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www.EastAlabamaAging.org

State Masters Games Winners

Over 400 people from across the state of Alabama attended this year's State Masters Games in Trussville, AL this past October. Of those, 110 were from our area. We had competitors in each of the 30 events winning a total of 92 Gold, 51 Silver, 42 Bronze, and 43 1-Mile Fun Walk Medals. Medals were not the only honors we earned.

Check out some of our highlights at the games:

- **5K Run:** Top 3 Overall & won over half of the medals
- **Basketball Free Throw:** Top 5 Women's Scores
- **Softball Throw:** Best Overall Distance
- **Pickleball:** Won over half of the medals
- Won almost half of the medals in Table Tennis, Women's Basketball Free Throw, and Women's Softball Throw.



To see results, pictures, and highlights of our two districts of Masters Games competitors, click on these links: [District 4](#) and [District 6](#)

Thousands of Clients Assisted This Year!

During the giving season, please consider a gift to East Alabama Commission's Aging Services. Below are examples of our success in numbers, but we know our success is truly assisting one person at a time. You can help! All donations received assist those within the East Alabama region. Honor an older adult today by clicking [here](#) to donate!

Last year, our agency was able to help thousands of older adults and people with disabilities within our 10-county region.

Our services included the following:

- **Benefits Counseling:** 1,444 clients assisted
- **Caregiver Assistance:** 225 caregivers received assistance
- **Medicaid Waiver:**
 - 890 Clients Served
 - \$4,863,747.50 of services including meals, homemaker services, and respite care provided
- **Prescription Assistance (SeniorRx):**
 - 1,034 Clients Served



- 5,218 Prescriptions Accessed
- \$4,648,597.04 saved for clients
- **Senior Activity Centers:**
 - 1,707 clients provided 179,025 hot meals in the Centers
 - 2,082 clients provided 338,568 hot and frozen home delivered meals
 - 482 clients provided 66,142 units of transportation
 - 61,498 units of Information and Assistance
- **Senior Employment (SCSEP):**
 - 94 Seniors Employed
 - 42 Agencies Hosted
 - 57,629 Community Service Hours provided
 - \$407,761 wages paid
- **Legal Aid:** 456 cases closed
- **Long-term Care Ombudsman:**
 - Available to 3,988 residents in 63 facilities
 - 87 client cases closed
 - 8 on-site staff trainings
 - 47 consultations with facilities
 - 89 consultations with individuals