



WE'RE OFF!

2026 Medicare Open Enrollment is Underway!
Appointments Are Filling Fast.

**REQUEST FOR APPOINTMENT
2026 Open Enrollment**

Name: _____
Phone: _____
Best time to call:
☐ Morning ☐ Afternoon
Preferred location: _____
Questions or notes: _____

Sabrina is keeping up with Open Enrollment Appointment requests.
How do you know? She's smiling.

SHIP Coordinator Tre Bamberg reports she and Whitney Anderson are seeing clients at an increasing pace. Tre and Whitney have been in the community talking about their role in the Medicare enrollment process. Sabrina and her colleagues at ADRC report a steady stream of calls. October appointments are full; November slots are filling rapidly. Even though Open Enrollment continues through early December, the remaining appointments fill quickly. Our team of counselors are generally fully booked before mid-November. The deadline to review and possibly change your plan for 2027 is December 7.

Bottom line: Call 334-240-4680 now for an appointment.



Whitney (left) and Tre are teaming up for Open Enrollment. Tre is assuming the SHIP Coordinator role as Whitney becomes CAAC's Assistant Director.

50 Acts Of Service

CAAC team members are busy with outreach every day. But Executive Director Yolanda Evans proposed something the team couldn't resist in 2026: 50 Acts of Service to mark our 50 years of serving Autauga, Montgomery and Elmore Counties. One of our most popular contributions is to the True Divine Food Pantry. For our team it is an act of love.



**Feed the Panda! Help Families coping with Dementia.
Donate at pandaprojectal.org. Thank you.**



Beyond the Greeting Card: Navigating the Holidays Together

By Amelia Mathews, CAAC Case Manager

As the holidays slowly approach, many families will be enjoying laughter, smiles, fun and joy, while others will be experiencing sorrow, heartache, pain and loneliness.

As a case manager, I've always looked at the holidays as a joyous time for my clients. But over time, I've seen a lot of families grow apart because of grief. I see clients who face grief even though their family members are still living. When the holidays come, some of my clients feel down and out because they believe no one cares about them anymore. It's one thing to lose someone, but it's another when abandonment comes into play.

As a case manager here at CAAC, I try to assure my clients that we care deeply about them and that they are thought of during this time of year. I do what I can to help them maintain their independence in the community.

There have been times when it becomes heartbreaking to see them sad as the holidays approach. They aren't as excited as others. Some will say, "Well, it's just another day, nothing special at all."

**“One small gesture
can fulfill a client's
heart.”**

— Amelia Mathews,
CAAC Case Manager



As their case manager, I find ways to make their holidays a little brighter by ensuring they have the assistive devices they need in their homes, nutritious meals delivered weekly, home modifications, incontinence supplies and many other services.

The passion I have for this field is beyond this world. I love what I do as a case manager and the community that I serve.

I feel it is my duty to assist my clients and their families, especially around the holidays, whether I am providing heaters, air conditioning units or supplies, because times have grown hard and costly.

It touches my heart knowing that I give my all and assure them that I am here to help make their days a little better, no matter what.

CAAC has trained me to be a strong-willed case manager. We are making a difference, one family at a time.



How You Can Help

You can make a direct difference in the lives of local seniors and individuals with disabilities this season. Please consider volunteering your time to visit an isolated neighbor. Together, we can bring comfort and connection to those who need it most.