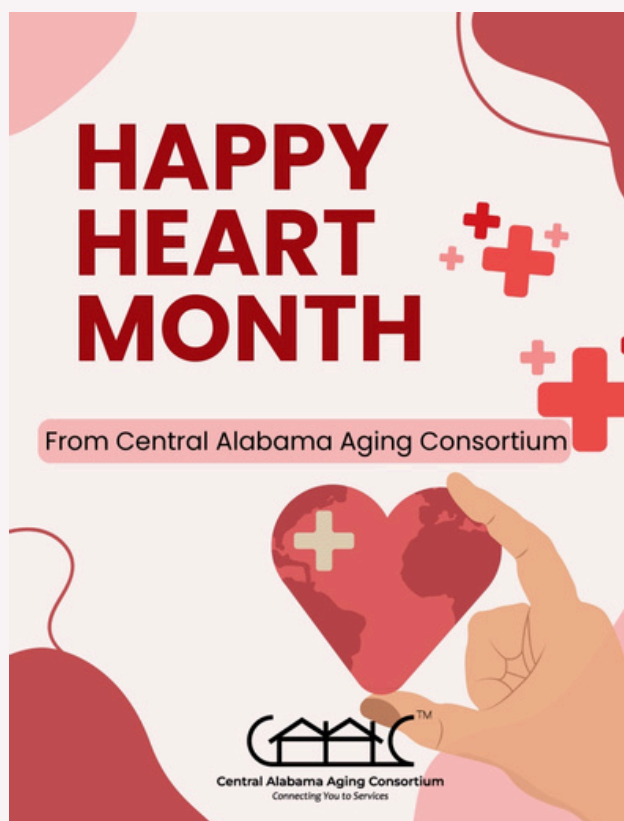




# Central Alabama Aging Consortium

January '26

## February Is Happy Heart Month: We've Got a Packet for You



If you attend the Montgomery County Community Centers in Grady and Flatwood, our **Outreach Coordinator Meghan** has a presentation on Happy Heart Month coming up in February.

If you have a computer, you can download a copy of the packet from our website at [centralalabamaaging.org](http://centralalabamaaging.org).

If you are a senior, taking care of your heart is a key factor in living a long and happy life.

## In-Home Services Division Starting its Annual Outreach.

With the start of a new year, CAAC is gearing up for a renewed outreach campaign throughout our service area. The E and D Waiver team already has two visits scheduled at area apartment complexes: **February 4 at Kendrick Way** in Montgomery, and **February 11 at Capitol Heights Buildings 1 and 2** also in Montgomery.

“We like to visit the apartment complexes because there are always new residents who may not be aware of our services,” said **In-Home Services Director Camille Jackson**. “Many don’t know that we offer In-Home services that allow them to remain in the community yet still receive the healthcare they need under a Case Manager’s supervision.”

Camille says residents are interested in the full range of services, which is why the team includes a counselor from the Aging and Disability Resource Center who is familiar with all the program details. CAAC likes to visit area with large turnover, like the apartments, grocery stores and malls, so **if you would like us to visit your organization, please call Camille at 334-240-4680.**

There is still time to donate blankets to Share The Warmth!

## Beware of New Year Scams: Senior Medicare Patrol News

**By Whitney Anderson SMP Coordinator**

Hello all! 2026 is getting underway and that means scammers will be busy trying to sell the unsuspecting on everything from free genetic testing to saying there is a new Medicare Card and they'll be glad to send you one if you will just tell them your Medicare number and other personal information.

There have been reports of fake Medicare card scams in the southern part of Alabama.

Remember, there is no such thing as a free genetic test. The only person who can order a genetic test that Medicare will pay for is your healthcare provider, not a so-called provider over the phone. Remember: there is no new Medicare Card. Do NOT give out your card number unless you are certain you are giving it to a trustworthy provider.

### Get the 411 on Medicare!

Do you handle HR for a company with employees approaching 65? One of our most popular presentations is the in's and out's of signing up for Social Security and Medicare. There is a right way and a wrong way. **Call Whitney.** She will set your employees straight!

## How do We Stay On Top of Our Game? We undergo Audits!

Every two years, Central Alabama Aging Consortium undergoes an audit by the officials at the Alabama Department of Senior Services. The purpose is to ensure the highest standards in our programs. Many of the ADSS officials have extensive experience as Program Coordinators themselves.

**Executive Director Yolanda Evans** says it is a rigorous process that Program Coordinators diligently prepare their presentations and prepare for a wide variety of questions.

"Like all Agencies on Aging, CAAC undergoes biennial audits to ensure programs and personnel adhere to the highest standards established by the and state and federal guidelines," says Ms. Evans. "These audits are often welcomed, as they offer an opportunity to assess our performance and effectiveness."

Welcome they may be, but our program coordinators smile with relief when audit time is over!

### Get Active!

Start 2026 off right! Get out of the house and make new friends at one of our senior centers! Go to our website and click on senior center location under the GET INVOLVED button, or **call us and ask for Melissa!**