

# TCAD eLoop

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## New TCAD Commission Member



**Ruth Williams** was selected to be the AARP's representative on the Tennessee Commission on Aging and Disability. She replaces Mary Stockley, who resigned.

Ms. Williams retired in 2005 as Director of Nursing from Memphis Healthcare Center where she worked for 8 years. Prior to her employment with Memphis Healthcare Center, she worked for 14 years at The Methodist University Hospital; and prior to that, she worked for 18 years at The Med. From 1965 to 2005, she acquired experience in Clinical, Medical Surgery,

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## Faces of our Elders



**Helen Bruns and Pete Gaffney** got married in November 1940 when wedding dresses or even white dresses weren't for sale all year round. She went to one department store and was told all their white dresses were put away and didn't offer to get them out for her. She went to a dress shop and they, too, had all the summer colored dresses in the back but the clerk offered to go see what was there. They had one white dress. Helen asked what size it was and took it without even trying it on. The dress store didn't have a veil or long gloves to complete the ensemble. So she went back to the department store and bought both of those. She remembered the dress was discounted to \$5.00 because it was November and that the veil was \$5.95.

and is a Registered Nurse. Ms. Williams is involved with many community activities including, membership with AARP Graceland Chapter; AARP Chapter Liaison of Chapters 2443 and 3589; Graceland Nursing Home; Conversations with the State Legislators--On the Hill; Docent with Civil Rights Museum; Memphis Grizzlies Basketball games; Southern Heritage Classic Football games; membership drive for Nehemiah Project Community Celebration; Sisterhood Showcase; assisted at Health Fairs; participated in the E. Prescribing Sponsored by University of Tennessee; shared information with other members of AARP about the safety of E. Script; volunteered information with members of Regional Impact Team about Healthcare to take back to the community; and became the Associate Leader of Regional Impact Team of Memphis.

Her qualifications include experience building and maintaining relationships with physicians, surgeons, and nurses; ability to interface with individuals at all levels of healthcare organization; results-orientated and ready to implement marketing strategies that meet and exceed goals; adept at processing and conveying complex terminology via written and verbal communication; experiences in committee leadership and participation; abilities to develop health education materials; teach in service lessons and act as preceptor.

Ms. Williams attended Memphis State University and has a Bachelor's of Science in Nursing (BSN) and also has a Master's in Healthcare Administration (MHA). She also has additional Credentials and Affiliations including, the Tennessee Nurse's Association; Tennessee State License; Registered Professional Nurse-Multistate; RN Club of Memphis; and Certified in CPR and BLS. ■

## **Senior Center Briefs**

### **Henry County Office on Aging**

Henry County Office on Aging Medicare One Stop Shop was a success, by serving the highest number of participants for the period.

By partnering with the local Social Security Administration, seniors were able get questions answered to tough questions.

There was also a great turn out for the identity theft and diabetes informational sessions, held in November.

Finally, staff, seniors and significant others enjoyed a delightful Thanksgiving gathering of food, fun, and

fellowship. ■

### **Robertson County Senior Center**

The Robertson County Senior Center started a Food Co-Op in cooperation with Second Harvest and Middle Tennessee's Table. Every other Tuesday, Second Harvest delivers fresh produce, dairy, meat, bread and bakery to our town. Senior Center members sign up and pay \$5 to belong to the Co-Op. Volunteers go to the tractor trailer and "shop" for the number of participants. Also included in the package are shelf-stable canned and boxed goods.

By buying into the program (\$5 for approximately 15 pounds of food) the seniors have the dignity of not going to a food bank for free food and the fee offsets the cost of transportation (which we have to pay) and the food which we must buy. Many seniors are faced each and every month with issues regarding food, transportation, drugs and utilities. It is not an emergency issue, they have not lost their jobs and could possibly soon get another, it is an every month issue. They simply do not have enough income for the necessary expenses of retirement.

It is not a free or entitlement program. Volunteers who help shop and deliver the food are not required to pay to be a member. Many people whom you would never think would belong to the Co-Op keep thanking us and telling us stories of illness, etc., and how they could not make it without the Co-Op, because they had to give up food for other bills.

Robertson County found a bargain that really means a lot to the elder population! ■

### **Shelbyville/Bedford County**

The Shelbyville/Bedford County Senior Citizens Center sponsored two successful fall fundraisers.

The first was a ham breakfast fundraiser, which broke previous records. More than 800 people were served, with projected profit of up to \$5,000. The breakfast consists of country ham, scrambled eggs, white or red eye gravy, biscuits, orange juice and coffee. Delivery was available inside the city limits.

The 4th annual Christmas Bazaar and Craft Fair was held with 20 vendors participating. Aside from raising funds, the event provided the opportunity for numerous people, unfamiliar with the center, to view the facilities and see what services are provided.

State representative Pat Marsh showed his support by attending, which is strengthening the center's relationship with him. Also, people volunteered to work in the center, as a result of attending the event. ■

## Lamb graduates from TGEI



**TCAD Staff Attorney Janet Lamb**, shows off her Tennessee Government Executive Institute (TGEI) plaque, presented to her at the TGEI graduation on December 4, 2009. With her are Department of Human Resources Commissioner Deborah Storey, Deputy Governor John Morgan, daughter Theresa Davey, granddaughter Lilian Davey and Dr. Mary Jinks, Vice President of Public Service at the University of Tennessee.

TGEI is an intensive two-week residential program designed to build strong leadership skills and challenge participants intellectually through relevant content. The TGI programs culminate with a graduation ceremony rich in tradition at the historic Supreme Court Chamber. TGI graduates are then welcomed into the TGEI Alumni Network. The network offers continued social and professional growth opportunities.

Participants in TGI must meet core criteria and be recommended by an agency's executive leader. It is truly an honor to be offered the development opportunity and it marks a major career milestone for all TGI graduates.

For a complete participant list, click on the following link:<http://tennessee.gov/dohr/learning/pdf/TGEI/2009%20TGEI%20Participant%20List.pdf> ■

## Legislative session opens Jan. 12

The 106<sup>th</sup> General Assembly will open its session on January 12, 2010 at noon in the House Chamber of the Tennessee State Capitol.

A special session of the legislature has been called by governor Phil Bredesen regarding education issues. It will convene on January 12, at 4 p.m. ■

## Johnson County Senior Center in Mountain City

Despite remodeling constraints, more than 500 persons were served a Thanksgiving Fundraiser lunch on Friday November 20th at the Johnson City Senior Center in Mountain City.

The center was in the middle of remodeling its kitchen so there were no counters and only one big sink to assist in the preparation of the meal. Still, more than 200 lbs of turkey breasts were roasted in the center's two ovens. Only a few were cooking at a time, then the turkey breasts were sliced and frozen to be served at the lunch.

In addition, 32 meals were delivered to homebound consumers on Thanksgiving Day, to ensure these persons had a hot meal on Thanksgiving.

The center had their new counters installed a week later on the 28th.

Senior Center Director, Joyce Kidd, attributes the success of this huge fundraiser to the volunteers that help each day at the center. ■



**On November 12, 2009** the McMinnville Warren County Senior Center Twenty-sixth Annual Veteran's Program was dedicated to Fort Hood Military & Families. The center hosted over 225 veterans, family and friends on this special occasion.

The day's events including posting of the colors sponsored by the American Legion Post 173 Color Guard and the Pledge of Allegiance carried out by the youngest (Walley Davis, 56) & oldest (Ann Howery, 92) veterans. Singer Kari Buice of Cornerstone Baptist Church performed the National Anthem and Warren County Historian and veteran James A Dillon spoke on Warren County Veterans who had served their country.

A Military Tribute (a Photos of veterans who had served was played during the program was presented as a special presentation. ■

## “Think Pink” planning committee



**Jeanette Payton, Activities Director LCCOA, Kathy Robinson, Public Health Educator for Lauderdale & Tipton Counties, Rachel Gear, Marketing Coordinator for Bank of Ripley, Joni Cook, Director LCCOA, Tammy Ditto, Mary Kay Consultant, Carolyn Mitchell, Lauderdale County Community Living, Back Row: Ben Littlepage, American Society, Beaton Matthews, LCCOA Advisory Board Member.**

The 2nd Annual "THINK PINK" Event was held at the Tennessee Technology Center in Ripley, October 29, 2009. This event was sponsored by Lauderdale County Commission on Aging, Bank of Ripley, Lauderdale County Community Living, American Cancer Society, Lauderdale County Health Department, and other community leaders partnered to provide support for this most important awareness event in Lauderdale County. The goal of the day's events was to educate and encourage woman over 40 to schedule a yearly mammogram as early detection is a lifesaver against breast cancer. The Baptist Hospital for Women Mobile Mammography Unit was on hand for mammography screening. Twenty-seven mammograms of the available 30 were provided. With more than 150 were in attendance, the day's events began with guest speaker, Linda Weeks. Several free health screens, retail therapy and valuable information on women's health were available.

### Milan Senior Center

The exercise class and dance exercise has been the most successful activity at the Milan Senior Center. A YMCA instructor leads the class of around 30 each Monday and Wednesday. One of the participants volunteers and leads two Fridays of the month.

### Martin attends Fall Training

Wanda Martin, First Tennessee Public Guardian, attended the fall training for the Public Guardian program was held August 25-26 at the Hampton Inn, in Mt. Juliet, TN, along with the other District public guardians for the state. Martin's name was inadvertently left out of those in attendance, in the last eLoop.■

### Obion County Senior Center

Obion County in Northwest TN at the Obion County Office on Aging Union City Tennessee has added an Art class. Presently, the class is painting a wall mural of Reelfoot Lake in a program room.

Mahjong classes is also a new offering in the many activities at the center. It is similar to a card game, but played with tiles.

## Cannon County Senior Center

Cannon County Senior Center will assist in 2010 Census by helping get the word out to Seniors about the up coming Census. They are also offering to assist seniors in filling out forms if needed.

The center also assisted more than 80 seniors with Medicare Part D questions.

Cannon County HELP Program assisted more than 30 homebound seniors to have a Happy Holiday season with gifts and snack pack. Staff and volunteers made home visits during December to deliver gifts.

## Meigs Senior Center

Meigs senior center members, in Decatur, TN love to do water aerobics, play pool and a good game of rook.

## Tiptonville Senior Center

The Tiptonville Senior Center sponsored a spaghetti supper fundraiser, which raised \$1,000 by ticket sales and individual donations.

The Center also hosted the Thanksgiving/Veterans lunch. Donations of food came from Mrs. Hattie Brown with "feed the 5000". Also Mr. Paten Gillihan of Tiptonville, who usually prepares a Thanksgiving meal for around fifty people, from his home, this year brought food to the center for meals. The center provided meals for more than sixty people. ■

## Recommended websites

### AARP Tennessee

Read the Tennessean series "Aging in Place", conversations with candidates and find other useful information for seniors.

<http://www.aarp.org/states/tn/>

### NIH Senior Health

Welcome to NIH Senior Health. This easy-to-use website features basic health and wellness information for older adults from the National Institutes of Health.

<http://nihseniorhealth.gov/>

### Free Management Library

The Library provides easy-to-access, clutter-free, comprehensive resources regarding the leadership and management of yourself, other individuals, groups and organizations.

## Ripley "Think Pink" participants



Content is relevant to the vast majority of people, whether they are in large or small for-profit or nonprofit organizations. Over the past 15 years, the Library has grown to be one of the world's largest well-organized collections of these types of resources.

<http://www.managementhelp.org/>

### Seniors are Classics

Follow and comment on planning for the World Elder Abuse Awareness Day, "Seniors are Classics" Car Display, to be held June 19. Get your elder abuse coalition involved in this event. Subscribe to the blog.

<http://seniorsareclassics.blogspot.com/>

### Who Cares

Sources of information and health care products and services from the Federal Trade Commission.

<http://www.ftc.gov/bcp/edu/pubs/consumer/health/hea17.pdf>

### Tennessee's State Health Insurance Assistance Program (SHIP)

The Tennessee State Health Insurance Assistance Program is a statewide program that provides free and objective counseling and assistance to persons with questions or problems regarding Medicare and other related health insurances.

<http://www.tennessee.gov/comaging/ship.html>

### Federal Information Center

Easy ways to get information and order publications. <http://www.pueblo.gsa.gov/>