

BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



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FEATURED PROGRAM- ALTERNATIVES PROGRAM BY JENNIFER KAY

The Alternatives program is designed to offer services that will help an individual stay in their home. Clients and families have greatly benefited in receiving the services offered by the Alternatives program. Our clients report they really love the aides that come to help with bathing, household chores, meal preparation and shopping. The aides go above and beyond to help our clients.

One client has limited ability to use his shoulders so he cannot make his bed well. The client is so grateful that at least twice a week he can crawl into a clean, freshly made bed. Many clients are feeling isolated and the Alternatives program can offer companionship services. Clients can have someone come just to visit or take them for a ride, or get out of the house to go shopping. Some clients have been able to receive much needed incontinence briefs and nutrition drinks.

There are so many options available to help older adults stay in their homes. Each client is unique and will have a case manager design a plan that helps with individual needs. We are here to support you and your loved ones.

Contact Shelly, Our Intake Specialist at 435-713-1467 for more information.

A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

What is an Ombudsman?

Mission

As mandated by the Older American's Act, the mission of the Long-Term Care Ombudsman (LTCO) is to seek resolution of problems and advocate for the rights of residents of long-term care facilities with the goal of enhancing the quality of life and care of residents.

Purpose

The primary purpose of the Long-Term Care Ombudsman Program is to improve the quality of life, care, and environment of long-term care residents. The Ombudsman works with the resident to seek resolution of concerns and complaints related to their long-term care services. The program provides a method by which resident complaints can be heard and resolved, if possible. The Ombudsman is the mediator, educator, and advocate in helping consumers resolve complaints. This is accomplished through a cooperative approach between providers, regulators, residents, families, and the ombudsman.

Reporting

Anyone (residents, relatives, friends or even the staff of a facility) may initiate a complaint on behalf of the resident. Often residents are unable to do it themselves. Only as mutually agreed upon, between the ombudsman and the resident or his/her legal representative, the ombudsman will make every reasonable effort to assist, represent and intervene on behalf of the resident.

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Caregiver Central

By Deborah Crowther

Family Caregiving- Respite Care

"Caregiving for an elderly, ill, or disabled family member is a demanding job and no one is equipped to do it alone. Finding respite care services can provide a vital break."

Respite care provides temporary relief for a primary Caregiver, enabling you to take a much needed break from the demands of caregiving a sick, aging, or disabled family member. Respite care can take place in your own home, at day-care centers, or at residential or nursing facilities that offer overnight stays. Whether it's for just a few hours a week or an extended vacation, seeking respite care can help ease the burden of family caregiving and help relieve stress, restore your energy, and promote balance in your life. It can also prevent you from becoming exhausted, isolated, or even burned out. Respite care can benefit the person you're caring for too, providing them with variety, stimulation, and a welcome change of routine.

Seeking support and maintaining your own health are key to managing your role as a caregiver, so it's not selfish to need time to yourself. If your overwhelmed by the daily grind of caregiving, please contact Shelly Andrus at 435-713-1467 to schedule a caregiver intake or contact Deborah Crowther at 435-713-1462.





Crooks Extort Grandparents for Cash Amid Pandemic

by Katherine Skiba, AARP, June 8, 2020

Amid the global health crisis, the FBI and local police are investigating an uptick in grandparent scams. In New Jersey and New York alone, roughly 100 victims have lost about \$1 million in recent months, an official says. The scams often begin when an older person is contacted by a criminal who poses as a panicked grandchild in need of thousands of dollars quickly for an emergency such as a hospital bill or bail money, says the FBI's Greg Takacs, an assistant special agent in charge in the bureau's Newark, New Jersey office. "It's just so disgusting," he says, as these bad actors are preying on older folks and exploiting the love and sense of altruism they have for their family members. The scams are fast-moving extortions with various pretexts. A crook may pretend to be an attorney or bail bondsman, Takacs says. And the relative said to need big bucks is not always a "grandchild;" it could be a "niece" or "nephew." Impostor Scams: Family Members and Friends...

"In these days of coronavirus concerns, their lies can be particularly compelling," FTC attorney Lisa Weintraub Schifferle warns. "They pull at your heartstrings so they can trick you into sending money before you realize it's a scam," she says. Resist the urge to act immediately, she adds, "no matter how dramatic the story is." Takacs, a lawyer with the FBI for more than 23 years, says his own mother-in-law was telephoned by a grandparent scammer before Memorial Day. The scammer masqueraded as the FBI official's son, alleging he was in trouble in an out-of-state locale where the family vacations. The grandmother did not take the bait, instructing the "grandson" to call his parents. That ruse bears out what Takacs says often happens before a target is contacted. Bad actors scour Facebook and other information sources online to figure out family relationships and concoct a phony story, he says. benefits, you must take this test," they've been warned. That's a bald-faced lie.

How to stop a grandparent scam

And if you get a scam call, report it to local police, to the FBI's Internet Complaint Center and to the FTC .

Here's advice from the FBI and other authorities on how to thwart a grandparent's scam:

- Use privacy controls on Facebook and other social media platforms to limit what strangers can learn about you and your family.
- When you suspect that someone who calls, texts or emails you is a scammer, take a breath. Slow it down. Contact the family member who purportedly is in trouble and needs cash. Such calls may come late at night and the background may be noisy, adding to confusion. Never act in haste.
- If you suspect a scam, tell the caller directly: "I am not participating in this discussion." Consider writing that down on a piece of paper and keeping it near your telephone.
- If the caller purports to be a bail bondsman, ask where your relative is being held and contact the facility directly. Or call your local police department, where officers may be able to call the jail and check out the story.
- Resist the urge to act immediately — no matter how dramatic the story is.
- Verify the caller's identity. Ask questions that a stranger couldn't possibly answer. Check the story out with someone else in your family or circle of friends, even if you've been told to keep it a secret.
- Don't send cash, gift cards or money transfers — once the scammer gets them, they're gone.
- For more information, read the FTC's guidance on Family Emergency Scams.
- And if you get a scam call, report it to local police, to the FBI's Internet Complaint Center and to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

Veteran's Voice

By Deborah Crowther

As events rapidly unfold in Afghanistan, the news may be distressing to many service members, Veterans, their families, caregivers, and survivors. You are not alone.

The undersigned organizations care for, represent, and support you. They're standing by to help.

Act. Get help, or give help. Reach out to teammates and fellow military- or Veteran-connected family members and friends. Check in on them.

Volunteer. Contribute your time and resources to Afghan interpreters and refugees, or organizations that provide mental health services or other programs and services for the military and Veteran community. We're all in this together.

If you are a veteran, military member, family service member, including National Guard and Reserves, caregiver or survivor, immediate help is available through the Veterans Crisis Line and Military Crisis Line by calling 1-800-273-8255 and pressing 1 or by texting 838255.

Signed:

AARP
American Red Cross
America's Warrior Partnership
The Armed Forces Retiree Association
Armed Services YMCA
Blue Star Families
Beth Conlin
Bunker Labs
Code of Support Foundation
Cohen Veterans Network
Combined Arms
Dixon Center for Military and Veterans Services
Elizabeth Dole Foundation
Exceptional Families of the Military
Freedom Learning Group
Sarah L. Friedman, Ph.D.
Headstrong
The Independence Fund
Institute for Veterans and Military Families at Syracuse University
IAVA
Military Child Education Coalition
Military Family Advisory Network
Military Family Research Institute at Purdue University
Military Spouse Advocacy Network
The Mission Continues
Modern Military Association of America

Nation's Finest
National Math & Science Initiative
Partners in PROMISE
PENFED Foundation
PsychArmor Institute
Psych Hub
RallyPoint
Rosalynn Carter Institute for Caregivers (Operation Family Caregiver)
Saralyn Mark, MD
Schultz Family Foundation
Sea Service Family, Foundation
Secure Families Initiative
Semper Fi & America's Fund
The Society for Military Psychology
Student Veterans of America
Team RWB
The Retired Enlisted Association
TAPS
Travis Manion Foundation
TriWest Community Partners
United Through Reading
Vets' Community Connections
VetsFirst United Spinal Association
Veterans Education Success
The Women's Memorial & Foundation
wear blue: run to remember



Activity Corner

SEPTEMBER

S K O O B S T N L E R S
 I L A B O R D A Y U Q T
 O S O N E R E O M H Y A
 L C H A B E L E E O L S
 E W A C O R N H Z M V D
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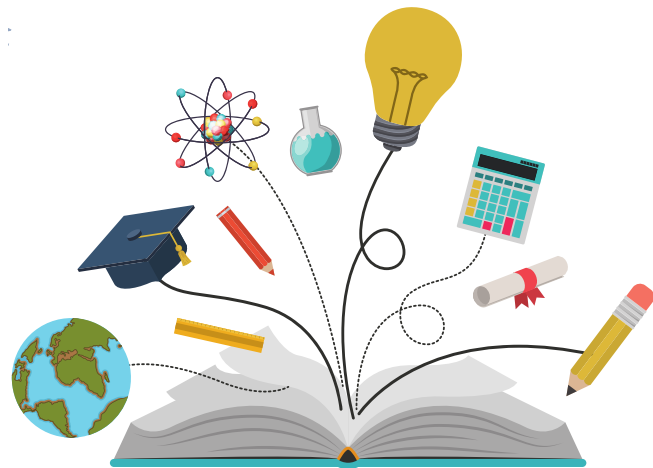
ACORN
 APPLES
 AUTUMN
 BOOKS

BREEZE
 FALL
 FRIENDS
 HARVEST

HOMEWORK
 LABOR DAY
 LEAVES
 RAKE

RED
 SCHOOL
 SQUIRREL
 YELLOW

HAPPY
LABOR DAY



Chuckles

What did the buffalo say at drop-off?
 Bison

Why do math books always look so sad?
 They are full of problems

What did the paper say to the pencil?
 Write on!

What's the smartest insect?
 A spelling bee

Why did the kid cross the playground?
 To get to the other slide

