

BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



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FEATURED PROGRAM- MEDICAID AGING WAIVER

BY MELISSA LEWIS

The Aging Waiver Program, is designed to assist older individuals with elevated levels of care needs. It provides services that prolong independent living and prevent premature or unnecessary placement in nursing facilities. The Aging Waiver Program offers a wide range of services. Some of the services include; Case Management, Homemaker Services, Personal Emergency Response System, Medication Reminder System, Companion Services, Non-Medical Transportation, Respite Care Services and Specialized Medical Equipment/Assistive Technology.

Eligibility for this program includes:

- Must be 65 years of age or older
- Must meet Utah Medicaid financial eligibility requirements
- Must meet medical eligibility for nursing home placement

Please call (435) 713-1467 for questions and to get more information about applying for the program.

A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

Good News! The Utah Department of Health has announced new guidelines for visitation in Skilled Nursing and Assisted Living Facilities!

General Visitation Policies as of 2/16/21

- Visits outside of the facility on facility grounds are encouraged. Outdoor visitation is preferred and all visits should be held outdoors whenever practicable. Aside from weather considerations, an individual resident's health status, or a facility's outbreak status, outdoor visitation should be allowed routinely.
- Schedule visits ahead of time.
- Require visitors and residents to wear masks at all times during visits, unless clinically contraindicated
- Use barriers to maintain 6 feet physical distancing to prevent visitors from physical contact with residents.
- Eye protection or face shields are required for indoor visitation when the county positivity rate is greater than 5%. Such use does not preclude the need to maintain 6 feet physical distancing. Should the 6 feet physical distancing not be possible, then gowns and gloves should be worn.
- While not expressly excluded, visiting children shall be supervised by an accompanying responsible adult and are subject to these core principles.
- Ensure facility staff supervise each visit to ensure proper distancing and compliance with visitation policies, including appropriate PPE use. Staff should maintain distance to allow for resident privacy. Supervision of the visit may be accomplished by frequent checks, monitoring with cameras in a public area or using volunteers to assist. The method of supervision shall be sufficiently effective to support monitoring objectives.
- Visitation during mealtimes should be discouraged, unless a person-centered approach suggests the visit is appropriate and the visit does not strain available staffing and PPE supplies.

Visitation guidelines are ever changing. For more information visit the Utah Coronavirus Information webpage. <https://coronavirus.utah.gov/long-term-care-facilities#long-term-care-families>

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Caregiver Central

By Deborah Crowther

“No one should try to approach the responsibilities of caregiving alone. While other family members are likely sources of support, don’t overlook friends, extended relatives and family associations, religious organizations, and culturally relevant social services as resources too.” AARP, Prepare to Care Planning Guide.



Some Caregivers find it difficult to Ask for and Accept Help. Creating a “Care Team” from community resources, family, friends, neighbors and professionals, can help reduce becoming overwhelmed and exhausted. Here are some tips on how to ask for help:

- Identify what you need help with most as a caregiver.
- Identify your care receiver's needs.
- Identify potential members of your caregiving team.
- Create a list of tasks/activities that will help you.
- Share your list with members of your team and ask them what they would like to do.

Remember, asking for help is a strength not a weakness. Asking for help shows confidence and resourcefulness.

Healthy Tip

By Valoy Reese, RN

Vitamin D is a fat-soluble vitamin that helps you metabolize the mineral Calcium to build strong bones and teeth. Your body can manufacture Vitamin D if you are exposed to sunlight, so food sources aren't necessarily a big issue unless you live in a far-northern climate with long winters or spend all your time indoors.

Bone Health and Osteoporosis

Bone is constantly being remodeled. However, as people age-and particularly in women during menopause- bone breakdown rates overtake rates of bone building. Over time, bone density can decline, and osteoporosis can eventually develop. For healthier bones to absorb calcium- enjoy a good healthy dose of sunlight.



Medicare Minute

They give love a bad name

by Jim Kreidler - Consumer Education Specialist, FTC

Leaving broken hearts and empty bank accounts, romance scammers give love a bad name. Now that you know how many people experience romance scams, and how to spot the scams, take some anti-scam action this Valentine's Day. Whether you're wondering if that interesting person who just messaged you is for real, looking forward to February 15 discounts on chocolates, or thinking about friends who are out in the online dating world, here are some messages to know and share about romance scams.

If an online love interest you've never met in person asks you for money, that's a scam. No matter what story they tell you. Never send money or gifts to anyone you haven't met in person — even if they send you money first. Only scammers tell you to buy gift cards, wire money, or buy cryptocurrency. And once you send that money, you won't get it back. Talk to someone you trust about your new love interest, and pay attention if they're concerned. Report romance scams to the dating or social networking site, and to the FTC at ReportFraud.ftc.gov.

Learn more at ftc.gov/romancescams.

And share this blog series, video, and graphics with people who might need it — even if you don't.

Medicare Coverage of Behavioral Health Care Services

Behavioral health care: Services and programs intended to help diagnose and treat both mental health illnesses and addiction-related issues. A mental illness is a condition that affects a person's thinking, feeling, or mood. Examples of mental health illnesses include depression and anxiety. Examples of addiction-related issues are alcoholism and opioid use disorder. Behavioral health conditions are typically not the result of any single event or circumstance. Rather, they tend to be complicated conditions involving multiple factors.

Contact your local SHIP Counselor at (435) 713-1461 if you have questions about what Medicare covers with Behavior Health Care Services.



Veteran's Voice

By Deborah Crowther

“The VA offers a variety of health care services. Enrollment in the VA health care system provides Veterans with the promise that comprehensive health care services will be available when and where they are needed. The VA health Benefits package includes all the necessary inpatient hospital care, outpatient services and extended care services to promote, preserve or restore your health.” -U.S. Department of Veterans Affairs Health Care Benefits Overview 2019 Edition Vol.1

Easy Ways to Apply for Enrollment:

Go to www.va.gov/health-care/how-to-apply to find the options for VA Health Care Applications.

By Phone: Veterans can complete applications for enrollment for VA Health care by telephone.

- Call SLC VA Medical Center enrollment at 801-584-2585
- Or call 1-877-222-8387

Online: Veterans can fill out the application online www.va.gov/health-care/apply/application and electronically submit it to VA for processing.

By Mail: Send your completed application to:

- Health Eligibility Center
2957 Clairmont Rd, Suite 200
Atlanta, GA 30329

In Person:

- At the SLC VA Medical Center
500 Foothill Blvd or your closest Community-Based Outpatient Clinic
<https://www.saltlakecity.va.gov/locations/index.asp>
- With the help of an accredited representative such as a Veteran Service Officer (VSO). You can contact the Utah Department of Veterans and Military Affairs to find a VSO near you at 801-326-2372.
- Locally, schedule an appointment with Deborah M. Crowther, Veteran Service Officer, at Bear River Association of Governments 435-713-1462.



Activity Corner

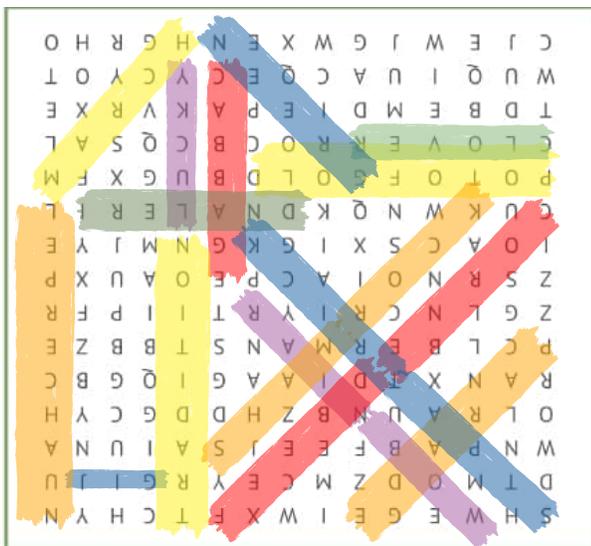
ST PATRICK'S DAY Word Search



CABBAGE	JIG	POT OF GOLD
CLOVER	LEPRECHAUN	RAINBOW
CORNED BEEF	LUCKY	SHAMROCK
GREEN	MARCH	ST PATRICK
IRELAND	PARADE	TRADITION



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Word Search

ST PATRICK'S DAY

Chuckles

How can you tell an Irishman is having a good time?

He's Dublin over with laughter!

What happens if you cross poison ivy with a four-leaf clover?

You get a rash of good luck!

What kind of bow can't be tied?

A rainbow!

Why do leprechauns hate running?

They would rather jig than jog!