



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

www.EastAlabamaAging.org

Be Sure to Stay Hydrated!

It's hot out there! As many Alabama residents know, summers in our state are long, hot, and humid; and with temperatures in the 90s and above, dehydration is a very serious threat to our older citizens. Drinking plenty of water and avoiding sugary or alcoholic beverages is one of the best ways to combat dehydration, but there are also some delicious nutritious foods that keep you cool and hydrated as well. Follow this [link](#) to learn more!



Do You Qualify for Our Medicaid Waiver Program?

Our Home and Community Based Service Program, aka Medicaid Waivers, are one of many options available to states to allow the provision of long-term care services in home and community based settings. There is no out of pocket cost for these services and they do not affect your eligibility to receive other benefits, such as SSI, food assistance, etc.

To be eligible, you must qualify for medicaid and require placement in a long-term care facility. If you or someone you know could benefit from our program, [click here](#) for more information.



Home Safety Month

Elder abuse is one of the most prominent forms of abuse in our contry. That's why East Alabama Aging proudly offers a Legal Counsel Program which provides free legal, education, and outreach services for Alabama residents over 60. As a senior citizen, you have the right to protect yourself from financial, physical, and medical predators. To learn more about this program, just follow this [link](#) to our website.



Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER