they can make decisions for me?**

Yes, but you still hold the final say. A power of attorney is like a shared power, where the agent can make decisions on the principals behalf. The agent must always act in the best interest of the principal and follow the principals wishes. As long as the principal has capacity, the principal has the final say. If a power of attorney is durable, and two doctors have decided that you cannot make decisions for yourself, then your agent could have the final say.

**What if I change my mind?**

A power of attorney can be revoked by the principal at any time. This should be done in writing and given to the agent, as well as anyone who the agent has worked with or was going to be working with. A power of attorney can also be revoked by tearing of the document, or otherwise indicating your intention to revoke the document in writing.

**What happens if I do not have a health care power of attorney or living will?**

There is no requirement to have a health care power of attorney or living will, however, in that case, medical decisions may be made by family members or healthcare providers without your input or guidance, which may not align with your wishes. There is no requirement to have a durable power of attorney for your finances, but if you become incapacitated or unable to make financial or legal decisions for yourself, there may be a legal process required to appoint a guardian or conservator to make decisions on your behalf, which can be time-consuming, costly, and may not align with your wishes.

**If you or a loved one would like to speak with a contact from Legal Services Alabama, please call the Aging and Disability Resource Center at the Area Agency on Aging at 205-333-2990 or 1-800-AGELINE.**

**HOSPICE CARE**

**Alabama Hospice Care**

971 Fairfax Park Ste. A  
Tuscaloosa, AL 35406  
205-633-3705  
www.lhcgroup.com

**Amedisys Hospice Care**

1300 McFarland Blvd. NE Ste. 340  
Tuscaloosa, AL 35406  
205-345-4907  
www.amedisys.com

**Comfort Care Hospice**

2314 11th St.  
Tuscaloosa, AL 35401  
205-650-3060  
www.comfortcarehospice.com

**Encompass**

5710 Watermelon Rd. Ste. 310  
Northport, AL 35473  
205-345-5145  
www.encompasshomehealth.com

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PHONE 205-633-3705  
FAX 205-633-3755  
Email: Rhegan.Snipes@lhcgroupp.com | Brandy.Hoven@lhcgroupp.com

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### Hospice of West Alabama

3851 Loop Rd.  
Tuscaloosa, AL 35404  
205-523-0101  
[www.hospiceofwestal.com](http://www.hospiceofwestal.com)

### Journey Hospice

4128 Crosshaven Dr.  
Birmingham, AL 35243  
205-349-3065  
[www.journeyhospice.com](http://www.journeyhospice.com)

### Oasis Hospice

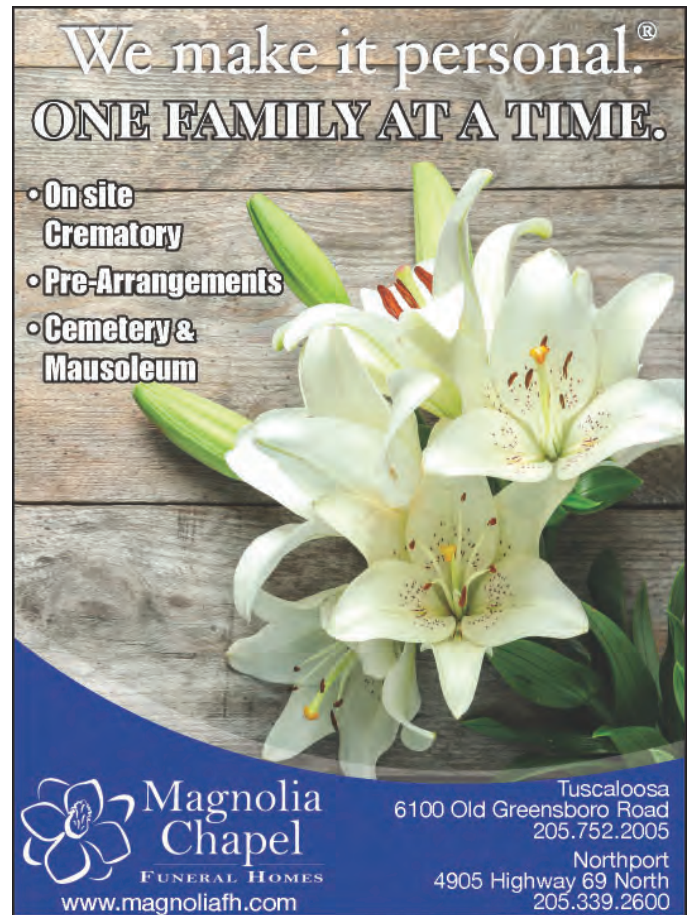
2132 McFarland Blvd East #5804  
Tuscaloosa, AL 35404  
205-535-4877  
205-826-9610  
[www.oasishc.com](http://www.oasishc.com)

### ProHealth

1629 McFarland Blvd. N, Ste. 401  
Tuscaloosa, AL 35406  
205-710-1000  
[www.prohealthgroup.com](http://www.prohealthgroup.com)


### Southern Care New Beacon Hospice

3835 Watermelon Rd. Ste. 3 & 4  
Northport, AL 35473  
205-469-0273  
[www.southerncaresnewbeacon.com](http://www.southerncaresnewbeacon.com)



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205.752.2005  
Northport  
4905 Highway 69 North  
205.339.2600

## FUNERAL & MEMORIAL SERVICES

### Bibb County

#### Cahaba Memorial Funeral Chapel

100 Partridge St.  
Brent, AL 35034  
205-926-4362

#### Rockco Funeral Home

805 Birmingham Rd.  
Centreville, AL 35042  
205-926-4876  
[www.dignitymemorial.com](http://www.dignitymemorial.com)

### Fayette County

#### Nelson Funeral Home

3659 Hwy. 171 N  
Fayette, AL 35555  
205-932-8961  
[www.nelsonfuneralhome.org](http://www.nelsonfuneralhome.org)

#### Norwood Chapel Funeral Home

707 Temple Ave N  
Fayette, AL 35555  
205-932-6702  
[www.norwoodwyatt.com](http://www.norwoodwyatt.com)

**Greene County**

**Gandy Funeral Home**

9807 AL-14  
Eutaw, AL 35462  
205-372-4493  
www.gandyfuneralhome.com

**McInnis Mortuary**

267 Demopolis Hwy  
Eutaw, AL 35462  
205-372-9328

**Smith's Mortuary**

1595 Co. Rd. 133  
Boligee, AL 35443  
205-372-3977

**Hale County**

**Agnew's Funeral Home**

1110 Baptist Hill Rd.  
Greensboro, AL 36744  
334-624-7717  
www.agnewfh.com

**Kirk Funeral Home**

19874 Hwy. 69 N  
Greensboro, AL 36744  
334-624-3517  
www.kirkfuneralhomes.com

**Washington & Paige Mortuary**

17745 AL-25  
Greensboro, AL 36744  
334-624-3016

**Lamar County**

**Dowdle Funeral Home**

270 McAdams St.  
Millport, AL 35576  
205-662-4830  
www.dowdlefuneralhome.net

**Pickens County**

**Lavender's Funeral Service**

11233 Hwy 17 S  
Aliceville, AL 35442  
205-373-2420  
www.lavendersfuneralservice.com

**Skelton Funeral Home**

2105 2nd St. SW  
Reform, AL 35481  
205-375-9661  
www.skeltonfuneralhome.com

**Tuscaloosa County**

**Heritage Chapel Funeral Home**

5200 Old Birmingham Hwy  
Tuscaloosa, AL 35404  
205-553-3555  
www.dignitymemorial.com

**Magnolia Chapel Funeral Homes**

- 4905 Hwy. 69  
Northport, AL 35473  
205-339-2600  
www.magnoliafh.com
- 6100 Old Greensboro Rd.  
Tuscaloosa, AL 35405  
205-752-2005

**Memory Chapel Funeral Home & Gardens**

2200 Skyland Blvd. E  
Tuscaloosa, AL 35405  
205-553-1430  
www.dignitymemorial.com

**Northport Funeral & Cremation Service**

5404 Watermelon Rd.  
Northport, AL 35473  
205-750-3140  
www.northportfuneralservice.net

**Rainey Mortuary Service**

4807 20th St.  
Tuscaloosa, AL 35401  
205-758-1300  
www.raineymortuary.com

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## **Rollins Mortuary**

2701 Martin Luther King Jr. Blvd.  
Tuscaloosa, AL 35401  
205-759-4202  
[www.rollinsmortuary.com](http://www.rollinsmortuary.com)

## **Sunset Funeral Home & Memorial Park**

3802 Watermelon Rd.  
Northport, AL 35473  
205-345-2900  
[www.dignitymemorial.com](http://www.dignitymemorial.com)

## **Tuscaloosa Memorial Park & Chapel**

5434 Old Birmingham Hwy  
Tuscaloosa, AL 35404  
205-553-3141  
[www.tuscaloosamemorial.com](http://www.tuscaloosamemorial.com)

## **Van Hoose & Steele Funeral Home, Inc.**

2615 Stillman Blvd.  
Tuscaloosa, AL 35401  
205-759-5736 or 205-886-7858  
[www.vanhooseandsteele.com](http://www.vanhooseandsteele.com)

## **Williams Service Funeral Home**

7417 Culver Rd.  
Tuscaloosa, AL 35401  
205-759-1261  
[www.williamsservicefuneralhome.com](http://www.williamsservicefuneralhome.com)

## **Wills Funeral Services, Inc.**

701 Martin Luther King Jr. Blvd.  
Northport, AL 35476  
205-758-3444  
[www.willsfuneralservice.com](http://www.willsfuneralservice.com)

## **Other Assistance**

### **Alabama Crime Victims Compensation Commission**

334-290-4420  
Provides Compensation to the families of victims of crime, which can cover funeral expenses. Application may be completed online or by mail by next-of-kin. Must be processed within a year.

### **DFS Memorials**

205-206-7785  
Resource for local funeral and cremation providers who specialize in offering low-cost services. Free consultation available 24/7.

### **Social Security Death Benefits**

877-480-4988

### **Veterans Death Benefits**

800-827-1000  
Honorably discharged veterans are entitled to funeral and burial assistance. Call for more information on eligibility.



## Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

**Myth**  
I only need a plan if I'm very old or ill.



**Fact**  
It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

**Myth**  
My loved ones will know what I want when the time comes.



**Fact**  
Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

**Myth**  
I need a lawyer to create an advance care plan.



**Fact**  
Most states offer free advance directive forms online, and you do not have to involve a lawyer.

**Myth**  
I only need a plan if I'm very old or ill.

**Myth**  
An advance care plan only matters if I put it in writing.



**Fact**  
The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

**Myth**  
Once I put my plans in writing, I can't change them.



**Fact**  
Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

Ready to get started?

Visit [www.nia.nih.gov/acp](http://www.nia.nih.gov/acp)



## Myths About Palliative and Hospice Care

### Palliative care

Specialized medical care for people living with a serious illness.



**Myth:** When I begin palliative care, I can no longer receive treatment for my disease.

**Fact:** Palliative care can be provided along with curative treatment.



**Myth:** I can no longer see my primary doctor when I start palliative care.

**Fact:** Palliative care teams work with primary doctors.

### Hospice care

Focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life.



**Myth:** In hospice care, I can't receive any treatments.

**Fact:** People may receive medications to help manage symptoms but not treatments to help cure their illness.



**Myth:** Hospice care is only provided in a hospital or hospice facility.

**Fact:** It can be provided at home, in a hospital or nursing home, or in a separate hospice center.

Learn more about palliative and hospice care at: [www.nia.nih.gov/palliative-hospice-care](http://www.nia.nih.gov/palliative-hospice-care).



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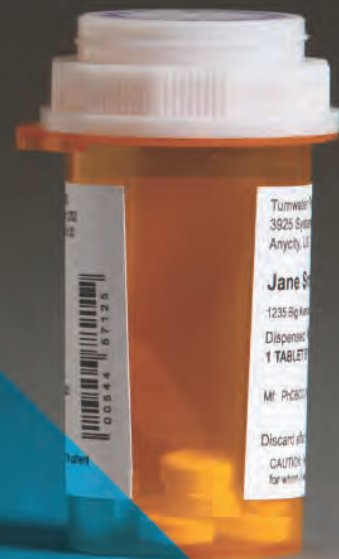
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# Take Action to Prevent Addiction

## Learn how to reduce risk.



## Know the Facts About Opioids

**41 PEOPLE DIE EVERY DAY**

Every day in the United States, 41 people lose their lives to prescription opioid overdose.

Prescription opioids—like hydrocodone, oxycodone, and morphine—can be prescribed by doctors to treat moderate to severe pain but can have serious risks and side effects.



**ANYONE CAN BECOME ADDICTED**

Opioids are highly addictive. Research shows that if you use opioids regularly, you may become dependent on them.

That's because opioids change how the brain and nervous system function. **You can't know how your brain will react to opioids before taking them.**

### Talk With Your Doctor

Your doctor may talk to you about prescription opioids for pain treatment. Ask about the risks and benefits so that you can work together to decide what is best. You can also ask your doctor to help you find other safer ways to manage pain.

## It Only Takes a Little to Lose a Lot

**Opioids can be addictive and dangerous.**

Risks include misuse, addiction, and overdose.



**Opioids affect the part of the brain that controls breathing.**

If you take too high a dose, it can slow your breathing and cause death.



**Combining opioids with alcohol and other drugs—**

like sleeping pills or cough medication **—increases your chances of death.<sup>1</sup>**





# Start the Conversation

Protect yourself and others by talking about your questions and concerns.



## Talk with your doctor.

Ask about nonopioid pain management options, addiction, and overdose risks.

## Talk with your loved ones if you're concerned about opioid misuse or addiction.

Let them know that you care about them, and be patient and open when listening so that they feel heard and valued.

## Encourage your loved ones to get help if they need it.

Help them look for treatment, and offer to go with them to their first appointment. Your support can make a difference.

## Tips to Reduce Risk

Follow these tips to protect yourself and those you care about.



Only take prescription medication that is prescribed to you. **Don't share medication with others.**



**Take the medicine as prescribed.** Don't use medications in greater amounts, more often, or longer than directed by your doctor.



### Dispose of expired or unused prescription opioids.

Remove them from your home as soon as possible to reduce the chance that others will misuse them. To get rid of prescription opioids and other medications safely:

- Check with your pharmacist to see if you can return them to the pharmacy.
- Find a medicine take-back option near you at [takebackday.dea.gov](http://takebackday.dea.gov).



**Keep medicines in a safe place.** It's best to store prescription opioids in a place that can be locked—like a keyed medicine cabinet—to keep them secure from children and visitors.

## Treatment Support

For those who might have an opioid use disorder, call SAMHSA's National Helpline at **1-800-662-HELP**.

Find opioid treatment options in your state at [goo.gl/Gtkv9C](http://goo.gl/Gtkv9C).

Learn the signs of a quality treatment center at [goo.gl/X1FCGW](http://goo.gl/X1FCGW).

Hear real stories about recovery from prescription opioids at [cdc.gov/RxAwareness](http://cdc.gov/RxAwareness).



# AGING IN PLACE

## TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to “age in place” —stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.



A few changes could make your home easier and safer to live in and help you continue to live independently.



**Don't use area rugs** and check that all carpets are fixed firmly to the floor.

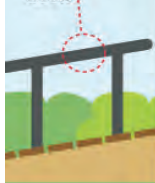


**Install grab bars** near toilets and in the tub or shower.

**Replace handles** on doors or faucets with ones that are comfortable for you to use.



**Install a ramp** with handrails to the front door.



**Reduce fall hazards:** place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.



**Place light switches** at the top and bottom of stairs and remember to turn on night lights.





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\* We are available Monday – Friday, 8 a.m. – 8 p.m. CST. From October 1 through December 7, the hours of operation are Monday – Sunday, 8 a.m. – 8 p.m. CST. You may be required to leave a message for calls made after hours, weekends and holidays. Calls will be returned the next business day. Blue Advantage is a PPO with a Medicare contract. Enrollment in Blue Advantage (PPO) depends on contract renewal. Blue Advantage (PPO) is provided by Blue Cross and Blue Shield of Alabama, an independent licensee of the Blue Cross and Blue Shield Association.

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Benefits and provider network listed are good through December 31, 2024.

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