



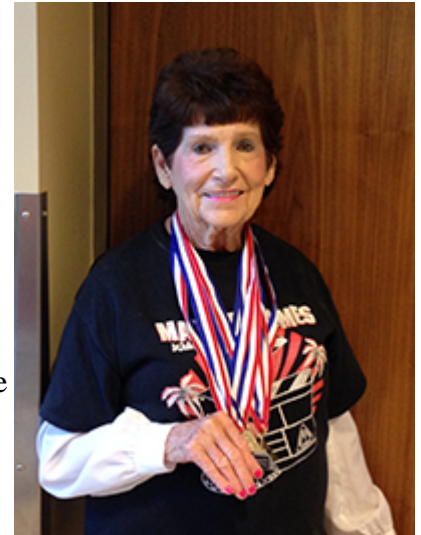
1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

Masters Games of Alabama

We had a BLAST at the 2015 State Masters Games in Oxford, AL. Over 450 participants from across the state came together for 4 days of fun and fellowship (including 175 from our own districts, 4 & 6). Our participants competed in 490 events and won a total of 278 medals. Those medals included 106 Gold, 70 Silver, 52 Bronze, and 49 medals for the 1 Mile Fun Walk.

Anniston residents, and first time participants, Bobby Wilkins and Danny McCarty won the most medals from District 4, with 8 and 7 respectively. Mrs. Tommie Brown (pictured right) from Valley earned the most from District 6 with 9 medals.



At the Hall of Fame Banquet, we inducted two new members into our Golden Alumni Hall of Fame: Mrs. Estelle Lee of Jacksonville and Mr. Faye Williams of Wedowee. Henry Campeaux of Jacksonville and Cordie Bell Green of Woodland were inducted into the All Star Award Hall of Fame.

We couldn't be happier with this year's turn-out, and we are greatly looking forward to next year's games in Trussville, AL. For a complete rundown of the winners from this year's State Games, [click here](#).

Long-Term Care

November is Long-term Care Awareness Month!

Most long-term care is not medical care, but rather help with basic tasks of everyday life called, activities of daily living. Activities of daily living are activities in which people engage in on a day-to-day basis.



These are everyday personal care activities that are fundamental to caring for oneself and maintaining independence, such as, bathing, dressing, using the toilet, transferring in or out of bed or a chair, and eating.

There are many resources available online for long-term care planning. Check out these websites for more information:

<http://longtermcare.gov/>

<https://www.medicare.gov/>

<http://www.longtermcarelink.net/>

November is National Caregiver's Month!

Are you a caregiver? Do you have a caregiver? One out of every four people will either be a caregiver, a care receiver, or both in their lifetime. The National Alliance for Caregiving and AARP reported in 2009, "65.7 million caregivers make up 29 percent of the US adult population providing care to someone who is ill, disabled, or aged."

Being a caregiver is a rewarding task, but one must be cautious of the difficult hardships he or she may encounter on a daily basis. Taking care of a loved one, especially one who has Alzheimer's or dementia, can affect the caregiver's health, ability to rest, and can be a source of stress and conflict for the entire household. For a caregiver who has health problems, the physical and emotional strain of caregiving can make those problems worse



When it comes to caregiving, education is key. So in honor of National Caregivers Month, join us in Centre, AL at the Cherokee County Health and Rehabilitation Center in the Education Building on November 18, 2015 from 10-12pm. Brandi Medina from the National Alzheimer's association, Mid-South Alabama chapter, will be discussing dementia-related Behaviors & Communication, and Ellen A. Tibbetts, AL CARES Coordinator (Caregiver program), from our agency, will discuss resources for caregivers as well as how to reduce stress. The presentation is FREE. **If you are interested or have any questions, please RSVP by calling 1-800-AGE-LINE or 256-237-6741, extension 122.**