

BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



CHECK OUT WHAT'S IN THIS
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CURRENT PROJECTS

BY JAMIE HANKS

The past couple of weeks we have been putting together these 72 hour emergency pandemic kits for our clients. We put these together in the hopes that our clients will feel that we care for them and their well-being. In each packet there are:

- 72 hour meal kits
- Water pouches
- Masks
- Disinfectant wipes
- Band-aids
- Toilet paper
- Latex free vinyl gloves
- Waterproof poncho
- Whistle
- Light stick
- Hand sanitizer
- Caregiver booklet
- Digital thermometer
- Paper towels
- Cough drops
- Emergency survival blanket

They have been so fun to work on and we hope that our clients enjoy them. If you or someone you know, are having difficulty with bathing, cleaning your home or cooking, please give us a call at 713-1467 to see if you qualify for any of our programs for in-home services.

A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

Dear Resident,

As the coronavirus pandemic drags on with seemingly no end in sight, and as case numbers continue to rise across our state, it can be difficult. Here are just a few ideas to help combat feelings of fear and isolation:

Connect: Utilize the options available right now to stay connected through phone calls, window visits, and video calls. Write letters. Reach out to a fellow resident with a smile. Take time to connect with the others in your facility.

Move and Breathe: Physical activity can boost your happiness by reducing stress and releasing feel-good brain chemicals. Look for unique ways to keep yourself moving every day, even if it's just walking around your facility or following an exercise routine on your TV.

Play some music: People who study the brain have shown that listening to music you enjoy can cause a release of dopamine, a chemical that increases feelings of happiness. Songs of empowerment also bubble up in troubled times, including now during the pandemic. Look for songs that either empower you or that evoke memories and feelings of peace and happiness.

COVID-19 UPDATES

Long-term care facilities receive a lot of direction from state and local health departments, and federal agencies such as CMS and the CDC. However, each facility can choose how and when to implement recommended guidelines. Thus, it is important to continue to follow the written policies of your facility. Unsure what the current guidelines are for your facility? Ask your administrator for a copy of the current policies pertaining to COVID-19. You can also call the Ombudsmen. We will be happy to talk with you about any of your concerns. Talking with Ombudsmen is always confidential and we only advocate on your behalf if you give us permission.

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Caregiver Central

Home Safety is an issue that everyone needs to pay attention to. As we grow older, having a safe home is more important than ever. Some may find their vision, hearing, strength or memory is going. These can lead to accidents that might be preventable. Here are some tips to help keep your home safe.



Preventing Falls:

- Remove small rugs and make sure that cords are off the floor and out of the way.
- Keep the floor and stairways clear.
- Ensure good lighting throughout the house.
- Use handrails on the stairs and make sure that they are sturdy.
- Install grab bars on the tub and shower. Always use a non-slip mat in the bathtub.

Preventing Fire-Related Injury:

- Never smoke in your bed or leave candles unattended.
- Install smoke detectors and change the batteries twice a year.
- Avoid wearing loose-fitted clothing when using the stove.
- Keep your space heaters away from flammable materials such as a couch or recliner.

Stay Safe Outside:

- Keep entrances well lit.
- Keep pathways clutter free from leaves and snow.
- Ask for help if you aren't able to upkeep clear pathways.

Being Safe with Your Medications:

- Talk to your doctor about medications that make you dizzy or lightheaded. Ask them to review your medications.
- Be sure your medications are clearly labeled with the name and dosage prescribed.

Information gathered from eldercare.gov

MEDICARE MINUTE

SUBMITTED BY JAMIE HANKS

New Tools to Fight Gift Card Scams

December 21, 2020 by Cristina Miranda

Division of Consumer and Business Education, FTC

This holiday season (and year-round), gift cards are on scammers' wish lists. Scammers always have a reason for you to pay them immediately with a gift card. And they often tell you which card to buy and which store to visit. That's why the FTC is launching a new Stop Gift Card Scams campaign to work with stores and law enforcement to fight these scams. And it's also why the FTC has taken another look at reporting data to see what's happening lately. This is pressing because the FTC's data show that, nationwide, gift cards are a top way that people report paying most scammers. People tell the FTC that, since 2018, they've paid almost \$245 million to scammers, with a median loss of \$840. Just today, the FTC released an updated Data Spotlight with some interesting new developments:

- Reports suggest eBay is scammers' current gift card brand of choice. It was Google Play and iTunes, but eBay has claimed the uncoveted top spot.
- People most often report using gift cards to pay scammers pretending to be the government, a business, tech support, or a friend or family member in trouble.
- People report that scammers tell them to buy gift cards at Walmart, Target, CVS, and Walgreens. And once they have you there, they'll keep you on the phone as you pay for the gift cards.

Which brings us full circle back to the Stop Gift Card Scams campaign. Read lots more in the Spotlight itself, and find out more about avoiding gift card scams at ftc.gov/giftcards. And if anyone, no matter who it is, tells you to pay with a gift card, that's a scam. Stop, don't pay, and then tell the FTC at ReportFraud.ftc.gov



Activity Corner



R L S E N Y B F Q S A H
 X E R K C M O P D N J I
 S C T V A O S K I O G T
 W E D N K T A H Z W L O
 O C C X I F I T P M A Z
 L O J I R W T N Y A B S
 E L W E P I L S G N T S
 B D E V C F M R E O L E
 N Z S E T A K S O E G T
 E T U D K P S B D Y N I
 R S N O W B A L L C U H
 F I L S A R U N Y I B W



BELOW	SKATING
BOOTS	SKI
COAT	SLED
COLD	SLIP
FREEZE	SNOWBALL
ICE	SNOWMAN
ICY	WHITE
SKATES	WINTER



Let's Celebrate!

HAPPY
 NEW YEAR



W I B I Y N R U S A R I L S A R I L S F I L S
 H U H C U H C U H R S N O W B A L L C U H
 N I Y N I Y N I E T U D K P S B D Y N I
 T G T E G T E G T N Z S E T A K S O E G T
 L E O L E L E O L E B D E V C F M R E O L E
 S T S N T S N T S E L W E P I L S G N T S
 S A B S A B S A B S L O J I R W T N Y A B S
 Z A Z A Z A Z O C C X I F I T P M A Z
 L O W L O W L O W E D N K T A H Z W L O
 T G T O G T O G T S C T V A O S K I O G T
 J I N J I N J I X E R K C M O P D N J I
 A H S A H S A H R L S E N Y B F Q S A H

Chuckles

Why was 6 afraid of 9 on New Years Eve?
 Because 9, 8, 7...

Did you hear about the man who stole a
 calendar on New Years Eve?
 He got 12 months!

An Iphone and a Firework were both
 arrested on New Years Eve.
 One was charged and the other was let
 off.

I can't wait till New Year's Day 2021.
 Then I can say hindsight is really 2020.

