



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

Residents Rights - Know Your Rights!

October is Residents Rights Month! This month, we're raising awareness about the rights of senior citizens in long-term care facilities. When someone moves into a long-term care facility, they retain all the rights they've always had, and even gain a few more.

Long-term care facility residents have the right to:

- Be treated with dignity, respect, and consideration.
- Be free from mental, physical, and verbal abuse.
- Be free from discrimination.
- Not be transferred or discharged without cause or notice.
- Live in safe, decent, and clean conditions.
- Share a room with your spouse if living in the same facility
- And more!



To learn more about the rights of residents in long-term care facilities, visit [our website!](#)

Medicare Checkups

Open Enrollment is October 15 to December 7 for Medicare Part D prescription drug plans. Each year, you should check to see which plan is best for you, because plans can change from year to year. Our Agency will be hosting Medicare Checkup Events in each of our counties: Calhoun, Chambers, Cherokee, Cleburne, Clay, Coosa, Etowah, Randolph, Talladega and Tallapoosa counties.

People interested in getting a plan comparison will be assisted on a first-come, first-serve basis. Each counseling session will last about 40 minutes. Bring your Medicare Card and a list of your current Medications with dosage and strength.



To find a Medicare event near you, please contact East Alabama Regional Planning and Development Commission at [\(800\) 243-5463 ext. 150](tel:8002435463) or visit [our website!](#)

Masters Games

It's that time of the year again! The 25th Anniversary of the State Masters Games begins at the Oxford Civic Center October 5th and runs through the 8th. We have 27 exciting events this year. Masters Games of Alabama is a 501(c) 3 non-profit organization dedicated to promoting healthy lifestyles for Alabama residents ages 50 and older through social, mental, and physical activities.

Over 600 participants and volunteers from across the state will attend this year's games. 190 participants are expected to attend from our region. Registration has closed for 23 of our events, but 4 events are still accepting registrations. Look below for a list of events you can still register for.



- The **5K Run** will be Thursday, October 8, 2015 at the Oxford Civic Center Lakeside Track. People can register on site that morning at 7:00 a.m.
- **Golf Singles** (10/5/15) and **Golf 2-Man Scramble** (10/6/15) can be signed up for at the Cider Ridge Golf Course on Sunday, October 4 at 4:00 p.m. or on Monday, October 5 at 7:00 a.m. The fee is a \$10 Masters Games fee and a \$35 golf fee per day. Golfers do not have to register with a partner for the 2-Man Scramble. They will be paired with another player if needed.
- Sunday, October 25, 2015 at the Trussville Civic Center: **3-on-3 Basketball** will begin at 2:00 p.m. The **Line Dancing Team Competition** will begin at 2:30 p.m. Contact Sandi Wilson at 205-661-1714 for more information.

For more information on Masters Games of Alabama, please call 1-800-243-5463 or visit [our website!](#)
