

FREE!

West Alabama Senior Resource Directory

2019-2020 Edition



**Includes
Information About:**

- Active Living • Community Resources
- Caregiving • Medical & Health Services • Housing
- Financial & Legal • Planning Ahead • and More...

Bibb, Fayette, Greene, Hale, Lamar, Pickens and Tuscaloosa Counties



At **ComfortCare** Home Health, we come to you. It is in your home that we learn about your needs, provide care and therapy, and ultimately, help you enjoy a higher quality of life. We seek to connect to you as a person rather than simply a patient. Our team brings warmth, joy and tenderness into the daily practice of serving. We are a community-based company, so we are close by should you need us at anytime.

At home, you find yourself surrounded by loved ones rather than strangers. You have the time and space to recover more quickly and enjoy the little things that make the place you call home, home.

3978 Parkwood Road
Bessemer, AL 35022
205.425.2855 (o)
205.988.4262 (f)

comfortcarehomehealth.com

Healing begins
at **HOME**



At **ComfortCare**, we help patients live each day to the fullest. We deeply believe that one's last days should be as meaningful as the rest—a special time that is shared with loved ones, intimate friends, and committed caregivers.

"We may not be able to change the outcome, but we can change the journey." -Lisa Teel, Chief Operating Officer

*We are advocates for living well.
All the way to the very end.*

547 US Highway 80, Suite 2
Demopolis, AL 36732
334.289.2106 (o) • 334.289.2693 (f)

2314 11th Street
Tuscaloosa, AL 35401
205.650.3060 (o) • 205.650.3059 (f)

comfortcarehospice.com



We Help
you **HOME**



208 PIERSON AVENUE
CENTREVILLE | AL | 35042

205.926.4881

WWW.BIBBMEDICALCENTER.COM



"Quality healthcare, from people you know."



OUR GOAL, as patients transition from Hospital to Home... is to provide the best care possible, to strengthen and heal so they may swing back into independent living. The clinical benefits of Swing Bed include personalized quality care and positive patient outcome. Swing Bed allows for more time to identify patient needs and to assure a safe transition back to home.

- CARDIAC RECOVERY
- NEUROLOGICAL REHAB
- WOUND CARE
- IV THERAPIES
- ORTHOPEDIC REHAB
- POST SURGICAL REHAB
- PULMONARY REHAB



205.926.3232

cahaba trace
Senior Living

205.926.3286

Continuing Care
Retirement Community



Welcome to Cahaba Trace Senior Living. An affordable Senior Living Community embracing the latest approach to healthcare delivery, Independent living and on-site healthcare.

We offer a variety of living options, each with a distinctive style and list of amenities. Beautiful independent living options from apartments, to spacious custom built Garden Homes and Cottages, or enjoy premier living units in our communal living facility.



CALL US!

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FIND US ON FACEBOOK!

Stay in Touch!

Join our e-mail list and stay up to date on the latest news, information and happenings for seniors and individuals with disabilities in our community!

Visit our website at:

www.westalabamaaging.org

For distribution, advertising or listing information, please contact Michelle Carter at: 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.

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The Area Agency on Aging has been providing direction, information, screening, services and support to our older population in West Alabama for over 40 years.

“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.

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

FROM OUR DIRECTOR

Hello!

Welcome to the 2019-2020 edition of the West Alabama Senior Resource Directory. This comprehensive directory is designed to assist older adults, individuals with disabilities, their families and caregivers as they search for programs and services available throughout the West Alabama area. To ease your search for resources, we have added a new feature in this edition - an alphabetical index on page 104. A listing and descriptions of our Agency programs is on page 30. We'd like to thank all of the advertisers, as well as members of the West Alabama community, who have come together to help us make this directory possible. The goal of our Agency is to promote the independence, dignity and quality of life for older adults, those with disabilities and their family caregivers.

To learn more about any of the services we provide, call our office at 205-333-2990, 1-800-243-5463 or 1-800-432-5030 or visit our website at www.westalabamaaging.org.

Sincerely,

Pamela R. McDaniel

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.

ON THE COVER



Anne Foster, left, said she and her husband found out about the variety of services offered through the West Alabama Area Agency on Aging when her husband needed assistance navigating Medicare. “My

husband didn’t know where to turn, everything with Medicare was so confusing. Our friends at church made the recommendation for us to visit the Area Agency on Aging.”

Eloise Ryans, center, is a participant on the Senior Community Service Employment Program (SCSEP). Prior to retirement, Eloise worked at the University of Alabama, Stillman College and in community programs. “After I retired, it [SCSEP] gave me an opportunity to get back into the work force and continue using skills I had before. As a senior, it also gives me an opportunity to feel like I am still a vital part of the work force and to give back to the community” Eloise said. She added that SCSEP has been a great resource to learn, and relearn, skills.

Florentina Sartain, right, started receiving Medicare counseling when she turned 65. She had been meeting with other retirees from her old job and asking how to get help navigating Medicare. “It made it a whole lot easier when you have someone to navigate it for you. I can see how people get overwhelmed by all the mailings and other items related to it.”

(Photographed in BrushStrokes Art Studio)



Pamela R. McDaniel
Area Agency
on Aging
Director



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. If you live outside our coverage area, call 1-800-AGELINE to locate your nearest Area Agency on Aging (see page 7). WARC's physical address is: 4200 Hwy. 69 N., Northport, AL 35473 and the mailing address is P.O. Box 509, Northport, AL 35476.



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 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.

Alabama's Area Agencies on Aging

1-800-AGELINE

1. NW AL Council of Local Governments

Mr. Jeff Thompson, AAA Director
256-389-0500 / 800-838-5845
Counties: Colbert, Franklin,
Lauderdale, Marion, Winston
www.nacolg.org

2. West Alabama Regional Commission

Ms. Pam McDaniel, AAA Director
205-333-2990 / 800-432-5030
Counties: Bibb, Fayette, Hale, Greene,
Lamar, Pickens, Tuscaloosa
www.westalabamaaging.org

3. Middle Alabama AAA

Ms. Carolyn Fortner, Executive Director
205-670-5770 / 866-570-2998
Counties: Blount, Chilton, Shelby,
St. Clair, Walker
www.m4a.org

4. United Way's AAA of Jefferson County

Ms. Helen Anderson, AAA Director
800-243-5463
Counties: Jefferson
www.uwca.org

5. East AL Regional Planning & Development Commission

Mr. Michael Morrison, AAA Director
256-237-6741 / 800-239-6741
Counties: Calhoun, Chambers,
Cherokee, Clay, Cleburne, Coosa,
Etowah, Randolph, Talladega, Tallapoosa
www.earpdc.org

6. SC AL Development Commission

Ms. Sharon Redd, AAA Director
334-244-6903
Counties: Bullock, Butler, Crenshaw,
Lowndes, Macon, Pike
www.scadc.net

7. Alabama Tombigbee Regional Commission

Ms. Delia Brand, AAA Director
334-682-5206 / 888-617-0500
Counties: Choctaw, Clarke, Conecuh,
Dallas, Marengo, Monroe, Perry, Sumter,
Washington, Wilcox
www.atrcaging.com

8. Southern AL Regional Council on Aging

Ms. Dana Eidson, Executive Director
334-793-6843 / 800-239-3507
Counties: Barbour, Coffee, Covington,
Dale, Geneva, Henry, Houston
www.sarcoa.org

9. South AL Regional Planning Commission

Ms. Julie McGee, AAA Director
251-433-6541
Counties: Baldwin, Escambia, Mobile
www.agingsouthalabama.org

10. Central Alabama Aging Consortium

Ms. Susan Segrest, Executive Director
334-240-4680 / 800-242-5463
Counties: Autauga, Elmore, Montgomery
www.centralalabamaaging.org

11. Lee-Russell Council of Governments

Ms. Jackie Pinkard, AAA Director
334-749-5264 / 800-239-4444
Counties: Lee, Russell
www.lrcog.com

12. NC AL Regional Council of Governments

256-355-4515
Counties: Cullman, Lawrence, Morgan
www.narcog.org

13. Top of AL Regional Council of Governments

Ms. Renee Breland, AAA Director
256-830-0818
Counties: DeKalb, Jackson, Limestone,
Madison, Marshall
www.tarcog.us





ACTIVE LIVING

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Taking Charge of Your Health through Evidence-Based Programs

By Michelle Carter
Public Information & Human Resources Manager
West Alabama Regional Commission
Area Agency on Aging

Algene Thomas-Strickland has stepped up in her role as an older sister. Since her younger brother suffered a stroke, she has become his daily caretaker. Being relatively new to caregiving, Algene decided to enroll in a Stress Busting for Family Caregivers class she saw advertised at Pickens County Medical Center. That decision has changed her outlook on life, as well as her quality of life and the quality of care she provides her brother. "It was more than what I expected. The information, the people I met, sharing our stories, it really helped me a lot."

Andrea Glover had fallen several times, eventually breaking her ankle. When her church hosted a Matter of Balance class, she decided it was a chance for her to take charge and protect herself against future falls as she aged. She went on to be a volunteer instructor of the program after learning how many fall risks and dangers there are for older people, even in one's own home. She continues to use the skills and exercises she learned in class now in her daily life. "I think everyone should learn and do it. It's not hard." Andrea said about Matter of Balance.



Matter of Balance and Stress Busting for Family Caregivers are two of the, free, Evidence-Based Programs offered through the West Alabama Area Agency on Aging. Certified staff members from the Agency, and volunteers, teach the programs which offer proven ways to promote health and prevent disease among older adults.

"Before the class I didn't realize how overwhelmed I was trying to do everything all at once." Algene said about her experience participating in the Stress Busting program. She said it helped her realize she needed to pace herself better. Now she uses the techniques taught in the class to assist her daily as a caregiver. Algene said she insists on making time for herself, as well as other things

that need to be done, outside of caring for her brother, without feeling guilty or stressed.

Grace Rowles also attended a Stress Busting program. At one point she was a caregiver for both her mother, who suffers from Dementia, and her father, who was sick with cancer. Her father passed away and now she, along with her brother and

sisters, spends about 10-12 hours a day caring for her mother who is in the advanced stages of Dementia. She said she is following the advice learned in the class daily. Her advice to other caregivers is to take breaks, allowing yourself not to get burned out. "Give yourself a day or weekend off. And you have to pray, you really have to pray." Grace said taking the class gave her a new way of looking at things and she is overjoyed that she took it.

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the good advice it arms older adults with, allowing them to be safer. She found it interesting how many common fall hazards there are that she had never considered before taking the class such as throw rugs or walking up and down the bleachers at a grandchild's sporting event. "It really has helped me." Andrea said. She learned something as simple as turning on a light in a dark hallway or room can eliminate a common risk, which many may not think of. She said she decided to teach Matter of Balance classes because she wanted to help and encourage others.

For more information about the Evidence-Based Programs offered through the West Alabama Area Agency on Aging, including how to be a volunteer instructor for Matter of Balance, please call us at 205-333-2990.

For the past two years, Dustin Clary, clinical director at Fyzical Therapy & Balance Center in Tuscaloosa, has been working with the Matter of Balance as a guest healthcare professional. Dustin believes the strongest part of the program is "it's ability to educate the community that balance is not an obvious progression that can't be helped, but it is a dysfunction that can get out of control without the education and resources to gain understanding." He added, "This program allows participants to be proactive in the aging process and feel secure that falls can be eliminated."

Andrea also thinks the strong point of the Matter of Balance program is





A Healthy Community

Supports and Celebrates Life at all Ages!

The Area Agency on Aging provides meals for all of its senior activity centers. It may also provide a small amount of operating funds. Generally, the cost of the center is supported primarily by the town, city, county or nonprofit contractor. Participant contributions enhance the operation of the center. Please contact our agency for more information on becoming a contractor and bringing a senior activity center closer to you!

Aging Program Contractors

Bibb County

City of Brent

P.O. Box 220
Brent, AL 35034
205-926-4643
www.cityofbrentalabama.com

Town of Woodstock

28513 Hwy. 5
Woodstock, AL 35188
205-938-9796
www.townofwoodstockal.com

Fayette County

Fayette County Commission

103 1st Ave. NW #2
Fayette, AL 35555
205-932-4510
www.fayetteal.org/departments/senior-center

Greene County

Greene County Commission

400 Morrow Ave.
Eutaw, AL 35462
205-372-3349

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Hale County

City of Greensboro

1101 Main St.
Greensboro, AL 36744
334-624-8119
www.cityofgreensboroal.wixsite.com/cityhall

City of Moundville

410 Market St.
Moundville, AL 35474
205-371-2644
www.moundvillealabama.com

Town of Akron

207 1st Ave. S.
Akron, AL 35441
205-372-3148

West Alabama Public Transportation

500 E. Washington St.
Demopolis, AL 36732

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

City of Vernon

44425 Hwy 17
Vernon, AL 35592
205-695-7718

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 on Senior Citizens

3801 Loop Rd.
Tuscaloosa, AL 35404
205-553-3133
www.focusonseniorcitizens.org

Region-Wide

University of Alabama Elder Law Clinic

101 Paul Bryant Dr.
Tuscaloosa, AL 35401
205-348-4960
www.law.ua.edu/elderlaw

Senior Activity Centers

Bibb County

Brent Senior Center

10445 AL- 5
Brent, AL 35034
205-926-3968

Lawley Senior Center

2971 Hwy. 36
Lawley, AL 36793
334-518-9778

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

Eutaw Senior Center

1156 County Road 131
Eutaw, AL 35462
205-372-6908

Forkland Senior Center

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

Hale County

Akron Senior Center

7018 1st Ave. N
Akron, AL 35441
334-507-8974

Greensboro Senior Center

(Located inside Canterbury Manor)
6400 Hwy. 14 E
Greensboro, AL 36744
334-341-0104 or 334-624-0770

Moundville Senior Center

39750 Hwy. 69 S
Moundville, AL 35474
205-371-2644

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

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



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Sulligent Senior Center

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

Vernon Senior Center

230 Strickland Cir.
Vernon, AL 35592
205-695-7122

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

Southside Senior Center

(Located inside McKenzie Court)
2525 34th Ave.
Tuscaloosa, AL 35401
205-758-0479

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

Fayette Career Center

Tom Bevill Building Rm. B37
2631 Temple Ave. N
Fayette, AL 35555
205-932-3221 ext. 5171
www.facebook.com/fayettecareercenter

Senior Community Service Employment Program (SCSEP)

4200 Hwy. 69 N Ste. 1
Northport, AL 35473
205-333-2990 or 1-800-432-5030
www.westalabamaaging.org

Shelton State Ready To Work

9500 Old Greensboro Rd.
Tuscaloosa, AL 35405
205-391-3931
800-966-4987
www.sheltonstate.edu

Tuscaloosa Area Career Center

202 Skyland Dr.
Tuscaloosa, AL 35405
205-759-2576
www.joblink.alabama.gov/ada/r/offices/85980000

Tuscaloosa's One Place

810 27th Ave.
Tuscaloosa, AL 35401
205-462-1000
www.tuscaloosaoneplace.org

Vernon Career Center

44425 AL-17
Vernon, AL 35592
205-932-3221 ext. 5612
www.facebook.com/Vernon-Career-Center-1435084003371268

Education

Fifty-Five Alive

(Safe Driving Classes)
205-554-1919

Literacy Council of West Alabama

3401 MLK Jr. Blvd.
Tuscaloosa, AL 35401
205-391-2612
www.literacywa.org

Osher Lifelong Learning Institute (OLLI)

The University of Alabama
240 Paul W. Bryant Dr.
Tuscaloosa, AL 35401
205-348-6482
www.olli.ua.edu

University of Alabama LIFT Program

Classes available in Tuscaloosa
and West Alabama communities
Call or visit website for more
information
205-928-8258
www.culverhouse.ua.edu/lift

Senior Groups & Organizations

Alberta Baptist Golden Hearts

2210 University Blvd. E
Tuscaloosa, AL 35404
205-553-6520

American Association of Retired Persons (AARP)

Alabama Chapter
400 S Union St., Ste. 100
Montgomery, AL 36104
334-954-3050 or 866-542-8167
www.aarp.org

Beulah Baptist Golden Agers

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

Big Sandy Yes Group

14708 Hwy 69 S
Tuscaloosa, AL 35405
205-752-1284

Brown Memorial Presbyterian Compassionate Friends

3535 Stillman Blvd.
Tuscaloosa, AL 35401
205-759-1477

Calvary Baptist 55+ 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

Cornerstone Full Gospel Baptist Church Salt Ministry

610 Brooksdale Dr.
Tuscaloosa, AL 35401
205-345-4892

DCH Golden Years Senior Group

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

Elizabeth Baptist - Project Care

2650 Elizabeth St.
Tuscaloosa, AL 35403
205-752-7320

First Baptist Church Senior Adventure Ministry

721 Greensboro Ave.
Tuscaloosa, AL 35401
205-345-7554
www.firsttuscaloosa.org/senioradults2

First Presbyterian Mature Members

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

First Wesleyan BYS

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

Five Points Baptist Lifetime Ministries

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 Primetimers

1812 47th Ave. NE
Tuscaloosa, AL 35404
205-553-6845

Hopewell Young at Heart

3800 University Blvd. E
Tuscaloosa, AL 35404
205-553-2202

Indian Lake Young at Heart

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

Mt. Olive Baptist Triple L Senior Club

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 God Sunshine Ministry

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

Relatives As Parents Program (RAPP) Tuscaloosa

Sponsoring Organization:
The University of Alabama,
Psychology Department
205-759-3518

Rosedale Baptist Young at Heart Group

2424 28th St.
Tuscaloosa, AL 35401
205-752-4068

St. Mark UMC Young at Heart

1421 McFarland Blvd.
Northport, AL 35476
205-339-5990

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Taylorville Baptist Prime Timers

7201 Moundville Ln.
Tuscaloosa, AL 35405
205-758-0868
www.taylorvillebaptist.org/ministries/senior-adults

Valley View Baptist Sunlighters

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

West Alabama Gerontological Association

P.O. Box 509
Northport, AL 35476
205-333-2990
1-800-243-5463
www.westalabamaaging.org

Volunteer Opportunities

American Red Cross

2130 Paul W. Bryant Dr. Ste. B
Tuscaloosa, AL 35401
205-758-3608
www.redcross.org/local/alabama

BMC Auxiliary

208 Pierson Ave.
Centreville, AL 35042
205-926-3250
www.bibbmedicalcenter.com/auxiliary.php

Caring Days Adult Day Care

943 31st St. E
Tuscaloosa, AL 35405
205-752-6840
www.caringdays.org

Community Soup Bowl

1711 23rd Ave.
Tuscaloosa, AL 35403
205-752-2421
tuscaloosasoupbowl.com

Community Service Programs of West Alabama

601 Black Bears Way
Tuscaloosa, AL 35401
205-752-5429
www.cspwal.com

DCH Regional Medical Center

809 University Blvd. E
Tuscaloosa, AL 35401
205-759-7174
www.dchsystem.com/jobs/volunteers.aspx

Foster Grandparents Program

Focus on Senior Citizens (FOCUS)
1300 James I Harrison Jr. Pkwy.
Tuscaloosa, AL 35401
205-554-1916
www.focusonseniorcitizens.org/index.php/fgp

Good Samaritan Clinic

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

Habitat for Humanity of Tuscaloosa

1120 35th St., Ste. B
Tuscaloosa, AL 35401
205-349-4629
www.habitattuscaloosa.org

Hospice of West Alabama

3851 Loop Rd.
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Tuscaloosa, AL 35401
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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-uwwa

West Alabama Regional Commission

Area Agency on Aging
4200 Hwy. 69 Ste. 1
Northport, AL 35473
205-333-2990
1-800-243-5463
www.westalabamaaging.org

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IS IN YOUR HANDS."

-DIANE VON FURSTENBERG



Get to know your local Area Agency on Aging



The Area Agency on Aging of West Alabama is more than a resource for the senior adult population. We are a valuable support center for people at any age needing assistance and information about programs and services that help senior citizens, their families, individuals with disabilities and their caregivers.

Visit our office Monday through Friday 8:00 a.m. to 4:30 p.m.

4200 Hwy 69 N

Northport, AL 35473

Call us at 205-333-2990 or 1-800-AGELINE

or visit our website: www.westalabamaaging.org



CAREGIVING

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Dementia Friendly Alabama

A collaboration by Stephanie Holmes, Project Coordinator for Dementia Friendly Alabama and Michelle Carter, Public Information and Human Resources Manager for the West Alabama Area Agency on Aging

What does it mean to be “Dementia Friendly?” Dementia friendliness is much more than just being kind to those impacted with dementia. It involves every part of the community working together to create a dementia friendly culture, helping those affected with dementia feel respected, supported and included in every day community life. We accomplish this through “partnerships.”



Partnerships with those diagnosed, caregivers, religious organizations, schools, and businesses, all to help promote dementia awareness within the community.

Every three seconds there is a new case of Alzheimer's diagnosed in the world and more than 91,000 Alabamians live with Alzheimer's. The Central Alabama Aging Consortium (CAAC), the Area Agency on Aging that covers Autauga, Elmore and Montgomery counties, started Dementia Friendly Alabama back in January of 2016. The Dementia Friendly Alabama Initiative provides

education, training, and a multitude of resources such as the Dementia Resource Guide, Virtual Dementia Tours, Memory Cafés and even memory screenings. The West Alabama Area Agency on Aging is working with the tools and resources given by Dementia Friendly Alabama to help make West Alabama a Dementia Friendly community too.

In the spring of 2018, West Alabama Area Agency on Aging was awarded a 2018 Dementia Friendly Community mini-grant from CAAC under the Dementia Friendly Alabama Initiative. Funding from the grant was used by our agency for ongoing outreach in our seven county West Alabama region. Examples of the outreach include, hosting a Dementia Friendly training for law enforcement and first responders, the purchase of Dementia Friendly Toolkits and Project Life Connect red envelopes, created by the Middle Alabama Area Agency on Aging (M4A), and copies of the book “The 36 Hour Day” written by Nancy L. Mace, MA and Peter V. Rabins, MD, MPH. “The 36 Hour Day” will be distributed to caregivers in West Alabama. Printing of Dementia Friendly Resource packets, designed by the West Alabama Area Agency on Aging, was also made possible by the grant.

Alabama is committed to raising awareness, reducing stigma, and fostering individual engagement. Please visit www.dementiafriendlyalabama.org for more information or contact Stephanie Holmes at 334-240-4680. If you are interested in becoming a trainer locally to help spread the Dementia Friendly initiative in West Alabama, please contact Nikki Poe, our Aging Services Coordinator, at 205-333-2990 ext. 203 or nikki.poe@westal.org.

“We’re on to something rare, something special and something utterly revolutionary. Find out how you can do your part and help us fight for those who can’t remember!”



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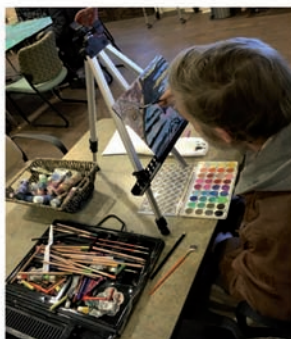
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The “Process” of Understanding Dementia

By Steven L. Flanagan, LICSW

Most of us in West Alabama and certainly those throughout the nation of college football fans, are familiar with University of Alabama head coach Nick Saban’s “process”, which describes how he encourages his players, coaches, and everyone affiliated with the Crimson Tide football team to prepare for challenges and address them upon being confronted with them at game time, and then later in everyday life situations.

As I move toward my 39th year of social work practice, I would like to offer some reflections on my experience in working with patients, and particularly with family members, of persons suffering from dementia. Over time, it has occurred to me that loved ones move through a “process” of being confronted with the condition and, probably more frequently, discovering the presence of dementia well after it has manifested in the individual. Challenges naturally occur along the continuum of the condition, however I believe it may be helpful for emerging caregivers to consider applying a form of Coach Saban’s “process”.

Most of us have an idea of what dementia might entail, however, a working definition of the term is important in facing the challenges of the condition. First of all, dementia may be simply defined as “the death of the brain”. Despite the many forms of dementia, including Alzheimer’s’ Disease, this definition may be confusing to some. A person with dementia continues to live and function, often with few noticeable physical problems. An important factor for understanding dementia is that it is a progressive condition. As such, and over time, the ability of an afflicted loved one to function independently will decline. The pace of decline, however, varies. Thus, once a health care professional, generally a physician, applies the diagnosis of dementia, preparation for, and application of care must begin.

As part of the “process” of preparation and the application of ongoing care, which is usually

provided by family members, a “learning curve” transpires. This is not a pleasant task, however, as caregivers develop a knowledge base about the condition and the importance of making safety the number one priority in the care of a loved one, the ability to offer care may become less of a daunting challenge. Additionally, confidence in one’s ability to face the challenges of care becomes part of the “process”.

Key symptoms of dementia include:

- **Memory Loss (Amnesia)** - particularly short-term memory. Details of the distant past may be retained for years.
- **Loss of Recognition (Agnosia)** - a particularly disturbing symptom that occurs is the loss of recognition of loved ones, places, and objects. Persons with dementia are often unable to call close relatives by name and may state, “I need to go home”, even if living in their long time residences. They may also discard items such as eyeglasses, hearing aids, and dentures.
- **Loss of Language (Aphasia)** - persons with dementia may lose the ability to express themselves verbally as well as receive and understand the language of others. This loss necessitates greater emphasis on non-verbal forms of communication (particularly, from my experience, a non-threatening, smiling face!).
- **The Inability to Manipulate Common Objects (Apraxia)** - such as combs, toothbrushes, and eating utensils. Other symptoms of apraxia include the loss of the bodily functions (bowel; bladder; swallowing).

One final note: In order to be an effective caregiver, you must be prepared to address the increasing needs of your loved ones. But you must also take care of yourself! As your lifestyle changes and routine pursuits are compromised, the “process” of becoming an effective caregiver requires that you make time for the things that you enjoy. By allowing (and expecting) others to assist you in care giving, you reduce your risks of mental and physical fatigue that may compromise your ability to provide care. By maintaining your care giving fitness, your loved ones will benefit and they would thank you for it. Thanks, also, to Coach Saban for the “process”!



COMMUNITY RESOURCES

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Growing Pains

By Michelle Carter
Public Information & Human Resources Manager
West Alabama Regional Commission
Area Agency on Aging

When people think about what they want to be when they grow up, they probably don't consider what they want to be *after* they grow up. But for thousands of seniors over 55, retirement isn't a realistic part of their American Dream because they fall into the bottom of the income ladder and need employment to afford their longevity. No one should ever have to make a choice between food, shelter or necessary medications, yet many older Americans face that dilemma during what should be their carefree golden years.

The struggle faced by the elderly needing to make ends meet isn't a new one. For several decades, through a series of advocacy and grant funding from the Department of Labor, the West Alabama Area Agency on Aging, in partnership with Senior Service America, Inc. and the Alabama Department of Senior Services (ADSS), has been able to operate the Senior Community Service Employment Program (SCSEP). The federal program helps unemployed, low-income adults age 55 and older by partnering with local nonprofit, government and faith-based agencies. SCSEP participants are given part-time community service assignments where they receive on-the-job training in roles vital in today's workforce. The goal is to boost their knowledge and confidence, and ultimately land a permanent



job placement outside of SCSEP. Locally, seniors are tapping into the SCSEP program through the West Alabama Area Agency on Aging and it is yielding positive results for both the participants and host agencies.

For over three years, Lorine Patton has been a participant on the Senior Community Service Employment Program (SCSEP) through the West Alabama Area Agency on Aging. She is assigned part time at United Way as a 2-1-1 Call Specialist and Office Assistant. Prior to her time on SCSEP, Lorine said she worked in local offices. She was out of work for about nine months when she found information about SCSEP at the Tuscaloosa Area Career Center. She said the program is a good fit because she was looking for part time work and found a lot of potential places of employment were only seeking applicants willing to work full-time.

The Tuscaloosa native said she enjoys her friendly co-workers at United Way.

"It's more like a family to me. I feel comfortable here. I work with good people and that means a lot to me." Lorine said the staff at United Way are mature and knowledgeable about their jobs which has helped her learn a lot as well. She said it has given her a way to get involved and learn more about what United Way does in the community.

The feeling of being welcomed in a work environment also appeals to a former SCSEP participant who received permanent employment at her host agency. Sharon Spencer was a SCSEP participant at Easterseals for a few months before being hired on as a Representative Payee and File Clerk.

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Prior to her employment at Easterseals, Sharon had worked seasonally assisting with tax prep. She said she tried to find work after being out several years but could tell potential employers were interested in hiring someone younger. A relative recommended she try the SCSEP program.

Sharon had been a participant of the program for over a year when she was assigned to the front desk at Easterseals West Alabama. Sharon said one thing she valued about SCSEP was that she was able to get out of her house and take her mind off stress. She was able to strengthen her resume writing and improved her computer skills. Now in a new role at Easterseals, Sharon said she is excited about her employment. "I like the place and the people. I feel welcome every day."

Her direct supervisor at Easterseals while on SCSEP, Sherri Davis-Drummond, said the position requires more than just answering phones. They are a "gatekeeper" and the first face seen by someone when they come in. The person working the front desk has to be cognizant of who is entering and why. Sherri said the worker has to deal with a lot of different personalities and it takes certain skills to fill the role. Sherri said SCSEP participants have a vital role at Easterseals, "They bring a level of maturity with them."

Tamika Alexander, Director of 2-1-1 and Information and Referral for United Way of West Alabama, echoes Sherri's sentiment that the SCSEP participants bring a strength to the host agency. Lorine is the third SCSEP participant assigned to United Way of West Alabama over the past five years. Tamika said the program gives an extra set of hands in their

office. One of the strengths they have found in hiring an older worker is reliability. "We can count on her to be here on time... [and] She can pick up on how to complete a project very quickly. She also brings a wealth of customer service knowledge to our office because she has years of experience working with the public."

The role SCSEP participants have at Easterseals, United Way of West Alabama, and other host agencies, requires commitment and essential skills which are often a strong point found in the generation of older workers. Ronny Johnston, executive director of Easterseals of West Alabama, said the non-profit has had several great SCSEP participants over the years and some have

led to employment like in Sharon's case. Ronny said the participants are considered part of the Easterseals family and are offered the same opportunities for advancement as any of their employees on the payroll. He also understands the huge impact SCSEP makes in the lives of its participants.

"Working is like exercising. When you stop its hard to get back into it. It's [SCSEP] a great re-entry point into work." Ronny said.

If you are interested in more information about becoming a participant, host agency, or are looking to hire one of our qualified participants, please contact Kellie Blount, our SCSEP Coordinator for the West Alabama Area Agency on Aging at 205-333-2990 today! For a listing of our Host Agency partners and additional information visit our website at www.westalabamaaging.org/scsep.

"Working is like exercising. When you stop, its hard to get back into it. It's [SCSEP] a great re-entry point into work."

-Ronny Johnston

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- You are in the Medicare Part D "Gap" or "Donut Hole".**

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Administered by the Alabama Department of Senior Services (ADSS), in partnership with the 13 Area Agencies on Aging, serving as local Aging & Disability Resource Centers (ADRC) in Alabama.
The SenioRx Medication Assistance Program is funded by the Alabama State Legislature.

Area Agency on Aging Programs

Aging & Disabilities 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.

Alabama Cares Program

Supports family caregivers in an effort to keep families together and allow seniors to remain at home instead of moving to costly long-term care facilities.

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 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 Evidence-Based Programs 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 or falls.

- **A Matter of Balance:** This four to six 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 Alzheimer's disease or other dementias by helping caregivers manage their stress and cope better with their lives.



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 Supplemental Security Income 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.
- **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 West Alabama Area Agency on Aging has received

NCQA Accreditation of Case Management for LTSS for the E&D Waiver and ACT Waiver programs for three years beginning October 17, 2018 and expiring October 17, 2021.

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

Through a contractual agreement with the University of Alabama Law School, assistance is available for older adults in West Alabama. Legal Counsel for the Elderly provides assistance with a wide variety of issues including health care,

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advance health care directives, public benefits, and protective services. No fees are charged for the service, but donations are welcomed. Visit www.law.ua.edu/elderlaw or call 205-348-4960.

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.

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

WARC-AAA supports 22 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.

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.

Veteran-Directed Home and Community Based Services Program

The VD-HCBS program is a new, 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.

ATTENTION MEDICARE BENEFICIARIES

- Do you have questions about Medicare Part D?
- Are you new to Medicare?
- Do you have a complaint about your coverage?
- What is Medicare Advantage?
- Are you frustrated with trying to understand all the different parts to Medicare?



"Understanding the basics about Medicare is the key to making informed decisions about ones coverage. Local help is available to help you sort through your options."



Your **local** Area Agency on Aging can assist you through our **SHIP** Program concerning:

- Education on all parts of Medicare
- Explanation of options to those who are new to Medicare
- Explanation of gaps in coverage and what costs will be
- Part D comparisons and enrollment
- Medigap Insurance
- Medicare Advantage
- Extra help programs paying Medicare premiums
- Coordination of Benefits
- Medicaid
- SHIP Counselors can also speak on a variety of related topics to groups

For unbiased guidance and help call SHIP at 205-333-2990 or 1-800-243-5463 for a one on one appointment.

REMINDER: Medicare Open Enrollment is October 15 through December 7

34 COMMUNITY RESOURCES

Food Assistance

*Services available vary from free food pantries, discounted food to prepared meals.

Bibb County

Brent Baptist Church Caring Center

2446 Main Street
Brent, AL 35034
205-926-7687
www.brentbaptistchurch.org/ministries/caring-center

Brent Compassion & Hope Food Basket

1728 Main St.
Brent, AL 35034
205-926-1719

Caffee Junction Church of God Operation Compassion

21231 Hwy 11 N
McCalla, AL 35111
205-477-9100
www.cj-cog.org/ministries

Fayette County

Community Service Programs of West Alabama

1600 Temple Ave. N Ste. 7
Fayette, AL 35555
205-932-3218
www.cspwal.com

Greene County

Community Service Programs of West Alabama

116 Prairie Ave.
Eutaw, AL 35462
205-372-4562
cspwal.com

Hale County

Community Service Programs of West Alabama

800 Hall St.
Greensboro, AL 36744
334-624-4455
cspwal.com

Moundville Baptist Church

150 5th Ave.
Moundville, AL 35474
205-371-6370
www.moundvillebaptistchurch.org

Lamar County

Community Service Programs of West Alabama

145 Columbus Ave.
Vernon, AL 35592
205-698-7197
cspwal.com

Matt Miller Food Pantry

Propst Memorial United Methodist Church
131 Wood Dr.
Millport, AL 35576
205-662-3406 or 205-712-3327
www.facebook.com/mattmiller.foodpantry

Vernon First UMC Food Pantry

270 1st St. NE
Vernon, AL 35592
205-712-7382
205-712-8495
205-695-7566

Pickens County

The Lord's Pantry at Aliceville First UMC

307 3rd Ave. NE
Aliceville, AL 35442
205-373-2263

Gordo First UMC

310 N Main St.
Gordo, AL 35466
205-364-7489

Pickens County Community Action & Community Development Corporation Inc.

71 Lakeside St.
Carrollton, AL 35447
205-367-8166
www.caapickens.org

Pickens County Family Resource Center

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

Tuscaloosa County

Beans and Rice

St. Matthias' Episcopal Church
2310 Skyland Blvd. E
Tuscaloosa, AL 35405
205-553-7282
www.matthiaschurch.dioala.org/index.html

Catholic Social Services of West Alabama

608 James I. Harrison Jr. Pkwy.
Tuscaloosa, AL 35405
205-759-1268
www.csstuscaloosa.org

Community Soup Bowl

1711 23rd Ave.
Tuscaloosa, AL 35401
205-752-2421
www.tuscaloosasoupbowl.com

Cornerstone Full Gospel Baptist Church

610 Brooksdale Dr.
Tuscaloosa, AL 35401
205-345-4892

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

East Tuscaloosa Community Soup Bowl

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

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/get-involved/peace-justice/food-pantry

Love Inc.

3101 Main Ave. Ste. A
Northport, AL 35476
205-614-2849
www.loveinctuscaloosa.com

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 Little Closet Community Food Pantry

13222 Fondren Rd.
Northport, AL 35546
205-534-3104
www.thelittlecloset.org

The Salvation Army

2902 Greensboro Ave.
Tuscaloosa, AL 35401
205-632-3691
www.salvationarmyalma.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

3101 Alabama Ave. NE
Tuscaloosa, AL 35401
205-759-1039
www.flbc.us/wings-of-grace

Want to add \$15 - \$113 to your monthly food budget?



Food benefits help seniors 60+ buy healthy food at the grocery store. You can get help if you have limited income and resources or high medical and living expenses. The amount you receive depends on household income from all sources, deductions of high medical or housing costs, and how many people live in your household.

Apply now: BenefitsCheckUp.org/getSNAP

This flyer was developed with generous support from the Walmart Foundation.



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.

36 COMMUNITY RESOURCES

Quantities are limited. Booklets are mailed out in the spring. To request vouchers, you can register online at

www.BuyLocalAlabama.com.

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. Seniors are provided with bags of groceries during the third week of each month. There is no cost to the individuals served. Eligibility is determined using the federal poverty level income guidelines. To learn more about this program contact the West Alabama Food Bank.

Food Stamps

SNAP (Supplemental Nutrition

Assistance Program)

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 West Alabama Area Agency on Aging at 205-333-2990 or 1-800-432-5030.

Home Delivered Meals

Meals on Wheels

Community Service Programs

601 Black Bears Way

Tuscaloosa, AL 35401

205-752-5429 or 855-211-0950

[www.cspwal.com/departments/
meals-on-wheels.html](http://www.cspwal.com/departments/meals-on-wheels.html)

Home Bound Meal Program

Area Agency on Aging

205-333-2990

1-800-243-5463

West Alabama Food Bank

3160 McFarland Blvd.

Northport, AL 35476

205-333-5353

www.westalabamafoodbank.org

This program covers Bibb, Fayette, Greene, Hale, Lamar, Pickens and Tuscaloosa counties and has many partners such as churches and organizations that assist with donations and distribution of the Brown Boxes. Individuals can be sponsored to receive this service for an annual cost of \$50. Monthly donations are also accepted.

Homeless Resources

Compassion Coalition

1035 29th St.

Tuscaloosa, AL 35401

205-553-7282

[www.fpctusc.org/missions/local-
mission/compassion-coalition](http://www.fpctusc.org/missions/local-mission/compassion-coalition)

Dent Transitional Program

(Homeless Shelter for men)

15769 Thomas Chapel Rd.

Cottondale, AL 35453

205-246-5655

[www.tracydentfoundation.
pledgepage.org](http://www.tracydentfoundation.pledgepage.org)

Jesus Way Shelter

(for women & children)

2662 Short 24th St.

Tuscaloosa, AL 35401

205-759-9771

Jesus Way Shelter

(for men)

2513 Short 21st St.

Tuscaloosa, AL 35401

205-759-9771

Love Inc.

3101 Main Ave. Ste. A

Northport, AL 35476

205-614-2849

www.loveinctuscaloosa.com

Turning Point

(Women & Children only)

Safehouse - Address not disclosed

205-758-0808

www.turningpointservices.org

VA Medical Center

3701 Loop Rd. E

Tuscaloosa, AL 35404

205-554-2000

877-4AID-VET

Support Groups

Cancer Support Groups

Cancer Wellness

Lewis and Faye Manderson

Cancer Center

809 University Blvd. E

Tuscaloosa, AL 35401

205-750-5172

Healing with the Arts (HEART)

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
205-345-7261

Look Good...Feel Better

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

Prostate Cancer Support Group

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

Fitness for Breast Cancer Survivors

UA Recreation Center
400 Peter Bryce Blvd.
Tuscaloosa, AL 35401
205-330-3647

Grief Support Groups

Hospice of West Alabama

3851 Loop Rd.
Tuscaloosa, AL 35404
205-523-0101
www.hospiceofwestal.com/grief-counseling-support

Greensboro Bereavement Support Group

(located at Greensboro Bible Methodist)
2004 S St.
Greensboro, AL 36744
205-523-0101

Moundville Bereavement Support Group

(located in the Moundville Telephone Co. Conference Room)
371 Corr Ave.
Moundville, AL 35474
205-523-0101

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

Alzheimer's Support Group

Regency Retirement Village
5001 Old Montgomery Hwy.
Tuscaloosa, AL 35405
205-752-5527

Amazing Caregiver Support Group

Bethel Baptist Church
3003 25th St.
Tuscaloosa, AL 35401
205-758-2108

Caregiver Cafe Lunch & Learn Support Group

1801 Rice Mine Rd. N
Tuscaloosa, AL 35406
205-345-1112
www.morningpointe.com/alzheimers-care

Caring Hearts

First Baptist Church Tuscaloosa
721 Greensboro Ave.
Tuscaloosa, AL 35401
205-394-3474
205-345-7554

Christ Church Caregivers Support Group

605 Lurleen B Wallace Blvd. N
Tuscaloosa, AL 35401
205-758-4252
www.christchurch1828.org

Dementia with Grace

Aliceville Manor Nursing Home
703 17th St. NW
Aliceville, AL 35442
205-373-6307

Fayette County Support Group

Morningview Estates
404 25th St. NW
Fayette, AL 35555
205-932-4003 or 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

Transportation

Alabama Medicaid Non-Emergency Transportation (NET) Program

205-391-6771
www.medicaid.alabama.gov/



SENIOR MEDICARE PATROL (SMP)

Teaches seniors to protect their healthcare. If you need assistance or would like to be trained as an SMP volunteer,

CONTACT

205-333-2990 or 1-800-432-5030

www.alabamasmpp.gov | www.westalabamaging.org

West Alabama Public Transportation
(Bibb, Greene, Hale)
334-289-5789

Fayette County

Fayette Aging Programs
125 2nd Ave. NW
Fayette, AL 35555
205-932-2666
www.fayetteal.org/departments/senior-center

Pickens County

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

Tuscaloosa County

Together We Ride Ability Alliance of West Alabama
1002 McFarland Blvd. Ste. K
Northport, AL 35476
205-333-1577
www.abilityalliance.info

Easter Seals West Alabama
205-759-1211 ext. 274
www.eswaweb.org/transportation-program

FOCUS on Senior Citizens
205-554-1919
www.focusonseniorcitizens.org/transportation.html

Love INC
205-614-2849
www.loveinctuscaloosa.com

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 Administrations
3701 Loop Rd. E
Tuscaloosa, AL 35404
205-554-2000 ext. 2334
www.va.gov/healthbenefits/vtp/map.asp

Whatley Health Services Transportation
205-758-6647
www.whatleyhealth.org

Government Offices

City/Town Government

Bibb County

Brent	205-926-4643
Centreville	205-926-4995
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	205-336-9757
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	
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

Social Security Administration Tuscaloosa office

2005 University Blvd. Ste. 1200
Tuscaloosa, AL 35401
877-480-4988
www.ssa.gov

40 COMMUNITY RESOURCES

Alabama Cooperative Extension County Offices

Bibb County

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

Fayette County

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

Greene County

107 Harris Ave.
Eutaw, AL 35462
205-372-3401

Hale County

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

Lamar County

P.O. Box 567
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, AL 35401
205-349-4630

Department of Human Resources (DHR) County Offices

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 35407
205-562-6100

Emergency Management County Offices

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

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 Federal

Alabama Department of Human Resources (DHR)

50 N. Ripley St. Ste. 2104
Montgomery, AL 36130
334-242-1310
www.dhr.alabama.gov

Alabama Department of Insurance

201 Monroe St. Ste. 502
Montgomery, AL 36104
334-269-3550
www.aldoi.gov

Alabama Department of Public Health (ADPH)

201 Monroe St.
Montgomery, AL 36104
334-206-5300
800-252-1818
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

Alabama Medicaid Agency

P.O. Box 5624
Montgomery, AL 36103
205-391-6760 or 334-242-5000
www.medicaid.alabama.gov

Government

Centers for Medicare & Medicaid Services

7500 Security Blvd.
Baltimore, MD 21244
800-633-4227
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

Medicare

800-633-4227 or
1-800-MEDICARE
TTY 877-486-2048
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

42 COMMUNITY RESOURCES

Assistance and Support for Veterans

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

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

Veterans Administration and Affairs

Bibb/Hale County
35 Court Square E Ste. 105
Centreville, AL 35042
205-926-3116

Fayette County
103 First Ave. NW
Fayette, AL 35555
205-932-6262

Greene County
20 S Commerce St.
Eutaw, AL 35462
205-372-6977

Lamar County
Courthouse Annex
Bevill Building
West Columbus Ave.
Vernon, AL 35592
205-695-7253

Pickens County
Service Center Bldg. Rm. 302 B
Hwy 17 N
Carrollton, AL 35447
205-367-2099

Tuscaloosa County
714 Greensboro Ave., Rm. 241
Tuscaloosa, AL 35401
205-349-3870 ext. 360, 361, 363

Tuscaloosa VA Medical Center
3701 Loop Rd.
Tuscaloosa, AL 35404
205-554-2000
1-888-269-3405
www.va.gov

Chamber of Commerces

Aliceville Area Chamber of Commerce
419 Memorial Pkwy. E
Aliceville, AL 35442
205-373-2820
www.thecityofaliceville.com/chamber/chamber-information

Bibb County Chamber of Commerce
835 Walnut St.
Centreville, AL 35042
205-926-5222
www.bibbchamber.org

Fayette Area Chamber of Commerce
102 2nd Ave.
Fayette, AL 35555
205-932-4587
www.fayetteareachamber.org

Gordo Area Chamber of Commerce
25226 Hwy 82
Gordo, AL 35466
205-364-7111 ext. 6
www.gordoareachamber.com

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

The Chamber of Commerce of West Alabama
2201 Jack Warner Pkwy. Bldg. C
Tuscaloosa, AL 35401
205-758-7588
www.tuscaloosachamber.com

Vernon Chamber of Commerce
44425 Hwy 17
Vernon, AL 35592
205-695-7718

ATTENTION VETERANS & VETERAN'S WIDOWS/SURVIVORS

Do you want straight answers about rights and benefits you may have earned through service to your country - - as well as free, professional assistance from trained experts who are also veterans? If the answer is "yes," visit the local chapter of Disabled American Veterans (DAV). The Tuscaloosa Chapter #1 office is located at 448 65th Street (off of 69 South 1.4 miles south of Skyland). Counsel and claim filing assistance for veteran benefits and other important programs is available to veterans and their survivors Tuesday through Thursday, 8 AM to noon. **Walk-ins are encouraged but appointments are available by calling (205) 247-4862.**



The service the DAV provides is **FREE** and DAV membership is not required. When you visit the DAV please bring your claim number, your Social Security number, all prior VA decision letters, and any other pertinent documentation such as your service medical records and your DD Form 214.



Come see us – we look forward to seeing you and serving you.

44 COMMUNITY RESOURCES

Elected Officials - Federal



Senator Doug Jones
1800 Fifth Ave. N
Birmingham, AL 35203
205-731-1500
www.jones.senate.gov



Senator Richard Shelby
2005 University Blvd Ste. 2100
Tuscaloosa, AL 35401
205-759-5047
www.shelbysenate.gov



Representative Robert Aderholt
District 4
247 Carl Elliot Bldg.
1710 Alabama Ave.
Jasper, AL 35501
205-221-2310

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

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

Counties Served:

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

Elected Officials - State



Governor
Kay Ivy

State Capitol

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

Lt. Governor:

Will Ainsworth
334-242-7900

Alabama State House

11 South Union St.
Montgomery, AL 36130

Senate Information:

334-242-7800

Representative Information:

334-242-7600

Sen. Gerald Allen
District 21

(Lamar, Pickens
and Tuscaloosa County)
11 South Union St. Ste. 729
Montgomery, AL 36130
334-261-0986

Sen. Greg Reed
District 5

(Fayette, Jefferson,
Tuscaloosa, Walker, and
Winston County)
11 South Union St. Ste. 726
Montgomery, AL 36130
334-261-0894

Sen. Bobby Singleton
District 24

(Choctaw, Clarke, Greene,
Hale, Marengo, Perry,
Pickens, Sumter and
Tuscaloosa County)
11 South Union St. Ste. 738
Montgomery, AL 36130
334-261-0335

Sen. Cam Ward
District 14

(Bibb, Chilton, Jefferson and
Shelby County)
11 South Union St. Ste. 719
Montgomery, AL 36130
334-261-0886

Rep. Chris England
District 70

(Tuscaloosa County)
11 South Union St. Ste. 539-B
Montgomery, AL 36130
334-261-0503

Rep. Tracy Estes
District 17

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

Rep. Ralph Howard
District 72

(Bibb, Greene, Hale,
Marengo, Perry and Sumter
County)
11 South Union St. Ste. 525-A
Montgomery, AL 36130
334-261-0559

**Rep. Artis "A.J."
McCampbell**
District 71

(Choctaw, Greene, Marengo,
Pickens, Sumter and
Tuscaloosa County)
11 South Union St. Ste. 539-F
Montgomery, AL 36130
334-261-0547

Rep. Bill Poole
District 63

(Tuscaloosa County)
11 South Union St. Ste. 514
Montgomery, AL 36130
334-261-0524

Rep. Kyle South
District 16

(Fayette, Jefferson, Lamar
and Tuscaloosa County)
11 South Union St. Ste. 427-G
Montgomery, AL 36130
334-261-0482

Rep. Rodney Sullivan
District 61

(Greene, Pickens
and Tuscaloosa County)
11 South Union St. Ste. 403-A
Montgomery, AL 36130
334-261-0403

Rep. April Weaver
District 49

(Bibb, Chilton
and Shelby County)
11 South Union St. Ste. 417-J
Montgomery, AL 36130
334-261-0491

Rep. Rich Wingo
District 62

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

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languages. It was based primarily on Roman
law, although there were some Germanic in-
fluences; it formed the basis for modern com-
mercial law.

Law of — : *see under* substantive word
(*e.g.*, Guarantees, Law of; Sea, Law of the;
Twelve Tables, Law of the), except as below.

law report, in common law, published record
of a judicial decision that is cited by lawyers
and judges for their use as precedent in subse-
quent cases. The report of a decision contains
the title of the case, a statement of the facts
giving rise to the litigation, and its history in
the courts. It then reproduces the opinion of
the court and concludes with the judgment
of the court; *e.g.*, affirming or reversing
judgment of the court below. The report
is usually preceded by a summary of

FINANCIAL & LEGAL SERVICES

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Elder Abuse: Financial Exploitation Don't Be A Victim

By Sgt. Tommy Rester
Tuscaloosa Police Department

Be on the lookout for the following scams occurring all over the United States, including our West Alabama communities.

Lottery Scam

The typical scenario involves an individual who receives a letter in the mail saying they have won \$2.5 million. The person is instructed to send back \$30 as a 'processing fee' and include personal details such as a telephone number and birth date. Once that letter is sent, not only is the victim out of pocket for the money, they are also added to a 'sucker list' and are likely to receive more and more offers like this one in the mail. This scam may also be done over the phone.

Help Scam

You may receive a call that your grandchild is in jail and in need of money. This will be a cold call that has come out of the blue and is asking you to take action quickly and send money now. The caller will ask you to either send a money order or place a certain amount of money on some type of gift card (ie: Greendot card, iTunes card, etc.) **DO NOT GIVE THE CALLER YOUR GRANDCHILD'S NAME.** Immediately hang-up on the caller and call your grandchild or your child to check on them.

Check Scam

Check scams involve a con artist offering to buy an item from a seller (often an item that has been put up for sale in the paper or online through Craigslist) using a fake cashier's check, which is made out for an amount that is greater than necessary. The scammer then asks that the check be cashed, and the excess funds returned. Of course, the check

is fraudulent, but if the money is returned before the seller realizes this, they have lost the funds - as well as the item they put up for sale. Since cashier's checks are usually as good as gold, some seniors don't ask questions and are taken in by the opportunity to sell quickly.

Pigeon Drop

In a typical Pigeon Drop, two suspects approach an older person, often in a retail shopping area or near an ATM machine, and claim they have just found a package or wallet containing a large amount of money. One of the suspects volunteers to check with a "boss" off site to get advice on what to do with the found money, then reports that it came from an illegal source such as gambling or narcotics.

These scammers offer to split the money, but only after the older person shows "good faith" by producing money of his or her own. When the scammers send the senior to the "boss" to get the promised share of money, the senior discovers that there is no boss and the suspects have disappeared.

Unsolicited Home Repair

Typically working in teams of two or more, scammers scour neighborhoods with a high concentration of older residents, or even track recent widows and widowers through obituaries and death notices, then appear on their doorsteps claiming to spot something in need of repair (ie: a hole in the roof or clogged drainpipe, etc.). The scammers demand payment up front, and then often claim their initial investigation reveals a more serious problem, with a more expensive solution. The "work" they do is unlicensed and often shoddy, such as applying paint to a roof to make it appear as if it has been tangibly fixed.

In a twist on this scam, one alleged worker might distract the elder while the other enters the house to steal money and other valuables.

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5 Personal Safety Tips

1. Always keep your doors locked.
2. Don't open the door for anyone that you don't know.
3. Have your phone in your hand when answering your door.
4. Don't keep valuables out in the open.
5. Have someone at the house with you if you have scheduled maintenance.



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- Transportation
- Household Duties
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 - Hospice Care Support Services

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Abuse, Neglect & Exploitation

Alabama Department of Human Resources Adult Protective Services Division
50 North Ripley Street
Montgomery, Alabama 36130
(334) 242-1350
Adult Abuse Hotline 1-800-458-7214
www.dhr.alabama.gov
(Refer to Page 40 for Local DHR Contacts by County)

Alabama Coalition Against Domestic Violence
Hotline: 800-650-6522
Office: 334-832-4842
www.acadv.org

Turning Point of West Alabama
205-758-0808
www.turningpointservices.org

The National Domestic Violence Hotline:
1-800-799-7233
TTY: 1-800-787-3224
www.thehotline.org

Legal Services

The University of Alabama Legal Counsel for the Elderly
205-348-4960 or
www.law.ua.edu/elderlaw

Legal Services Corporation of Alabama
2315 9th St. Ste. 3A
Tuscaloosa, AL 35401
205-758-7503 or 886-456-4995
www.alabamalegalhelp.org

Tax Preparation Assistance

Focus on Senior Citizens
3801 Loop Road
Tuscaloosa, AL 35405
205-553-3133
www.focusonseniorcitizens.org

University of Alabama SaveFirst Initiative
1-888-99-TAXAL (8-2925)
www.impactamerica.com/savefirst

Various Assistance

Clothing, Financial, Utility, Etc.

Cleaning for a Reason
Provide house cleaning for female cancer patients free of charge
877-337-3348
www.cleaningforareason.org

Bibb County

Community Service Programs of West Alabama
200 2nd St.
Centreville, AL 35042
205-926-9384
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

Greene County

Community Service Programs of West Alabama
116 Prairie Ave.
Eutaw, AL 35462
205-372-4562
www.cspwal.com

Hale County

Community Service Programs of West Alabama
800 Hall St.
Greensboro, AL 36744
334-624-4455
www.cspwal.com

HERO

1310 C Main St.
Greensboro, AL 36744
334-624-0842
www.herohousing.org

Lamar County

Community Service Programs of West Alabama
145 Columbus Ave.
Vernon, AL 35592
205-695-9573
www.cspwal.com

Pickens County

Community Action Agency
71 Lakeside St.
Carrollton, AL 35447
205-367-8166
www.caapickens.org

The Potluck Shop

281 Reform St.
Carrollton, AL 35447
205-367-2131
www.facebook.com/carrolltonpotluckstore

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Tuscaloosa County

American Red Cross

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

Christian Ministry Center

3880 Watermelon Rd. Ste. B
Northport, AL 35473
205-752-8399
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

Habitat for Humanity ReStore

1120 35th St. Ste. B
Tuscaloosa, AL 35401
205-349-4620
www.tuscaloosarestore.org

Love Inc.

3101 Main Ave. Ste. A
Northport, AL 35476
205-614-2849
www.loveinctuscaloosa.com

Temporary Emergency Services

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

The Salvation Army

2902 Greensboro Ave.
Tuscaloosa, AL 35401
205-632-3691
www.salvationarmyalm.org

Tuscaloosa's One Place

810 27th Ave.
Tuscaloosa, AL 35401
205-462-1000
www.tuscaloosaoneplace.org

United Way of West Alabama

2720 6th St.
Tuscaloosa, AL 35403
205-345-6640
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

Information Sources

Aging and Disability Resource Center (ADRC) at West Alabama Area Agency on Aging

4200 Hwy 69 N
Northport, AL 35473
205-333-2990 or 1-800-AGELINE
www.westalabamaaging.org

Alabama Crime Victims Compensation Commission

5845 Carmichael Rd.
Montgomery, AL 36117
800-541-9388 (Victims Only)
334-290-4420
www.acvcc.alabama.gov

Alabama Disabilities Advocacy Program

624 Paul W. Bryant Dr.
Tuscaloosa, AL 35487
205-348-4928
(In-state clients only)
www.adap.ua.edu

Alabama Public Service Commission

100 N. Union St. RSA Union
Montgomery, AL 36104
334-242-5218
www.psc.alabama.gov

For complaints:
800-392-8050

Eldercare Locator

800-677-1116
www.eldercare.gov

United Way of West Alabama (211)

2720 6th Street
Tuscaloosa, AL 35401
205-345-6640
www.uwwa.org

Energy Assistance

2.2% Electric Exemption Program

This program permits eligible households to qualify for an exemption from payment of the tax on their monthly electric bill. Those qualifying for this program will no longer be billed the 2.2% tax. You will not receive a money payment from this program but will save 2.2% of your monthly electricity bill.

To qualify for this program, you must:

1. Be the head of household. (head of household is defined as that adult household member in whose name the monthly electric bill is received);
2. Be 62 years old or older, or between the ages of 18 to 62 and blind or otherwise totally and permanently disabled. If you do not receive a check based on blindness or total and permanent disability, you must present a statement from your doctor saying that you are blind or totally and permanently disabled to engage in gainful employment and give the reason why;
3. Share your residence with not more than one other adult person less than 62 years old. (An adult is defined as a person who is 18 years old or older.);
4. Have a yearly gross income for you and all members of your household of \$12,000 or less;
5. Buy your electricity from a company that collects the 2.2% Gross Receipts License Tax;
6. Be an Alabama resident and live in the county where you apply, and be a U. S. citizen or legal alien;
7. Furnish a recent electric bill to show the current name, address, and customer account number in whose name the bill is received;
8. Cooperate with the Department of Human Resources by furnishing the necessary information or verification required to determine your eligibility;
9. Agree to report to your local County Department of Human Resources any change of name or address on your monthly electric bill if you wish to reapply for the exemption.

Where to apply:

You must apply at the Department of Human Resources office in the county where you live. You may apply in person or someone may obtain an application form for you which must be completed, signed by the head of household, and returned to the Department of Human Resources in the county where you live (see DHR List on page 40).

Rate Rider Supplemental Security Income (SSI)

In addition, Alabama Power offers the Rate Rider SSI (Supplemental Security Income). Rate Rider is the discount of the basic customer charge of \$14.50 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.

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.

Applicants must be the head of the household or their spouse. Applicants 60 and older or disabled can authorize in writing an individual to apply for him/her. Applicants must provide proof of gross income for everyone in the household for the month prior to sign-up, Social Security numbers for all members of the household, and a copy of the latest utility bill showing the account number. Monthly

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income limits change annually with the Federal Poverty Guidelines. To apply, contact the call center for Community Service Programs of West Alabama at 1-877-803-5509.

Project SHARE

Project SHARE provides emergency energy assistance to elderly and disabled Alabamians in peak winter and summer months. Project SHARE is funded primarily by contributions from the customers of Alabama Power Company, Alagasco and other participating energy suppliers. Customers simply pledge to donate \$2, \$5, or any other whole-dollar amount to Project SHARE by checking the box on their monthly utility bill. This amount is automatically added to each monthly bill and all such donations are forwarded to the Red Cross.

You are eligible for assistance, a maximum of \$275 per season, through Project Share if you are:

- Head of the household

AND

- Sixty-two years of age or older

OR

- Total (100%) disability income

January 1st-June 30th (Winter Season)

- Have a current unpaid utility bill
- Have insufficient family or community resources to meet energy needs.
- Have assurance from the vendor that payment will result in restoration/continuation of the home energy supply.

July 1st-December 31st (Medical Season)

- A household member must have a verifiable medical condition that will be severely aggravated by an energy deficiency.

Project Share does not provide assistance with propane gas. Community Service Programs of West Alabama administers the Project Share program in Bibb,

Fayette, Greene, Hale, Lamar and Tuscaloosa Counties. Call 205-752-5429 or visit www.cspwal.com/departments/Energy-Assistance-Programs/page/project-share.html

This service is offered through the Community Action Agency in Pickens County. Contact the agency to sign up for services. Program availability is limited. Call 205-367-8166 or 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." To see if your county or municipality provides an exemption from the payment of fees required under this article, contact your local Health Department. An environmentalist with the Health Department can provide information about how, where and when to apply.

Phone & Internet Assistance

Access from AT&T

AT&T is offering low-cost wireline home Internet service to qualifying households. Requirements include:

- At least one resident of the home must be participating in the U.S. Supplemental Nutrition Assistance Program (SNAP),

AND

- home address in AT&T's 21-state service area (Alabama is listed as included), at which wireline home Internet Ssrvice is offered,

AND

- No outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under the program.

Visit www.att.com/shop/internet/access/#!/ for more information or to sign up.

-Source: www.att.com

Assurance Wireless

Assurance Wireless, one of Virgin Mobile prepaid brands, provides a free wireless phone and 250 minutes of service monthly to eligible low-income customers.

This federally-supported program is available in Alabama, Florida and more than a dozen other states. The phone and basic voice service is free, but customers can choose to pay for additional features such as more minutes, texting or international calls. You may qualify based on household income or if you participate in one of the following government programs:

- Medicaid
- Food Stamps/Supplemental Nutrition Assistance Program
- Supplemental Security Income
- Temporary Assistance for Needy Families
- Federal Public Housing Assistance or Section 8
- Low Income Home Energy Assistance Program

In Alabama, income is based on 135% of the federal poverty guidelines.

Each month, 250 free voice minutes and texts are added automatically. Apply by calling 1-888-898-4888 or visiting www.assurancewireless.com

-Source: www.assurancewireless.com

Lifeline

The federal Lifeline program gives income-eligible consumers a discount on monthly charges for basic local landline residential telephone service purchased from an authorized landline or wireless service provider. Assistance is limited to one

monthly discount per customer. Only one Lifeline service is available per household whether landline or wireless. To apply for the discount, contact AT&T at: 1-800-377-9450.

Contact your local landline or wireless telephone company to verify that you are eligible for Lifeline benefits. If your local telephone company is not authorized to provide Lifeline or Link-Up discounts in your area, contact:

Alabama Public Service Commission:
1-800-392-8050 or 334-242-5218

Consumers Advocate office:

Office of the Attorney General/Alabama State House
P.O. Box 300125

Montgomery, AL 36130

or call 334-242-7300 or 1-800-392-5658

The above article contains excerpts from the following website: www.lifeline.gov/lifeline_consumers.html

SafeLink

In Alabama, SafeLink Wireless' Lifeline Service provides:

- A free SafeLink Wireless phone.
- A free cellular plan with 250 minutes every month.

You may qualify for Lifeline Service if:

1. You already participate in one of the following assistance programs:
 - Federal Public Housing Assistance/Section 8
 - Low Income Home Energy Assistance Program (LIHEAP)
 - National School Lunch (free program only)
 - Temporary Assistance for Needy Families (TANF)
 - Supplemental Security Income (SSI)
 - Food Stamps
 - Medicaid

OR

2. Your total household income is at or below 135% of the Federal Poverty Guidelines.

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AND

3. No one in your household currently receives Lifeline Assistance through another phone carrier. If someone in your household is receiving Lifeline Assistance you must cancel the service before applying for Lifeline Service through SafeLink Wireless.
4. You have a valid United States postal address. In order for SafeLink to ship you your free phone you must live at a residence that can receive mail from the US Post Office.

How to apply for SafeLink Wireless:

Fill out the application on this website:
www.safelinkwireless.com or call
1-800-SAFELINK (723-3546)

You may return your application in one of the following ways:

- Fax the application to 1-866-902-5756. Fax is the recommended method.
- Mail your application to: PO Box 220009, Milwaukie, OR 97269-0009.
- Write down the SafeLink Wireless ID provided when you fill out the application. With your ID you can check on the status of your application online or by calling 1-800-977-3768.

-Source: www.safelinkwireless.com

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Senior Discounts

*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
55+

Restaurants

Arby's

55 cent beverage
55+

Burger King

10% off or a 75 cent drink
60+

Captain D's

\$4.99 dinners
Sundays & Wednesdays
62+

Cici's Pizza

\$5.98 all you can eat
55+

Dairy Queen

10% off
60+

Dunkin Donuts

Free donut with large drink purchase (not at the University location)
(AARP members) 55+

Hardee's

49 cent beverage
55+

IHOP

10% off
55+

KFC

10% off
55+

McDonald's

65 cent (+tax) coffee
55+

Outback

15% off (excluding alcohol)
(AARP members) 60+

Taco Bell

10% off
65+

Waffle House

10% off
60+

Wendy's

Free drink with purchase
55+

Retail

Belk

15% off 1st Tuesday
55+

Michael's

10% off
55+

RiteAid

20% off 1st Wednesday
65+

Ross

10% off every Tuesday
55+

Stein Mart

Discounts vary 1st Monday
55+

Walgreens

20% off non-sale items 1st Tuesday
(AARP members) 60+

Other Services

Ascent Audiology & Hearing

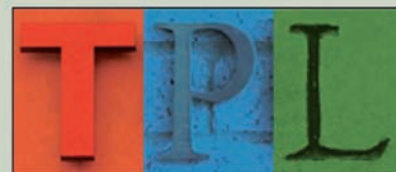
10% off hearing aid purchase
Buy one get one batteries
55+

Massage Life & Wellness

DCH Golden Years
10% off student massages
55+

Picture This Frame Shop

10% off
55+



Tuscaloosa Public Library

Main Library

1801 Jack Warner Pky • Tuscaloosa, AL 35401
205-345-5820

Weaver Bolden Branch

2522 Lanier Avenue
Tuscaloosa, AL 35401
205-758-8291

Brown Branch

300 Bobby Miller Pky
Tuscaloosa, AL 35405
205-391-9989

www.tuscaloosa-library.org

Books, Computers, DVDs, CDs, eBooks, Free Wi-Fi,
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Mon-Thurs: 9 am to 6 pm
Friday: Noon to 4 pm
Saturday: 9 am to 1 pm



HOUSING

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Independence through the Gateway to Community Living Program

By Michelle Carter
Public Information and Human Resources Manager at
West Alabama Area Agency on Aging

The saying goes “Home is where the Heart is.” It can also bring peace of mind to someone seeking to maintain their independence by having their own residence to call their own. The Gateway to Community Living Program provides qualified individuals a path to freedom found in living in their own home.

Curtis Jackson, a 55-year-old Army veteran, lives with his daughter, Monique Horton, in Tuscaloosa. Prior to their current living arrangement, Curtis was a resident in hospitals and nursing homes for over a decade. Due to chronic health conditions, Curtis was unable to live on his own after a stroke in 2004. Monique said she realized while visiting him, he’d do better living at home, so she purchased their house in July 2017. “I’m a private person, being in a nursing home, you have no privacy,” Curtis said. Monique is a social worker and now, Curtis’ hired caregiver through the Medicaid Waiver Personal Choices program, one of several programs individuals may be paired with when going through the Gateway to Community Living Program. Since moving home, Curtis has lost almost 200 pounds and is more mobile. He is able to walk mostly unassisted now. He said his homecoming felt like he regained his freedom.

Antwone Davis has been on the Medicaid Waiver program since 2017 as well. At six years old he woke up from a coma at Children’s Hospital after a

reaction to an immunization.

“I asked the doctor if I’d be able to walk and he said honestly, ‘no’.”

In seventh grade he met his best friend who was also in a wheelchair. “We didn’t show that we felt sorry for ourselves.” Antwone said they wanted to be treated the same as other students. After graduating high school Antwone moved around. He lived with his father during the April 27, 2011 tornado that destroyed their home. Following the storm, Antwone said his dad offered words of encouragement to keep him going, “My dad said, ‘I know you lost a lot of stuff, but you’re still here.’ He made me realize, I’m still alive.” After losing their home in

the storm, Antwone moved around again. He eventually ended up in a nursing home after circulation and wound problems. As the wounds healed, he expressed his aspirations to be in his own home and no longer have to rely on others for his living situation. The social workers gave a referral to the Gateway to Community Living Program. “This program is awesome. It’s excellent. I needed a place to stay...I don’t want for anything. Every night when I go to bed, I sleep in peace.” Gateway

coordinated finding housing, provided transitional assistance, medical supplies each month, furnishings for his home, like a hospital bed, and other furniture. It helps him save money to continue living independently. “I don’t have to have anybody, the [home attendant] worker does everything.”

To find out more information about the Gateway to Community Living program please contact Kacey Davidson, Transition Coordinator for the West Alabama Area Agency on Aging, at 205-333-2990.



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We know how important professional rehabilitation facilities and services are to your recovery. Our facilities feature skilled nursing and rehabilitation services and a dedicated staff to help you more fully recover. The Rapid Recovery program offers occupational, speech, and physical therapy for all ages.

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HEALTH AND REHABILITATION, LLC

www.parkmanorhealthandrehabilitation.com

Our Family Caring For Yours

Housing Assistance Information

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.

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 62) 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.

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.

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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).

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.

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1-800-548-2546(T/A)

For the deaf and hearing impaired only



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.

USDA Rural Development Offices Serving West Alabama:

USDA Rural Development West Alabama

3831-B Palisades Dr.
Tuscaloosa, AL 35405
205-553-1733 ext. 5
E-mail: teresa.long@al.usda.gov

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
111 Project St.
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



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2117 Jack Warner Pkwy.
Tuscaloosa, AL 35401
205-758-6619

Senior Friendly Low Income Housing**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

Hale County**Canterbury Manor**

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

Carriage Hills

6500 AL Hwy. 14
Greensboro, AL 36744
334-624-0173

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
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**

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Carrollton, AL 35447
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www.carrolltonmanorapartments.com

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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.ledic.forrestergardens.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

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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

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.
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205-366-9500



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Long-Term Care

The Long-Term Care Ombudsman Program

Ombudsman is a Swedish term for a person who acts as an impartial third party in mediating problems. In short, an Ombudsman is a go-between.

The Long-Term Care Ombudsman is available to assist residents of nursing homes and assisted living facilities with their concerns. The Ombudsman thoroughly investigates and attempts to resolve complaints received. All complaints are kept confidential and information is disclosed only under the direction of the person being assisted. The Ombudsman is trained and certified by the Alabama Department of Senior Services according to standards set out in the Alabama Long-Term Residential Health Care Recipient Ombudsman Act.

The Ombudsman works with interested citizens, providers of long-term care, and other professional groups to promote the well-being and quality of life for residents of long-term care facilities. This program is a part of Alabama's continuing effort to improve conditions for and services to the elderly.

An Ombudsman can assist residents by:

- Providing information about long-term care options
- Providing education about resident rights
- Investigating complaints concerning residents
- Making suggestions to family members and long-term care facilities about ways to improve quality of life for residents
- Making referrals to other agencies and organizations whose services may be of benefit to residents

An Ombudsman works with facilities by:

- Performing in-service training to educate facility staff on topics related to the care of residents
- Assisting the facility staff in explaining

to residents and family members their responsibilities to the facility and to the other residents

Ombudsman services are available to:

- Residents in long-term care facilities who have questions or problems about care, resident rights, Medicaid or Medicare payments or benefits and entitlements, etc.
- Relatives or friends of a resident in a long-term care facility who have questions or wish to discuss problems
- Long-term care facilities who need assistance with a resident, their care or benefits, or with a problem associated with a resident's continued stay at the facility

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 40). 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

Paying For Long-Term Care

Adapted from an article by Clayton Davis, Attorney at Law

Because long-term care can be very expensive, finding accurate information about all possible sources of help is essential.

The first step should be to gather information about all assets, sources of income and health insurance coverage for both you and your spouse. Locate the VA service number if you or your spouse ever served in the military. Reviewing your latest income tax return will help prevent overlooking any assets or incomes.

Medicare Coverage

Many people are surprised Medicare has such limited coverage for nursing home cost. At most, Medicare covers 100 days in the nursing home. You must have been admitted to the nursing home within 30 days of discharge from a Medicare covered inpatient hospital stay of at least three days. Furthermore, you must receive skilled nursing or other medical professional care. Medicare will not cover expenses if you require only custodial services regardless of your condition. Continued eligibility is dependent on your continued rehabilitation progress. Medicare rules are extremely complicated, but nursing home staff can usually explain how they relate to your situation.

Medicare Part A pays all the cost, including prescriptions, for the first 20 days of covered skilled care. If you continue to receive skilled care during the next 80 days, Medicare will continue to pay, but a co-payment (\$167.50 per day in 2018) is required from you or your other coverage.

Co-payment Coverage

All of your Medicare co-payments will be covered if you have Medicaid, QMB, TRICARE for Life, or Medicare supplement standard plans C, D, F, G, M or N. Plan K covers 50 percent of co-payments, and Plan L covers 75 percent. Standard Plan B's (such as Blue Cross C+ Plan B) do not cover any



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of these skilled nursing facility co-payments. Civil service retirees usually have coverage for at least 10 days of co-payments.

Skilled Care Beyond 100 Days

If you need skilled care beyond 100 days and have TRICARE for Life, it will pay 75 percent of your nursing home cost for so long as you receive skilled care. You or your spouse may have a union or company plan that provides some coverage, but this is rare.

What if I Need Only Assisted Living or Home Care?

None of the sources listed above will cover the cost of assisted living or home care. Services of nurses provided by a hospice or home health company are covered by Medicare. Twenty-four-hour home care

or assisted living is not covered.

Long-Term Care Insurance

Long-term care insurance may provide peace of mind that you will be cared for when you can no longer care for yourself. You should speak to several insurance companies to learn more about available options. Policies may cover one or a combination of nursing home, assisted living, or home care. You must choose the length of coverage, which may be unlimited or limited to a number of years or a cap on the amount of money expended by the insurance company. Another option increases annually the amount paid per day or per month. Before purchasing a long-term care policy, you should ask what you must do to receive payments and how long it takes. When purchasing a policy you should consider all these issues as well as your ability to pay. Your goal should be to acquire a policy that will pay at least the difference between your income and the cost of your long-term care. If you have further questions contact West Alabama's SHIP contractor at 205-333-2990.

What If I Have Long-term Care Insurance?

If you will soon need assisted living, nursing home, or paid home care, you or a family member should read your policy carefully to determine the coverage provided. If you have an older policy, be certain it does not require an inpatient hospital stay before it begins to cover your long-term care. Notify your insurance company as soon as possible when you need care.

VA Benefits


Veterans and their widows or widowers who have significant expenses for assisted living, nursing home, or home care are usually eligible for VA benefits if the veteran served during an official "war time" period.

To qualify for VA Aid and Attendance, housebound, or pension, total assets excluding the home must generally be less than \$80,000. The asset limit may be less if the VA determines based on your age and medical condition that your assets

will likely not be depleted before your death.

Current VA rules do not penalize veterans who have transferred assets to come below the asset limits. "Aid and Attendance" is not available to spouses of living veterans in need of long-term care, but a veteran who is over 65 may qualify for a VA pension amount at a lower monthly amount if his or her spouse has enough medical and care costs.

The VA determines the benefit by first subtracting all medical and long-term care expenses from the total income of the veteran and his or her spouse to determine countable income. If the veteran or widow needs nursing home care or aid and attendance at home or in assisted living, the countable income is then subtracted from the current (2018) maximum monthly aid and attendance benefit rates for a single veteran (\$1831), married veteran (\$2170) or a veteran's widow or widower (\$1177). If the veteran does not himself or herself need aid and attendance care, the countable income is subtracted from the current (2018) maximum monthly pension benefits



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rate for a single veteran (\$1098), married veteran (\$1437), or veteran's widow (\$736). Benefits will be higher by \$188 (2018) if the veteran has more than one dependent. If you qualify for nursing home Medicaid and are not married and have no dependents, the benefit check will be reduced to \$90 per month.

If you believe you may be eligible for VA benefits, contact the local office of the Alabama Department of Veterans Affairs. **BE ALERT FOR POSSIBLE CHANGES IN ELIGIBILITY RULES FOR VA BENEFITS:** The VA has published proposed regulations that would drastically restrict eligibility for these benefits. Among the many proposed changes is a three-year look back period would be used to determine what the veteran had given away, which could result in disqualification depending on the amount of the uncompensated transfer. These proposed new regulations have been vigorously opposed by advocacy groups, and whether these new regulations will be adopted remains uncertain.

Medicaid

If your retirement income plus any VA benefits, health insurance, and long-term care insurance falls short of paying for your nursing home and other expenses, you should determine whether you qualify for Medicaid.

In Alabama, an unmarried person is allowed one vehicle, a general exclusion of \$2,000, a burial exclusion of \$5,000, and prepaid space items such as casket, vault, plot, and the opening and closing of the grave. In lieu of the burial exclusion, an irrevocable prepaid burial contract can be excluded regardless of value. Your home may be excluded if a sibling is a joint owner and lives in your home, your child lives in your home and is under age 19, is disabled, or has provided care for you for the past two years that prevented you from being admitted to a nursing home. If you can exclude your home under one of these circumstances, you may transfer ownership of your home to that child or sibling without a Medicaid penalty or waiting period. This should be done at the time of admission to the nursing home but prior to applying for Medicaid and giving a property lien to Medicaid.

If you are married or separated, you receive all the exclusions listed above. In addition, your spouse



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receives another \$5,000 burial exclusion and the space items exclusion. Some assets may also be kept by your spouse. If your spouse resides in the home, the home and adjoining property (without limitation) are excluded. Further exclusion of assets varies based on what is owned when you are admitted to a nursing home or the date of an earlier hospital admission. Your spouse's additional exclusion is one-half your combined, non-excluded assets, but never less than \$25,000 nor more than \$123,600. This maximum amount increases in January 2019 and each January thereafter.

Note that, regardless of your marital status, a life estate in real estate is given no value. If you have the additional right to cut timber or take minerals, however, the value must be counted. IRA's and the cash surrender value of life insurance also count.

You should be aware of several myths about Medicaid. It is not true that assets only in your spouse's name do not count. Prenuptial agreements have no affect on exclusions. It is also not true that a couple must spend down to \$2,000 before one of them can become eligible for Medicaid.

Medicaid imposes a waiting period when assets have been transferred, sold for less than full value, or you cannot account for them. The "look back" period is five years prior to the month of your application for Medicaid. Divide the total by \$6100 (this amount will increase in January 2019 and each January thereafter). The result of the division is the number of months of the waiting period, which begins only after you are admitted to the nursing home and have applied and been otherwise determined eligible for Nursing Home Medicaid. Giving away, selling for less than full value, or failing to account for assets may result in Medicaid denial based on these transfer rules.

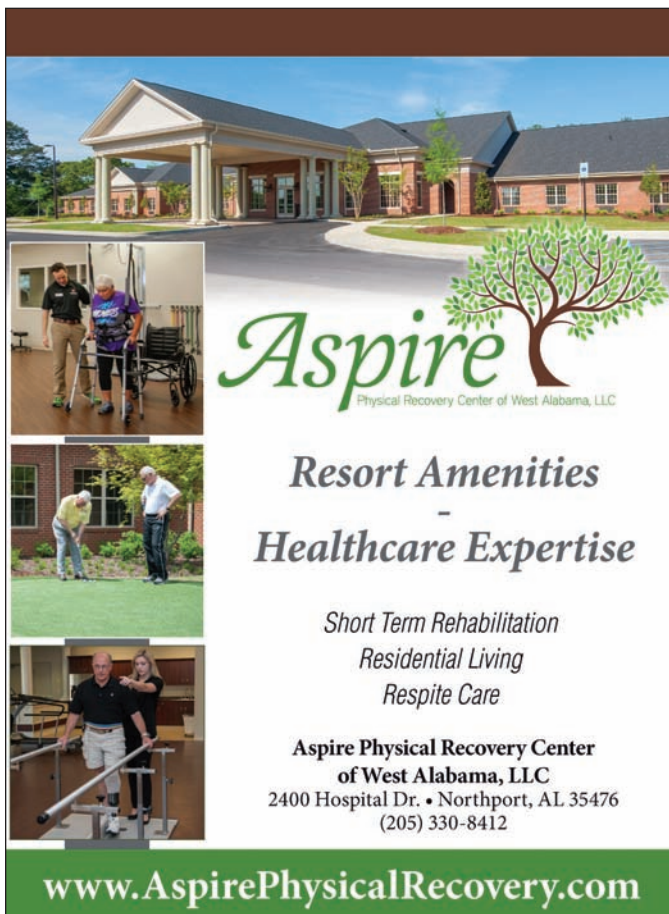
Withdrawals of cash for spending for which you do not have receipts may also result in transfer penalties.

Paying for sitters at home may be penalized even if they are not paid in cash. Alabama Medicaid now requires that you have a written contract with each sitter (unless the sitter is employed with a company with which you have a contract) and that the sitter keep daily detailed records of all services provided and sign a receipt for each payment received. A detailed written plan of care must be signed by a physician. Do not pay for sitters when you are already in a nursing home with your or your spouse's money, even if the nursing home demands that you do so. Alabama Medicaid now has a rule stating that paying for sitters while you are in a nursing home will result in a penalty even if you meet all the other requirements for care plans, contracts, receipts and daily records of care.

Professional help may be needed to help navigate the complicated nursing home Medicaid rules, particularly for married persons having more than a home, vehicle, burial arrangements or burial money and \$27,000.

For nursing home Medicaid, the monthly income limit is \$2250 (2018). If your separate gross income before deductions exceeds this limit, you should contact the local Medicaid office and request a Medicaid Qualifying Income Trust (QIT) form. Follow the instructions to set up a QIT checking account, into which only your monthly income should be deposited.

An unmarried person who is nursing home Medicaid approved must still pay most of his or her income toward the nursing home bill. A \$30



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personal needs allowance (and an additional \$90 if receiving VA aid and attendance benefits) and any health insurance premiums are allowable deductions. Your spouse may choose to keep his or her entire income or claim an additional deduction from your income to bring his or her income up to \$1991 per month. The spousal limit may increase.

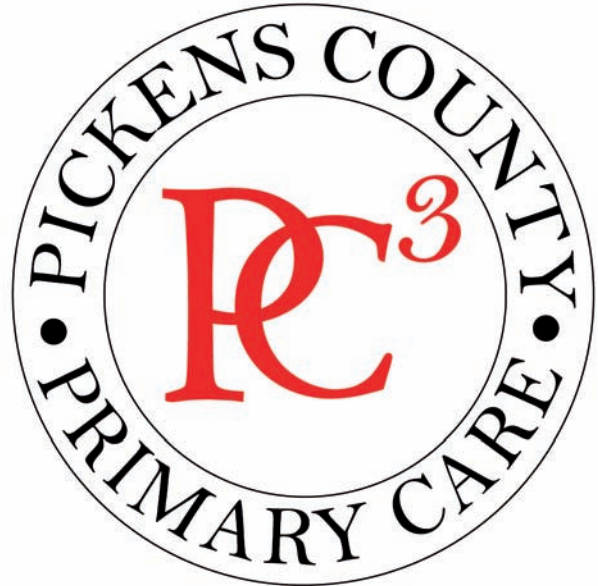
Paying for Prescription Drugs

Upon your admission to a nursing home, you should determine if your prescriptions will change. Confirm if your current plan covers the new drugs and if the nursing home's pharmacy accepts your current Medicare Part D or other coverage. You may need to change your Part D or other drug plan. After admission to the nursing home, you may change Part C or Part D plans even outside the normal open enrollment periods.

To determine which plan saves the most money, visit www.medicare.gov. Complete the questionnaire including the drugs taken, dosages, milligrams, etc. Upon completion, the computer will show which plans will save the most. It will also list the drugs covered and not covered, the cost of each premium, any deductibles, and if coverage is available for the coverage gap. Choose the plan requiring the lowest out-of-pocket expense that the pharmacy will accept.

Those eligible for Medicaid, QMB, SLMB or QI are entitled to a Part D drug card with no premium, deductible or coverage gap. Medicaid nursing home residents pay no co-payments. For those ineligible for nursing home Medicaid, but eligible for QMB, SLMB or QI, co-payments will be small. Persons qualifying for Social Security Low Income Subsidy (LIS) will either pay a small or no premium and deductible, small co-payments, and no coverage gap. Income limits for these programs are described in the Medicare article in this publication.

Married persons who are admitted to a nursing home or assisted living facility or who have to live apart in some other setting should reevaluate their eligibility for QMB, SLMB, QI, or LIS because they can now apply as single persons under the more generous income limits that apply to single persons. For example, a couple each of whom has a monthly



Pickens County Primary Care, PC

108 4th Avenue SW, Suite A

Reform, AL 35481

205-375-6251

income of \$1005 would only qualify a 25% extra help drug plan subsidy in 2018 while they reside together because their combined income of \$2010 is just under the highest LIS limit for a two-person household, but when one of them moves to a nursing home or assisted living facility, then each of them would qualify for QMB!

Long-term Care Facilities

Assisted Living

Fayette County

Morningview Estates

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

Tuscaloosa County

Brookdale Place

951 Rose Dr.
Northport, AL 35476
205-282-9132
www.brookdale.com/en.html
83 beds / 16 beds (Specialty Care)

Crimson Village

1410 18th Ave. E.
Tuscaloosa, AL 35404
205-632-6699
www.crimsonvillage.com
78 Beds / 28 Beds (Specialty Care)

Daffodil House

12650 Old Marion Rd.
Tuscaloosa, AL 35405
205-342-0573
www.daffodilhouseassistedliving.com
3 beds

Hallmark Manor

515 Roger Sayers Dr.
Tuscaloosa, AL 35401
205-347-0062
13 beds

Hamrick Highlands

755 55th Pl. E
Tuscaloosa, AL 35405
205-469-1828
www.hamrickhighlands.com
36 beds

Heritage Residential Care Village

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

Martinview East and West

2015 32nd St.
Northport, AL 35476
205-333-0085
www.martinviewliving.com
16 beds / 16 beds (Specialty Care)

Morning Pointe

1801 Rice Mine Rd. N
Tuscaloosa, AL 35406
205-345-1112
www.morningpointe.com
36 beds / 24 beds (Specialty Care)

North River Village

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

Pine Valley

800 Rice Valley Rd. N
Tuscaloosa, AL 35406
205-349-8700
www.pinevalleyretcom.com
16 beds

Regency Retirement

5001 Old Montgomery Hwy.
Tuscaloosa, AL 35405
205-752-5500
www.regencytuscaloosa.com
80 beds / 26 beds (Specialty Care)

The Woodlands

8071 Kimbrell Cutoff Rd.
McCalla, AL 35111
205-776-4663
www.oaksonparkwood.com/
services/assisted-living/
woodlands-at-tannehill
52 Beds

Traditions Way

515 Rogers Sayers Dr.
Tuscaloosa, AL 35401
205-347-0062
16 beds (Specialty Care)

Nursing Home Facilities

Bibb County

Bibb Medical Center Nursing Home

208 Pierson Ave.
Centreville, AL 35042
205-926-4881
www.bibbmedicalcenter.com
131 beds

Fayette County

Fayette Medical Center

1653 Temple Ave. N.
Fayette, AL 35555
205-932-5966
122 Beds

Greene County

Greene County Residential Care

509 Wilson Ave.
Eutaw, AL 35462
205-372-3388
www.gcheutaw.com
72 Beds

Hale County

Colonial Haven

616 Armory St.
Greensboro, AL 36744
334-624-3054
www.colonialhavenrehab.com
97 Beds

Moundville Health & Rehabilitation Center

121 Union St.
Moundville, AL 35474
205-371-2252
www.moundvillehealthandrehab.com
68 Beds

Lamar County**Generations of Vernon**

1050 Convalescent Rd.
Vernon, AL 35592
205-695-9313
www.genmanco.com
158 Beds

Pickens County**Aliceville Manor**

Nursing Home
703 17th NW
Aliceville, AL 35442
205-373-6307
www.alicevillemanornursinghome.com
100 Beds

Arbor Woods Health & Rehab

515 2nd Ave.
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
75 Beds

Forest Manor Nursing Home

2215 32nd St.
Northport, AL 35476
205-339-5400
182 Beds
www.forestmanorinc.com

Forest Manor Rehabilitation

2219 32nd St.
Northport, AL 35476
205-330-6400
40 Beds
www.forestmanorinc.com/Rehab.html

Glen Haven Health & Rehabilitation

2201 32nd St.
Northport, AL 35476
205-339-5700
200 Beds
www.glenhavenhealthandrehab.com

Heritage Health Care & Rehab

1101 Snows Mill Ave.
Tuscaloosa, AL 35406
205-759-5179
www.heritagehealthcareandrehab.com
216 Beds

Hunter Creek Health & Rehab

600 McFarland Blvd.
Northport, AL 35476
205-339-5900
www.huntercreekhealthandrehab.com
78 Beds

Park Manor

2201 McFarland Blvd.
Northport, AL 35476
205-339-5300
www.parkmanorhealthandrehab.com
152 Beds



MEDICAL SERVICES

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Managing the Medicare Maze

By Michelle Carter
West Alabama Regional Commission
Area Agency on Aging

Picture this. Your kids are grown, it's just you and the love of your life at home, enjoying retirement. But, when one, or both, of you turns 65 your world goes slightly sideways. Suddenly, the insurance coverage you had finally gotten to understand is changed.

Now you are faced with so many choices your head spins and that peaceful, laid-back retired life is replaced with forms and information and decisions that have to be made.

One wrong choice and you could be locked into paying more for insurance than you have to. Sounds like a nightmare? For seniors age 65 and older this may be actual reality.

Each year, beginning Oct. 15 and running through Dec. 7, Medicare has their open enrollment period. It's a time for Medicare beneficiaries to review their coverage and healthcare needs and decide if they would like to make any changes to their Medicare plan. This statement sounds simple enough BUT with a vast number of insurance companies offering an extensive list of plans, simplicity is not the adjective for this process. It's been accused of causing tears, feelings of overwhelming anxiety and confusion. The silver-lining to all this dizzying information is that you don't have to navigate it alone.

The West Alabama Area Agency on Aging provides a Medicare Counseling program through the State Health Insurance and

Assistance Program (SHIP). This program provides unbiased guidance to weed through the variety of choices so you can make an informed decision about your health care options. Last year, during open enrollment, a team of trained counselors at the West Alabama Area Agency on Aging helped a total of 1,601 clients save nearly \$800 each on average, a grand total of over one million dollars. "Not only have you saved us money but you have taken the worry and confusion out of our insurance needs." Richard Hicks said. He and his wife, Pixie, have been coming to Medicare

counseling at the agency for the past four years.

For many seniors who are, or will be turning 65, and on a fixed income, the stress of Medicare decisions can be even more dire when they factor in the cost of medications vital to their well-being. "You shouldn't have to decide between food or medication that you have to have to be healthy and live." SHIP client Denise Crandall said. Crandall

gives her testimony on www.shipatcenter.org. "Before I turned 65 – several months before I turned 65 – I received so much information and materials in the mail. It was really frustrating and overwhelming and I felt like throwing all the mail away. They just keep sending you all this stuff, and I was telling somebody how confusing it all was, and how I didn't really know what to do, and so they suggested I call a Medicare counselor, that it was a free service." Crandall said.

It's a free service yet many seniors are unaware of it. SHIP was created in 1990. "The Program oversees a network of more than 3,300 local SHIP programs and over 15, 000 counselors, 57% of whom are highly trained





Hale County
HEALTH CARE AUTHORITY

Hale County Hospital

508 Greene Street Greensboro AL 36744
334-624-3024

**Skilled Rehab
Swingbed Services**
Ext 2220

**Hale County Hospital
Clinic**
334-624-4442
Family Practice & Psychiatry

Outpatient Services:
Physical Therapy Ext 2224
Radiology Ext 2235
Laboratory Ext 2234

**Hale County Hospital
Home Health**
334-624-3066

**Outpatient Physical
Therapy**
334-624-1713
Hours: Monday – Friday
8:00- 4:30

**Moundville Medical
Associates**
205-371-4444
Moundville, AL
Family Practice

volunteers” according to the Administration for Community Living. It’s not common to change your health coverage annually prior to Medicare enrollment so many seniors may not re-evaluate their coverage after initial enrollment. “Being an octogenarian and not receptive to change, we just stayed with the current carrier we had for Medicare supplement and soon found out that, after a year, there were many differences in the premiums” SHIP client

Eloise Dennis said. Her testimony is available on www.shipatcenter.org as well. “One year a drug was \$41. The next year it was \$3 with another company. This doesn’t seem right but it’s so. And so, it was to our benefit that the Medicare counselor was able to head us in the right direction. But what was interesting was every year I went back; and almost every year, it was to our benefit to change carriers.” A local SHIP client, Sedelle Dockery, exclaimed, “The counseling services provide you with choices on where you can save the most on your prescriptions! With limited funds this is a lifesaver! I really appreciate your service!” George W. Harris practiced for years Social Security attorney in Tuscaloosa. He has been referring clients to the Medicare counseling at the West Alabama Area Agency on Aging for over 15 years. Harris also personally uses SHIP counseling since he turned 65. The following is an excerpt from a letter he wrote advocating for the SHIP program. “As a Social Security disability attorney, I have referred many clients to this program for reliable advice when making decisions about Medicare options. Additionally, I have referred professionals, both in and outside the state, to this national program. This includes

lawyers, physicians, educators, etc. who all agree that their advanced degrees are no match for the complexities of the Medicare system.

“The counseling services provide you with choices on where you can save the most on your prescriptions! With limited funds this is a lifesaver! I really appreciate your service!”

-Sedelle Dockery, local SHIP client

Because I have seen the value of this program first-hand, I turned to SHIP for guidance when I reached Medicare age.” Harris sought SHIP guidance specifically for managing his out of pocket expenses related to Medicare’s “Donut Hole.” He saves a minimum of \$500 per year now that he no longer reaches the

“Donut Hole.”

Be mindful that local help is available year-round at the West Alabama Area Agency on Aging. SHIP provides a local face for Medicare. Their purpose is to explain your options so you can make an informed choice or decision about what is best for you.

Contact the West Alabama Area Agency on Aging for more information or to make an appointment with a SHIP counselor by calling 205-333-2990 or visit our website at www.westalabamaaging.org.

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Medicare

(Excerpts from www.medicare.org)

Medicare is our country's health insurance program for people age 65 or older. Certain people younger than age 65 also qualify for Medicare, including those who have disabilities and those who have permanent kidney failure or amyotrophic lateral sclerosis (Lou Gehrig's disease). The program helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care. You apply for Medicare at the Social Security office, which can also provide general information about the Medicare program, but Medicare benefits and claims are actually handled through the Centers for Medicare and Medicaid Services (CMS), which is part of the United States Department of Health and Human Services.

Medicare has four parts

1. Hospital insurance (Part A) helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay), some home health care, and hospice care.
2. Medical insurance (Part B) helps pay for doctors' services and many other medical services and supplies that are not covered by hospital insurance.
3. Medicare Advantage (Part C) plans are available in most areas. People with Medicare Parts A and B can choose to receive all of their health care services through one of these provider organizations under Part C instead of through Medicare Parts A, B, and D. Most, but not all, Medicare Advantage plans also include prescription drug coverage that would otherwise be available through Part D. If you choose a Medicare Advantage plan, you cannot enroll separately in a stand-alone Part D prescription drug plan.
4. Prescription drug coverage (Part D) helps pay for prescription medications and is available through your choice of numerous private insurance plans approved by Medicare.

You can get more detailed information about what Medicare covers from "Medicare & You" (Publication No. CMS-10050). To get a copy, call the Medicare toll-free number, 1-800-MEDICARE (1-800-633-4227),

TTY 1-877-486-2048 or go to www.medicare.gov. To contact SHIP locally, call the West Alabama Area Agency on Aging at 205-333-2990.



A word about Medicaid

You may think that Medicaid and Medicare are the same. Actually, they are two different programs. Medicaid is a state-run program that provides hospital and medical coverage for people with low income and little or no resources. Each state has its own rules about who is eligible and what is covered under Medicaid. Some people qualify for both Medicare and Medicaid. In Alabama, people who qualify for SSI are automatically eligible for Medicaid. To apply for SSI, contact the Social Security office. You must be either over age 65, blind, or disabled. The 2018 income limit for SSI is \$770 per month for single people and \$1145 for married couples who reside together. The countable resource limit (not counting your home) is \$2000 for single people and \$3000 for married couples who live together. If you previously qualified for SSI, but your eligibility terminated solely because of cost of living increases in your Social Security benefits, you may qualify for Medicaid under the Pickle amendment. Disabled widows or widowers who previously qualified for SSI, but whose SSI terminated solely because they began to receive Social Security because of the death of a spouse or former spouse, can retain their Medicaid eligibility under the disabled widow program until they become eligible for Medicare. Disabled adult children who previously qualified for SSI, but whose SSI terminated solely because they began to receive Social Security benefits on a parent's work record when a parent dies, retires, or becomes disabled can retain their Medicaid eligibility under the disabled adult child program. People who qualify for SSI or whose individual incomes (not counting the income of a spouse) are below 300% of the SSI income limit as set for single persons and who have countable resources (not counting the home) below \$2000 may qualify for Medicaid that can cover services in the home under various Medicaid waiver programs if they would otherwise qualify medically for admission to a nursing home. For information about Medicaid

waiver, contact West Alabama Area Agency on Aging at (205) 333-2990. For more information about qualifying for Medicaid because you live in a nursing home or under the Pickle amendment or as a disabled widow or as a disabled adult child, contact your local **Medicaid District Office at 205-391-6700 or 334-702-3100.**

Hospital insurance (Part A)

Most people age 65 or older who are citizens or permanent residents of the United States are eligible for free Medicare hospital insurance (Part A).

You are eligible at age 65 if:

- You receive or are eligible to receive Social Security benefits; or
- You receive or are eligible to receive railroad retirement benefits; or
- You or your spouse (living or deceased, including divorced spouses) worked long enough in a government job where Medicare taxes were paid; or
- You are the dependent parent of a fully-insured deceased child.

If you do not meet these requirements, you may be able to get Medicare hospital insurance by paying a monthly premium. Usually, you can sign up for this hospital insurance only during designated enrollment periods.

NOTE: Even though the full retirement age is no longer 65, you should sign up for Medicare three months before your 65th birthday.

Before age 65, you are eligible for free Medicare hospital insurance if:

- You have been entitled to Social Security disability benefits for 24 months; or
- You receive a disability pension from the railroad retirement board and meet certain conditions; or
- If you receive Social Security disability benefits because you have Lou Gehrig's disease (amyotrophic lateral sclerosis); or
- You worked long enough in a government job where Medicare taxes were paid and you

meet the requirements of the Social Security disability program; or

- You are the child or widow(er) age 50 or older, including a divorced widow(er), of someone who has worked long enough in a government job where Medicare taxes were paid and you meet the requirements of the Social Security disability program.
- You have permanent kidney failure and you receive maintenance dialysis or a kidney transplant and:
- You are eligible for or receive monthly benefits under Social Security or the railroad retirement system; or
- You have worked long enough in a Medicare-covered government job; or
- You are the child or spouse (including a divorced spouse) of a worker (living or deceased) who has worked long enough under Social Security or in a Medicare-covered government job.

Medical insurance (Part B)

Anyone who is eligible for free Medicare hospital insurance (Part A) can enroll in Medicare medical insurance (Part B) by paying a monthly premium. Some beneficiaries with higher incomes will pay a higher monthly Part B premium. For free publications on Medicare Part B, visit www.ssa.gov/pgm/formspubs.htm.

If you are not eligible for free hospital insurance, you can buy medical insurance, without having to buy hospital insurance, if you are age 65 or older and you are a U.S. citizen or a lawfully admitted noncitizen who has lived in the United States for at least five years. Such persons can also buy hospital insurance under Part A, but the premium is very expensive (\$437 monthly in 2019). If you are eligible for SSI or have an income below the limit for QMB, as discussed below under Help for Low-income People, then Medicaid will pay your Part A and Part B premiums, but you must first submit a conditional Part A application at the Social Security office either during your initial enrollment period that ends in the third month after the month that you reach age 65 or during the first quarter of any calendar year after that.

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Medicare Advantage plans (Part C)

If you have Medicare Parts A and B, you can join a Medicare Advantage plan. With one of these plans, you do not need a Medigap policy, because Medicare Advantage plans generally cover many of the same benefits that a Medigap policy would cover, such as extra days in the hospital after you have used the number of days that Medicare covers.

Medicare Advantage plans include:

- Medicare health maintenance organization (HMO) plans
- Medicare preferred provider organization (PPO) plans
- Medicare private fee-for-service plans
- Medicare specialty plans

If you decide to join a Medicare Advantage plan, you use the health card that you get from your Medicare Advantage plan provider for your health care instead

of your Medicare card. You may have to pay a monthly premium for your Medicare Advantage plan in addition to your Part B premium because of the extra benefits it offers.

People who become newly entitled to Medicare may enroll in any Medicare Advantage or Part D prescription drug plan of their choice during their initial enrollment period (as explained under Signing up for Medicare) or during the annual coordinated election period from October 15 – December 7 each year. There are also other special enrollment periods in other situations. For example, people living in a nursing home or who have recently left a nursing home, people who have recently lost their employer coverage, and people who qualify for extra help because of SSI, QMB, SLMB, QI, or LIS eligibility have special enrollment periods. People in nursing homes and those who receive extra help have continuous open enrollment status.

Medicare prescription drug plans (Part D)

Anyone who has Medicare hospital insurance (Part A) or medical insurance (Part B) is eligible for prescription drug coverage (Part D). You may also have prescription coverage equivalent to Part D as part of coverage through a Medicare Advantage plan under Part C. Joining a Medicare prescription drug plan is voluntary, and you pay an additional monthly premium for the coverage unless you qualify for full extra help because of your income. You can wait to enroll in a Medicare Part D plan if you have other prescription drug coverage, but if you don't have prescription coverage that is on average at least as good as Medicare prescription drug coverage, you will pay a penalty if you wait to join later. You will have to pay this penalty for as long as you have Medicare prescription drug coverage unless you qualify for full or partial extra help because of your income. People who become newly entitled to Medicare may enroll during their initial enrollment period (as explained under Signing up for Medicare). After the initial enrollment periods, the annual coordinated election period to enroll or make provider changes is October 15 – December 7 each year. There are also special enrollment periods as was discussed above under Medicare Advantage Plans (Part C).



Are you in the Part D drug plan that saves you the **MOST** money?

Did you know that you can evaluate your drug coverage options annually and find **SAVINGS**?

Do you have issues with your coverage?

Does your plan cover **ALL** of your medications?

A **local**, objective, reliable source is available to help you sort through Medicare options and choices. Contact **SHIP** for one on one, in person guidance for **FREE!**

205-333-2990
1-800-AGELINE

"Pixie and I just wanted you to know how much you and the SHIP program have helped us with our insurance. Not only have you saved us money, but have taken the worry and confusion out of our insurance needs. Thank you very much."

-Richard Hicks



Help for some low-income people

If you cannot afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people who are entitled to Medicare and have low income. The programs may pay some or all of Medicare's premiums and also may pay Medicare deductibles and coinsurance. To qualify, you must have Part A (hospital insurance) and a limited income. In Alabama, interest and dividends do not count as income in determining whether you qualify for these programs. The income limits in 2018 for the QI program, which covers your Part B premium and also entitles you to enroll in Medicare prescription drug coverage with no premium, no deductible, and very low co-payments, are \$1872 monthly for a married couple who reside together and \$1386 monthly for individuals who do not reside with a spouse. The income limits for the SLMB program, which provides exactly the same benefits as the QI program, are \$1666 monthly for married couples who reside together and \$1234 monthly for individuals who do not reside with a spouse. If your income is no more than \$1392 for a married couple who reside together or \$1032 for individuals who do not reside with a spouse, then you can qualify for QMB, which covers co-payments and deductibles under Medicare Part A and Part B in addition to the benefits that are covered under the QI and SLMB programs. In Alabama, there is no resources or assets limit for QMB, SLMB, or QI. If you are not sure if you have Part A, look on your red, white, and blue Medicare card. It will show "Hospital (Part A)" on the lower left corner of the card. If you are still not sure, you can call Social Security toll-free at (800) 772-1213. You can go online to get more information about these programs from the Centers for Medicare & Medicaid Services (CMS) website www.medicare.gov and request "Get Help with Your Medicare Costs" (Publication No. CMS-10126).

To apply for help under these programs, contact your local Medicaid District office at 205-391-6760 or WARC's State Health Insurance Assistance Program (SHIP) at 205-333-2990.

You also may be able to get extra help paying for the annual deductibles, monthly premiums and prescription co-payments related to the Medicare prescription drug program (Part D). You may qualify for extra help through the LIS program if you have

limited income (set at 150% of the federal poverty level) and limited resources. These income and resource limits change each year. Unlike with the state QMB, SLMB, and QI programs, LIS income limits are based on household size that includes dependents in addition to your spouse and count all income, including interest and dividends, and the LIS program does have an asset limits (but that do not count your home, vehicles, and life insurance).

To inquire about and apply for LIS, contact West Alabama's SHIP at 205-333-2990 or go to www.ssa.gov.

If you have both Medicaid and Medicare or Medicare and Supplemental Security Income or if the state pays for your Medicare premiums through QMB, SLMB, or QI, you qualify automatically for full extra help and do not need to apply separately for LIS.

Signing up for Medicare

If you are already receiving Social Security or railroad retirement or disability benefits, you will receive information in the mail about Medicare about three months before the month in which your 65th birthday, and you will be enrolled in Medicare Parts A and B automatically unless you elect to turn down Part B coverage.

If you are not already getting retirement benefits, you should contact Social Security about three months before your 65th birthday to sign up for Medicare. You can sign up for Medicare even if you do not plan to retire at age 65.

Once you are enrolled in Medicare, you will receive a red, white, and blue Medicare card showing whether you have Part A, Part B, or both. Keep your card in a safe place so you will have it when you need it. If your card is ever lost or stolen, you can apply for a replacement card on the internet at www.socialsecurity.gov or call Social Security's toll-free number. You will also receive a "Medicare & You" (Publication No. CMS-10050) handbook that describes your Medicare benefits and Medicare plan choices.

Health Clinics & Organizations

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

Alabama Eye Bank

500 Robert Jemison Rd.
Birmingham, AL 35209
205-942-2120 or 800-423-7811
www.alabamaeyebank.org

Alabama Head Injury Foundation

3100 Lorna Rd. Ste. 203
Hoover, AL 35216
205-823-3818 or 800-433-8002
www.ahif.org

Alabama Organ Center

502 20th St. S
Birmingham, AL 35233
205-731-9200 or 800-252-3677
www.alabamaorgancenter.org

American Cancer Society

1100 Ireland Way Ste. 300
Birmingham, AL 35205
205-879-2242 or 800-227-2345
www.cancer.org/about-us/local/alabama.html

American Heart & Stroke Association

1449 Medical Park Dr.
Birmingham, AL 355213
205-510-1500
www.heart.org/heartorg
www.strokeassociation.org/strokeorg

American Kidney Fund

800-638-8299
www.kidneyfund.org

American Red Cross - Bibb

195 Hospital Dr.
Centreville, AL 35042
205-758-3608
www.redcross.org

American Red Cross - Hale

988 Church St.
Greensboro, AL 36744
205-523-3930

American Red Cross - Fayette & Lamar

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

American Red Cross - Tuscaloosa

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

Arthritis Foundation, Alabama Chapter

500 Office Pk. Dr. Ste. 200
Birmingham, AL 35223
205-381-4613 or 800-879-7896
www.arthritis.org/alabama

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

Cancer Information Service

800-422-6237
www.cancer.gov

Cancer Survivors Network

800-227-2345
www.csn.cancer.org

DCH Diabetes & Nutrition Education Center

DCH Annex
600 Bryant Dr. E
Tuscaloosa, AL 35401
205-750-5260

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)

270 Peachtree St. Ste. 1040
Atlanta, GA 30303
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

Tuscaloosa County Diabetes Coalition

2350 Hargrove Rd. E.
Tuscaloosa, AL 35405
205-554-4534
www.tuscaloosadiabetes.com

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
205-372-4000

Pickens County

289 William E Hill Dr. Ste. A
Carrollton, AL 35447
205-367-1194

Tuscaloosa County

- 2401 Hospital Dr.
Northport, AL 35476
205-339-8882
www.davita.com
- 805 Old Mill St.
Tuscaloosa, AL 35401
205-752-6363
- 220 15th St.
Tuscaloosa, AL 35401
205-345-6004

Hospitals

Bibb Medical Center

208 Pierson Ave.
Centreville, AL 35042
205-926-4881
www.bibbmedicalcenter.com

Fayette Medical Center

1653 Temple Ave. N.
Fayette, AL 35555
205-932-5966
www.dchsystem.com

Greene County Health System

509 Wilson Ave.
Eutaw, AL 35462
205-372-3388
www.gcheutaw.com

Hale County Hospital

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

Pickens County Medical Center

241 Robert K. Wilson Dr.
Carrollton, AL 35447
205-367-8111
www.pcmc.care

Tuscaloosa County

Bryce Hospital

1651 Ruby Tyler Pkwy.
Tuscaloosa, AL 35404
205-507-8000
www.mh.alabama.gov

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
www.tuscaloosa.va.gov

Health Clinics for Underinsured

Bibb County

Bibb Medical Associates

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

Greene County

Whatley Health Services

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

Hale County

Hale County Hospital Clinic

508 Greene St.
Greensboro, AL 36744
334-624-4442
www.halecountyhospital.com

Whatley Health Services Hale County Medical & Dental Center

800 Hall St.
Greensboro, AL 36744
334-624-7270
www.whatleyhealth.org

84 MEDICAL SERVICES

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
Carrollton**
289 William E Hill Dr. Ste. C
Carrollton, AL 35447
205-367-2455
www.whatleyhealth.org

**Whatley Health Services
Gordo**
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

**Health Insurance
Marketplace**
800-318-2596
www.healthcare.gov

James O Ellis Health Center
3532 Greensboro Ave.
Tuscaloosa, AL 35401
205-752-1087
www.whatleyhealth.org

Maude 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

**(See Also Public Health
Departments listed on page 41)**

Mental Health Care & Support

Bibb County

**Indian Rivers Community
Mental Health Center**
2439 Main St.
Brent, AL 35034
205-926-4681
www.irmhc.org

Fayette County

**Northwest Alabama Mental
Health Center**
123 2nd Ave. NW
Fayette, AL 35555
205-932-3216
1-800-489-3972
www.nwamhc.com

Greene County

**West Alabama Mental Health
Center**
301 Prairie Ave.
Eutaw, AL 35462
205-372-3106 or 800-239-2901
www.wamhc.org

Hale County

**West Alabama Mental Health
Center**
401 1st St.
Greensboro, AL 36744
334-624-4905
www.wamhc.org

Lamar County

**Northwest Alabama Mental
Health Center**
1626 Cord 9
Vernon, AL 35592
205-695-9183
1-800-489-3975
www.nwamhc.com

Where the Journey to Healing Begins

Adult and Senior Adult Inpatient
Mental Health Services Offered by
Northport Medical Center

North Harbor Pavilion provides acute mental health services in an attractive, newly renovated unit at Northport Medical Center. North Harbor serves adults ages 18 and older, with a specialized program to meet the unique needs of older adults. Our multidisciplinary team, which includes board certified psychiatrists, will provide daily care and therapies to set you on the path to healing.



www.dchsystem.com/mentalhealth | (205) 330-3838



Pickens County

Indian Rivers Community Mental Health Center

890 Reform St.
Carrollton, AL 35447
205-367-8032
www.irmhc.org

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

Northport Medical Center
2700 Hospital Drive
Northport, AL 35476
205-330-3000
www.dchsystem.com

Dental Assistance

Low Cost & Discounted Dental Services

To find companies and discount plans that sell individual dental coverage, go to National Association of Dental Plans at www.nadp.org, dentalinsurance.com, or call 1-972-458-6998. Also, contact your health insurance company to inquire about separate dental plans they may offer.

Affordable Dentures - Dr. Kevin D. Hancock

1516 Skyland Blvd. E.
Tuscaloosa, AL 35405
205-286-2749 or 1-800-DENTURE
www.affordabledentures.com

Cahaba Medical Care Dental Clinic

260 Walnut St.
Centreville, AL 35042
205-926-4697
www.cahabamedicalcare.com/dental-care

Good Samaritan Clinic

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

Hale County Dental Center

800 Hall St.
Greensboro, AL 36744
334-624-3342
www.whatleyhealth.org

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 Rm. 406
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



**UNIVERSITY
GENERAL DENTISTRY**
TURNIPSEED • ROE • NELSON • REED

COMPREHENSIVE

FAMILY DENTISTRY

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TEETH WHITENING

TEETH CLEANING

VENEERS

EXCEPTIONAL DENTAL CARE



DR. KRISTIN REED

TUSCALOOSAUNIVERSITYDENTISTRY.COM • 601 HELEN KELLER BLVD, TUSCALOOSA, AL 35404 • 855-440-2467

Having Trouble Hearing or Seeing Your Phone?

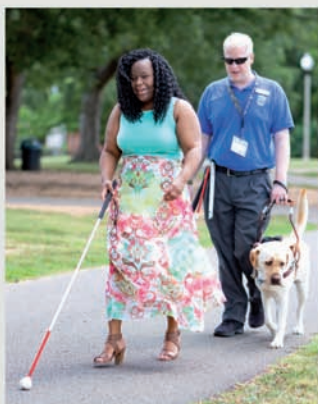
ATAP May Be Able to Help!
ALABAMA TELECOMMUNICATIONS ACCESS PROGRAM

Eligibility Requirements:

- Valid Driver License or non-driver identification card.
- Current phone service.
- Written verification by a professional of hearing or vision loss.
- Meet income requirements for household.

Apply Online:

AIDB.org/Tusc-ATAP
or by Calling 205-345-2883



Are You Blind or Visually Impaired? Are You Deaf or Hard of Hearing?

Our Case Managers are Here to Help!

- Assistive Technology
- Interpreter Services
- Personal/Work Adjustment
- Advocacy
- Case Management
- Center-based Classes
- Braille Training
- Braille Production
- Non-Clinical Counseling
- Recreation
- Special Programs
- Support Groups
- Social Services
- Transportation
- Sign Language Classes
- Lending Library
- Community Video Phone
- Consumer Education Workshops



AIDB Alabama Institute for Deaf and Blind
Deaf. Blind. Limitless.

AIDB Tuscaloosa Regional Center
Deaf. Blind. Limitless.

2412 Skyland Blvd E., Tuscaloosa, AL 35405
205-345-2883 AIDB.org/Tuscaloosa

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

Beltone
1701 McFarland Blvd. E Ste. 207
Tuscaloosa, AL 35404
205-340-5421
www.beltoneaudiology.com

Bibles on Tape or CDs
Aurora Ministries
Bradenton, FL
941-748-3031
www.auroraministries.org

Holmes Hearing Services
Dr. Georgia W. Rhodes
Hale County Hospital
508 Green St.
Greensboro, AL 36744
334-300-2691

Kabel Hearing Center
1800 McFarland Blvd. E Ste. 303
Tuscaloosa, AL 35404
888-760-6067
www.kabelhearing.com

Pattillo Balance & Hearing Center
515 Hargrove Rd. E.
Tuscaloosa, AL 35401
205-345-9351 or 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

88 MEDICAL SERVICES

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

***You can get a discount with a referral through the Area Agency on Aging.
Call 1-800-432-5030**

ADT

1-800-863-8186

www.adt.com

Alert 1 Medical Alert Systems

866-802-3676 ext. 3418

408-744-3422

www.alert1.com

CVS Medical Alert System

1-800-283-2300

www.medicalalertsystem.com

Life Alert

1-800-360-0329

www.lifealert.com

Life Button

1-855-566-9111

www.lifebutton24.com

LifeWatch USA

1-800-716-1433

www.lifewatch-usa.com

Medical Guardian

1-800-668-9200

www.medicalguardian.com

Pioneer Emergency Response Services

1-800-824-8844

www.pioneeremergency.com

Phillips Lifeline

1-855-332-7799

www.lifelinesys.com

Medical Supplies

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 or 800-891-0951
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

FALL DETECTION MEDICAL ALERT

The Acadian On Call Mobile + Fall Detection emergency alert pendant offers fall detection, GPS and WiFi technologies.

- GPS Light Flashes When Locating
- Up to 5 Days Per Charge
- Fall Detection Included
- GPS & Cellular Triangulation
- WiFi Location Technologies
- AT&T Cellular Service (Included)
- 2-Way Voice Through Pendant



AcadianTotalSecurity.com | 1-855-ACADIAN (222-3426)

Acadian Total Security is a division of Acadian Ambulance Service.

Specialized Medical Devices

518 Paul Bryant Dr. E
Tuscaloosa, AL 35401
205-345-6880
www.smdrespiratory.com

YD Home Medical (Fayette)

- 314 2nd Ave. SE
Fayette, AL 35555
205-932-5221
www.yddme.com
- 405 Conti St.
York, AL 36925
205-392-5911

Pharmacies

Bibb County

Curren Pharmacy

22586 AL-216
McCalla, AL 35111
205-477-7797
www.currenpharmacy.com

CVS Pharmacy Centreville/Brent

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

Bolling Pharmacy

101 Temple Ave. S.
Fayette, AL 35555
205-932-4513
www.bollingpharmacy.com

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

Fred's Xpress Pharmacy

1128 2nd Ave. NE
Fayette, AL 35555
205-932-5400
www.fredsmeds.com

Walmart Pharmacy

3186 Hwy 171 N
Fayette, AL 35555
205-932-2737
www.walmart.com

Greene County

Get Well Drug & Dollar

206 Greensboro Ave.
Eutaw, AL 35462
205-372-3346
www.getwelldrug.com

Mills Pharmacy

306 Morrow Ave.
Eutaw, AL 35462
205-372-0500
www.millspharmacies.com

York Drug Rx Health Mart Pharmacy

583 4th Ave.
York, AL 36925
205-725-8118

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

Harland Drugs

16061 AL-69
Moundville, AL 35474
205-371-9031

KC Drug

40870 Hwy 69 Ste. D
Moundville, AL 35474
205-371-8755
www.kcdrug.co

Lamar County

Durham Pharmacy

44984 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

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Fred's Pharmacy

9574 AL-18
Vernon, AL 35592
205-695-1195
www.fredsmeds.com

Joe Golden Drug

13532 AL-96
Millport, AL 35576
205-662-3817

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

Fred's Pharmacy

609 1st Ave. W
Reform, AL 35481
205-375-6401
www.fredsmeds.com

Gentry Drugs

551 Memorial Pkwy.
Aliceville, AL 35442
205-373-6688

H & W Apothecary

211 1st St. S
Reform, AL 35481
205-828-0047

Tuscaloosa County

BriovaRx Infusion Services 206, Inc.

500 B Paul W. Bryant Dr. E
Tuscaloosa, AL 35401
205-345-4566
www.briovarx.com

15th Street Pharmacy

445 15th St. E
Tuscaloosa, AL 35401
205-345-3180
www.dutchpharmacy.
net/15thstreetpharmacy

CVS Pharmacy

- 808 Veterans Memorial Pkwy.
Tuscaloosa, AL 35401
205-345-0531
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

Dunkin's Pharmacy

7700 AL-69 S Ste. A
Tuscaloosa, AL 35405
205-345-4410
www.dutchpharmacy.net/
dunkins-pharmacy

Family Pharmacy of Northport

110 Mitt Lary Rd.
Northport, AL 35475
205-409-9777
www.familypharmacyofnorthport.com

Mills Pharmacy

16114 Hwy. 216
Brookwood, AL 35444
205-556-1600
www.millspharmacies.com

Northport (Colburn's) Pharmacy

909 McFarland Blvd.
Northport, AL 35476
205-339-5800
www.northportpharmacy.com

Northside Pharmacy

19039 Hwy 43 N Ste. D
Northport, AL 35475
205-330-7704

Jann's Pharmacy

1825 McFarland Blvd. N Ste. 2
Tuscaloosa, AL 35406
205-752-2045
www.jannspharmacy.com

Publix Pharmacy

- 1101 Southview Ln.
Tuscaloosa, AL 35405
205-247-7715
www.publix.com
- 2300 McFarland Blvd.
Northport, AL 35476
205-339-4388
- 4851 Rice Mine Rd. NE #200
Tuscaloosa, AL 35406
205-247-4721

Sams Club Pharmacy

1401 Skyland Blvd. E
Tuscaloosa, AL 35405
205-345-2016
www.samsclub.com

The Pharmacy at Midtown

1800 McFarland Blvd. E Ste. 334
Tuscaloosa, AL 35404
205-752-0627
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
- **North**
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
- **Meadowbrook Shopping Center**
2306 McFarland Blvd. E
Tuscaloosa, AL 35404
205-345-2660
- **Northport**
3107 Lurleen B Wallace Blvd.
Northport, AL 35476
205-333-9343
- **Northwood Shopping Center**
2300 McFarland Blvd.
Northport, AL 35476
205-339-2700
- **Skyland Plaza**
4400 University Blvd. E
Tuscaloosa, AL 35404
205-553-6188
- **Taylorville**
8701 AL-69 S
Tuscaloosa, AL 35405
205-758-1684
- 600 Skyland Blvd. E
Tuscaloosa, AL 35405
205-759-1103
- 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

Physical Therapy

Bibb County

Bibb Medical Center

208 Pierson Ave.
Centreville, AL 35042
205-926-3261
www.bibbmedicalcenter.com

92 MEDICAL SERVICES

CURRENT MEDICATIONS

The medications you take are a very important part of your health information. Please fill out this medication list (or have your caregiver complete it) and discuss it with your medical provider. Also, bring this list with you to doctor appointments and when you go to the hospital. If you need more space to list your medications, copy this form or use a blank piece of paper.

PATIENT NAME: _____ PRIMARY CARE DOCTOR: _____

ALLERGY (drug name or food)	TYPES OF REACTION (e.g., rash)

IMMUNIZATION AND VACCINES	
Last Pneumonia Vaccine:	Last Shingles Vaccine:
Last Flu Shot:	Other:

If a medication is stopped, draw a single line through it and write in the date the medication was stopped.

PRESCRIPTION DRUG NAME (e.g., Atenolol)	STRENGTH (e.g., 5 mg)	Directions (e.g., 1 tablet daily)	PRESCRIBING DOCTOR (e.g., Dr. Doe)	PHARMACY (e.g., CVS)	REASON FOR MEDICATION (e.g., heart)	DATE STOPPED

OVER THE COUNTER MEDICATIONS (e.g., Aspirin)	STRENGTH (e.g., 325 mg)	DIRECTIONS (e.g., 1 tablet daily)	REASON FOR MEDICATION (e.g., blood pressure)	DATE STOPPED

HERBALS, VITAMINS, MINERALS, ETC. (e.g., Vitamin B12)	STRENGTH (e.g., 300 mg)	DIRECTIONS (e.g., 1 capsule daily)	REASON FOR MEDICATION (e.g. low iron)	DATE STOPPED

PHARMACY NAME AND PHONE NUMBER: _____



Encore Rehabilitation

122 Walnut St.
Brent, AL 35034
205-926-5343
www.encorerehab.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

Fayette Medical Center

1653 Temple Ave. N
Fayette, AL 35555
205-932-5966
www.dchsystem.com

Greene County

Greene County Health Systems

509 Wilson Ave.
Eutaw, AL 35462
205-372-3388
www.gcheutaw.com

Hale County

Helping Hands Therapy

1502 Main St.
Greensboro, AL 36744
334-624-3950
www.helpinghands-therapy.com

Hale County Hospital Outpatient Physical Therapy

508 Greene St.
Greensboro, AL 36744
334-624-1713
www.halecountyhospital.com

Fayette Medical Center

Rehabilitation Services

Phone: (205) 932-1196 Fax: (205) 932-1240



Physical Therapy - Occupational Therapy - Speech Therapy

Lamar County

Encore Rehabilitation

44992 AL-17 Ste. 4
Vernon, AL 35592
205-695-0689
www.encorerehab.com

Renew Physical Therapy

314 Columbus Ave. NW
Vernon, AL 35592
205-695-5111
www.renewrehabandwellness.com

Pickens County

Encore Rehabilitation

219 Industrial Park St.
Gordo, AL 35466
205-364-1003
www.encorerehab.com

Pickens County Medical Center

241 Robert K Wilson Dr.
Carrollton, AL 35447
205-367-8111 ext. 149
www.pcmc.care

Tuscaloosa County

Aptor

526 14th St.
Tuscaloosa, AL 35401
205-345-4441
www.aptorrehabservices.com

Aspire Physical Recovery Center of West Alabama, LLC.

2400 Hospital Dr.
Northport, AL 35476
205-330-8412
www.aspirephysicalrecovery.com

Champion Sports Medicine

2700 University Blvd. Ste. A
Tuscaloosa, AL 35401
205-752-2266
www.csmsportsmedicine.com

DCH Rehabilitation Pavillion

2700 Hospital Dr.
Northport, AL 35476
205-333-4900
www.dchsystem.com

DCH Physical Rehabilitation

1050 Ruby Tyler Pkwy.
Tuscaloosa, AL 35404
205-759-7860
www.dchsystem.com

94 MEDICAL SERVICES

Drayer Physical Therapy Institute

- 401 Peter Bryce Blvd.
Tuscaloosa, AL 35401
205-348-3904
www.drayerpt.com
- 1781 B Commons North Loop
Tuscaloosa, AL 35406
205-752-0845

Encore Rehabilitation

- 92 McFarland Blvd.
Northport, AL 35476
205-344-9161
www.encorerehab.com
- 6561 AL-69 S Ste. A
Tuscaloosa, AL 35405
205-722-1036

Fowler Sports Medicine and Orthopedics

100 Rice Mine Rd. Loop Ste. 205
Tuscaloosa, AL 35406
205-752-1800
www.fowlersportsmedicine.com

Fyzical Therapy & Balance Center

1300 McFarland Blvd. NE
Tuscaloosa, AL 35406
205-343-7711
www.fyzical.com/tuscaloosa

Innecare Physical Therapy

100 Town Center Blvd. Ste. 200
Tuscaloosa, AL 35406
205-752-1650

Northport Medical Center

2700 Hospital Dr.
Northport, AL 35476
205-333-4900
(Inpatient and Outpatient)
www.dchsystem.com

North River Therapy

400 McFarland Blvd. Ste. F
Northport, AL 35476
205-333-5351
www.northrivertherapy.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 Ste. G
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



DCH Rehabilitation Pavilion

**West Alabama's only hospital-based
inpatient physical rehabilitation program**

- ◆ We use a team approach to patient care, working together to establish a plan of care based on your individual goals and medical needs.
- ◆ Our team members provide direct care each day, and include rehabilitation physicians, RNs, physical and occupational therapists, and speech/language pathologists.
- ◆ Our rehabilitation physician consults with other doctors as needed.
- ◆ A medical response team is **on site** and available at all times. Lab, radiology, respiratory therapy and cardiac monitoring are available.
- ◆ Large gym with state-of-the-art equipment and simulated home/community environments designed to help you increase independence.

Located on the campus of Northport Medical Center.

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at **205-333-4358**.

www.dchsystem.com/rehabpavilion



University Orthopedic & Clinic

- 400 Paul W. Bryant Dr. E
Tuscaloosa, AL 35401
205-345-0192
www.uocortho.com
- 2702 Hospital Dr. Ste. 101
Northport, AL 35476
205-345-0192

VA Medical Center

3701 Loop Rd. E Bldg. 38
Tuscaloosa, AL 35404
205-554-2000 ext. 2612, 3712
www.tuscaloosa.va.gov

Substance Abuse Assistance Support Groups

Fayette County

Celebrate Recovery

Fayette First United Methodist Church
412 Temple Ave. N
Fayette, AL 35555
205-932-5544
www.fayettefirstumc.org/celebrate-recovery.html

Pickens County

Celebrate Recovery

1st United Methodist Church of
Aliceville
307 3rd Ave. NE
Aliceville, AL 35442
205-242-2505

Tuscaloosa County

Alcoholics Anonymous

2025 Jack Warner Pkwy
Tuscaloosa, AL 35401
www.tuscaloosa-aa.org

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

Celebrate Recovery

Chapel Hill Baptist Church
8790 Hwy 43 N
Northport, AL 35473
205-339-4071

Celebrate Recovery

The Church at Tuscaloosa
6120 Watermelon Rd.
Northport, AL 35473
205-759-8063

Celebrate Recovery

Union Chapel UMC
5400 Hwy 69 N
Northport, AL 35475
205-339-4278

Treatment

Alabama Treatment Options

1-877-413-6436

A Woman's Place (for women only)

2209 9th St.
Tuscaloosa, AL 35401
205-391-3131

Alcohol & Abuse Helpline

2311 21st St. E
Tuscaloosa, AL 35404
205-554-0300

A Reprieve for Women

14332 Hwy 69 S
Tuscaloosa, AL 35405
205-409-9042

Bradford Health Services

515 Energy Center Blvd.
Northport, AL 35473
205-750-0227 or 800-891-9673
www.bradfordhealth.com

Indian Rivers Community Mental Health Center

- **Bibb County**
2439 Main St.
Brent, AL 35034
205-926-4681
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**
141 2nd Ave. NW
Vernon, AL 35592
205-695-9183
800-489-3972

Phoenix House

700 35th Ave.
Tuscaloosa, AL 35401
205-758-3867
www.phoenixhousetuscaloosa.com

Substance Abuse & Mental Health Services Administration

800-662-4357
www.findtreatment.samhsa.gov

West Alabama Mental Health Center

401 1st St.
Greensboro, AL 36744
334-624-4905

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

1-334-421-3900 or 1-800-723-8459

This organization provides books on tape, tape players, and other accessories (amplifiers, headphones, pillow talker, etc.) for the blind or physically handicapped. Postage is free, both coming and going. A physician's signature is required. Amplifiers require an additional note from the physician.

Aurora Ministries

941-748-3031

www.auroraministries.org

A non-profit, nondenominational agency provides audio Bibles free to those who are visually impaired or have physical disabilities which impede reading. This service is provided to qualified individuals, organizations, agencies, libraries and health care professionals who work with visually-impaired and print-handicapped individuals who cannot hold a book due to stroke or other disabilities.

The complete Bible in English is available in MP3 format. It will play on most computers, DVD and MP3 players, and on most MP3 compatible CD players. The New Testament is available on audio cassettes in nearly 70 languages. The Old Testament or portions of it are available in several languages. For those who qualify, the International Children's Bible is available in a translation designed especially for children.

Eligibility Criteria:

1. Vision in better eye is 20/200 or less with corrective glasses, or widest diameter of visual field is no greater than 20 degrees.
2. Cannot see well enough or focus long enough to read standard print with glasses.
3. Reading disability resulting from organic dysfunction.

4. A statement from a doctor, nurse, nursing home social worker, rehabilitation worker, rehabilitation teacher, or librarian that states the applicant cannot read normal print.

Seniors EyeCare Program

877-887-6327

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.

By age 65, one in three Americans has some form of vision-impairing eye disease. Most do not know it because there are often no warning signs and they assume poor sight is a natural part of growing older. By detecting and treating eye disease early through annual, dilated eye exams, seniors can preserve their sight.

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.

People eligible for a referral through the program receive a comprehensive, medical eye exam and up to one year of treatment, at no out-of-pocket cost, for any disease diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and other insurance reimbursements as payment in full; patients without insurance receive care at no charge.

Call one of EyeCare America's 7,500+ volunteer ophthalmologists nationwide to request free eye care educational materials and to determine if you qualify. EyeCare America offers multiple eye care programs for which individuals may qualify. Callers will automatically be screened to determine the program that provides the most appropriate eye care services.

Callers who have not had an eye exam in the past 12 months and are at increased risk for glaucoma may be eligible for a glaucoma eye exam through the Glaucoma EyeCare Program. Eyeglasses, prescription drugs, hospital services and the fees of other medical professionals are excluded.

Older Alabamians System of Information and Services (OASIS)

1305 James I Harrison Pkwy. E.
Tuscaloosa, AL 35405
205-554-1300 or 1-800-441-7607

The Alabama Department of Rehabilitation Services' OASIS Program is dedicated to renewing independent and rewarding lifestyles for Alabama's older adults who have vision problems. OASIS provides low-vision exams and aids, mobility instruction, adaptive equipment, instruction in independent living skills, and evaluation and referrals.

A program of services is designed to meet your personal goals and objectives. Mobility specialists train you to become independent outside the home. OASIS rehabilitation teachers are experienced in helping you learn new or adaptive methods of performing day-to-day activities such as meal preparation, money identification and management, reading adaptations and communication skills.

Services are free and are available regardless of your financial need. If you are 55 years or older and are experiencing visual problems, contact an OASIS service site.

Additional Assistance

Alabama Institute for Deaf and Blind Tuscaloosa Regional Center

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



There's a lot to love here.

We think personalized care is part of aging well.

With transportation, healthy options for meals, personalized services and trained staff, our Assisted Living communities will help Mom with the care she needs.

Brookdale Northport
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951 Rose Drive | Northport, Alabama 35476 | **(205) 330-1700**

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PLANNING AHEAD

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Alabama Family Trust

By Clayton Davis, Attorney at Law and President of the Board of Trustees of the Alabama Family Trust

The Alabama Family Trust is a pooled special needs trust established by law by the Alabama Legislature to provide a means for disabled beneficiaries of any age who receive SSI, Medicaid, and other means-tested government benefits to have the benefit of the use of a fund of money to supplement what is already covered by government benefits without losing eligibility for these programs.

In some cases, an individual with disabilities who is already eligible for SSI, Medicaid, or some other means tested program receives a settlement, verdict, or an inheritance that if left in the name of the individual would cause disqualification from these programs.

In other cases, an individual may have some existing savings, but an income below the limit for SSI or some other means-tested program. The individual could become eligible for Medicaid by spending all the savings on medical expenses that could have been covered by Medicaid, after which he or she would have no funds to pay for medical expenses, such as dental and hearing, or to purchase a vehicle or an prepaid funeral and burial arrangement.

In both these sorts of cases, Federal law allows the individual to place these funds in a first-party pooled special needs trust such as the Alabama Family Trust without losing these benefits, and to use these funds through the trust to pay for things and that individual needs or wants that would improve his or her quality of life that are not otherwise covered by SSI, Medicaid, or other government benefits.

If the source of the funds for the trust is the individual (or his or her spouse) who will be the life beneficiary of the pooled special needs trust, then the trust is considered a first-party special needs trust, and the balance, if any, remaining in the trust at death is required by federal law to be used to repay Medicaid for benefits incurred by the individual during his or her lifetime before the balance, if any, is distributed to the remainder beneficiaries named in the trust.

If, on the other hand, the source of the funds is someone other than the individual; life beneficiary of the trust or is a testamentary special needs trust of the spouse, then the trust is considered a third-party special needs trust, and no repayment to Medicaid is required at the death of the life beneficiary. This is

especially useful for parents and grandparents who want to supplement the support for a disabled child or grandchild without jeopardizing the beneficiary's AI or Medicaid eligibility.

The Alabama Family Trust serves as trustee and manages approximately \$30 million dollars in assets for hundred of Alabama persons with disabilities. A person other than the individual life beneficiary or his or her spouse must be named by the settler of the trust to serve as co-trustee, who is then allowed to request payment on behalf of the life beneficiary for goods and services that would improve the life of the life beneficiary, but that are not otherwise covered by government benefits. All distributions from the trust must be for the sole benefit of the life beneficiary and must be authorized by the Alabama Family Trust as trustee. In cases in which the life beneficiary is eligible for SSI, the trust cannot be used to pay for food and shelter costs. Some of the common items that can be paid from the trust are telephone and cable charges, transportation, private room changes in the nursing home that are not paid by Medicaid, prepaid funeral and burial arrangements, a vehicle and the expenses associated with the operation of the vehicle, dental and hearing services, special schooling, furniture, clothing, hair care, storage charges, additional sitters to care for the life beneficiary at home that are not already provided through the Medicaid waiver, the upkeep of property that is subject to a Medicaid lien while it is on the market for sale, and the nursing home charges that must be paid by the life beneficiary during a Medicaid penalty period caused by a prior uncompensated transfer of assets during the five years prior to an application for nursing home Medicaid benefits.

The Alabama Family Trust accepts trust of as little as \$1500 as an initial deposit. In the case of a first-party special needs trust that will be funded by assets of the life beneficiary, the trust should be establish while the life beneficiary still has funds to place in the trust.

For more information on how to establish a special needs trust for yourself, for a disabled parent, child, grandchild, or other family member, or for someone whom you serve as agent under a durable power of attorney or as conservator, visit www.alabamafamilytrust.com or contact the Alabama Family Trust at 844-238-4630.

100 PLANNING AHEAD



Hospice Care

Alabama Hospice Care

971 Fairfax Park Ste. A
Tuscaloosa, AL 35405
205-633-3705
www.lhcgroup.com

Alacare

5710 Watermelon Rd. Ste. 310
Northport, AL 35473
205-345-5145
www.alacare.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

Hospice of West Alabama

3851 Loop Rd.
Tuscaloosa, AL 35404
205-523-0101
www.hospiceofwestalabama.com

Journey Hospice

4930 Rice Mine Rd. NE Ste. 103
Tuscaloosa, AL 35406
205-349-3065
www.journeyhospice.com

Southern Care New Beacon Hospice

3835 Watermelon Rd. Ste. 3 & 4
Northport, AL 35473
205-469-0273
www.southerncarenewbeacon.com

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

Fayette County

Nelson Funeral Home

3659 Hwy. 171 N
Fayette, AL 35555
205-932-8961
www.nelsonfuneralhome.org

Norwood Chapel Funeral Home

707 Temple Ave N
Fayette, AL 35555
205-932-6702
www.norwoodchapel.net

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

Skelton Funeral Home

2105 2nd St. SW
Reform, AL 35481
205-375-9661
www.skeltonfuneralhome.com

Lavender's Funeral Service

11233 Hwy 17 S
Aliceville, AL 35442
205-373-2420

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.com

Rainey Mortuary Service

4807 20th St.
Tuscaloosa, AL 35401
205-758-1300
www.raineymortuary.com

Rollins Mortuary

2701 Martin Luther King Jr. Blvd.
Tuscaloosa, AL 35401
205-759-4202
www.rollinsmortuary.com

Sunset Funeral Home & Memorial Park

3802 Watermelon Rd.
Northport, AL 35473
205-345-2900
www.dignitymemorial.com

Tuscaloosa Memorial Park & Chapel

5434 Old Birmingham Hwy
Tuscaloosa, AL 35404
205-553-3141
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

Williams Service Funeral Home

7417 Culver Rd.
Tuscaloosa, AL 35401
205-759-1261
www.williamsservicefuneralhome.com

Wills Funeral Services, Inc.

701 Martin Luther King Jr. Blvd.
Northport, AL 35476
205-758-3444
www.willsfuneralservice.com

Planning Ahead: Why It's Necessary and How to Do It

By Allyson Gold & Camille Weeks of the University of Alabama Elder Law Clinic

Creating an estate plan can seem like a daunting task, only necessary for the privileged few. Maybe it feels like you don't have much of an "estate" to plan for, or your wishes are so straightforward they don't need special documents. Thinking about what will happen at the end of your life can be uncomfortable, but creating a plan can answer many more questions than just what happens to your property at your death. In fact, failing to plan can have a ripple effect of unintended consequences in many areas of your life.

Take the story of Robert and Ann, for example. Robert and Ann met and got married in their thirties. Together, they raised one son, Tim. Ann also had a daughter from a previous marriage, Claire, who Robert came to know and love as his own; although he never legally adopted Claire. Robert and Ann worked hard and lived comfortably, but didn't consider themselves wealthy by any means. They had a small house, which they owned jointly, and a car, which was titled only in Robert's name. Robert and Ann each had a modest retirement account and kept a joint bank account. Robert owned some antique rifles he hoped to give to his children one day, and Ann took special care of her engagement ring to one day pass to her daughter.

Robert also had an interest in 20 acres of farming property that he and his 3 siblings inherited from their father, who died without leaving a Will. The land is very important to Robert, and he doesn't want to see it "leave the family."

Robert was generally healthy, but Ann had a stroke a few years ago, resulting in partial paralysis on her left side and some cognitive difficulties. She was very reliant on Robert and would not have been able to live alone. The family was shocked when Robert suffered from a sudden massive heart attack and passed away.

Neither Robert nor Ann had prepared a Will, Durable Power of Attorney, Power of Attorney for

Health Care, or an Advance Directive for Health Care. Both felt that their estates would be small and uncomplicated. They wanted to execute the documents, but preferred not to think about this aspect of the future and kept putting it off.

1. Since Robert died without a Will, who is entitled to inherit his property?

Robert died intestate, which means he died without leaving a Will. All states have laws in place that dictate what happens to the property of a deceased person when there is no Will. These laws vary from state to state. Under Alabama law, who gets what depends on which relatives survived the deceased person.

In this particular case, Robert was survived by a spouse, Ann, and one biological child, Tim. According to Alabama law, Ann would receive the first \$50,000 of Robert's estate, plus one half of the remainder of the estate. Robert's son Tim would receive the other half. The intestacy laws of Alabama only provide for legal children. This includes biological and adopted children, but does not include step-children. Without a Will, Claire is not entitled to inherit any portion of Robert's estate.

Ann may receive the property that she and Robert owned jointly, but this depends on the specific language used to title the property. If Robert and Ann held the property as joint tenants with the right of survivorship, Ann would automatically receive her share of the property upon Robert's death. If Robert and Ann held the property as tenants in common, Robert's share would not automatically pass to Ann but would instead become part of his estate.

2. What will happen to Ann now that Robert can no longer take care of her?

Without Robert, it may be the case that Ann needs to go into a nursing home or have at-home private care. Either of these would be expensive. Medicaid may be able to help cover the costs. However, after receiving her inheritance from Robert's estate, Ann would likely be ineligible for benefits. She would have to wait to apply for Medicaid until after she had "spent down" her assets, which could mean paying out of pocket for nursing home or at-home care until she qualifies.

3. What happens to Robert's farm land?

When Robert died, his interest in the 20 acres of farm land became part of Robert's estate, but it is difficult to say what exactly his interest in the property was. Because Robert's father also passed without a Will, the 20 acres was distributed among all of his heirs as well. When the interest in a piece of property is divided up between intestate heirs, it is known as heirs property, and it can be difficult to sort out.

Now, Ann and Tim will need to coordinate with all of Robert's siblings, or their surviving descendants, in order to determine the extent and value of Robert's interest in the land. This can be difficult, time-consuming, and potentially expensive. This problem could have been avoided if Robert's father had made a Will, but Robert could have mitigated the problem by working with a lawyer to get title to the property during his life.

4. Who will handle Ann's affairs if she is no longer able to handle them on her own?

Estate planning involves more than just creating a Will. A Durable Power of Attorney and a Power of Attorney for Health Care are other common planning documents that are simple to create but can make a big difference. Both documents allow you to appoint an agent to act on your behalf. The agent you appoint in your Durable Power of Attorney has the power to handle your financial matters, like talking to your bank or insurance providers about your accounts. The agent you appoint in your Power of Attorney for Health Care has the power to handle your healthcare-related matters, like talking to your doctor or a hospital on your behalf.

Generally, an agent has the authority to do anything you would be able to do, but you have the power to limit this authority, including when it takes effect. A Power of Attorney is "durable" if your agent keeps their power, even if you become incapacitated later on. These documents preserve your autonomy by giving you the freedom to pick who you want to act as your agent and what powers you want them to have.

Ann did not create a Durable Power of Attorney or a Power of Attorney for Health Care earlier in life and, due to her stroke, may not have the capacity

to create one now. Without these documents in place, a court-appointed guardian may be needed, who may or may not be someone that Ann knows and trusts. This process can be expensive and time-consuming, but it could have been avoided with the creation of a Durable Power of Attorney and a Power of Attorney for Health Care.

5. Who will determine Ann's end-of-life care if she cannot speak about her own wishes?

An Advance Directive for Health Care, also known as a Living Will, is another common planning document used to specify your wishes for the type of health care you will receive at the end of your life. In this document, you designate whether you wish to receive life-sustaining treatment or artificially provided food and water if you are deemed to be terminally ill or permanently unconscious. You also have the option of appointing a proxy to speak for you and your wishes if you are unable to speak for yourself.

Ann may not have the capacity to execute this document now. This means that her wishes relating to her end-of-life care may not be honored. This also means that her loved ones will be left to guess about what she might have wanted, and they might not all agree. Planning for your end-of-life care protects your wishes, but it also takes the burden off of your loved ones to make that decision for you and can prevent strife among your family about how your care should be handled.

Planning for your future doesn't have to be scary. Taking some time to think about your wishes and creating a few documents can save time, money, and heartache down the road both for you, and your family.

The University of Alabama Elder Law Clinic offers free legal advice and representation to adults age 60 and older in the seven West Alabama counties of Bibb, Fayette, Greene, Hale, Lamar, Pickens and Tuscaloosa. Call them at 205-348-4960 or visit www.law.ua.edu/academics/law-clinics/elder-law-clinic/ for additional information.

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Philip Malone,
OLLI Member



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A photograph of a young Black woman with her hair pulled back, wearing a purple polo shirt, and an elderly white man with grey hair, wearing a dark blue jacket over a plaid shirt. They are both smiling and looking out of a window with a white railing. The background shows green foliage.

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