

BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



CHECK OUT WHAT'S IN THIS
ISSUE:

A MESSAGE FROM OUR
OMBUDSMAN - 2
CAREGIVER CENTRAL - 3
HEALTHY TIP - 3
MEDICARE MINUTE - 4
VETERANS VOICE - 5
ACTIVITY CORNER - 6



FEATURED PROGRAM- MEDICAID AGING WAIVER

BY MELISSA LEWIS

The Aging Waiver program is designed to provide services to help adults 65 and older remain in their homes or other community based settings. The goal of this program is to help Individuals live as independently as possible with supportive services.

Eligibility Requirements:

- Be 65 years of age or older
- Medically needy. An RN will determine if a client meets this requirement.
- Meet financial eligibility requirements for Medicaid

If you or your loved one are interested in finding out more about this program or how to apply call 435-713-1467.

A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

RESIDENTS' RIGHTS MONTH

OCTOBER 2021

Jennifer Kay
Long-Term Care Ombudsman
435-713-1464
jenniferk@brag.utah.gov
<https://www.bearriveraging.org>



An annual event to honor all residents living in all long-term care facilities and celebrate the awareness of dignity, respect, and the rights of each resident.

Resident's Voice Challenge

Residents are invited to reflect on this year's theme and get creative by submitting artwork, video or audio recordings, poems, essays, word collages, songs, or photos for the Resident's Voice Challenge.

Artwork Contest: We will be selecting original resident artwork to be featured on a door hanger. These door hangers will serve as a reminder for anyone who visits, that this is the resident's home.

Deadline for submissions is September 1, 2021. Visit our website for additional details.

Additional Ways to Celebrate

- **Share promotional materials** such as a sample newsletter article, sample press release, and proclamations to the Governor and Mayor.
- **Partake in Residents' Rights Month activities.** Use our activity calendar for ideas throughout the month of October and to provide an opportunity for education, discussion, and community-building. (Calendar will be shared in October Newsletter)

For more resources, activities, and promotional materials, visit <https://theconsumervoice.org/events/2021-residents-rights-month>

Caregiver Central

By Deborah Crowther

Benefits of a Support Group

As a caregiver, there may be times you feel isolated and lonely. A significant benefit of a support group is being able to obtain social support with other people who are sharing a similar experience. Some of the other benefits can include: learning from other's experiences, being honest and open about your feelings, normalizing your feelings about the situation, learning coping skills, getting a better understanding of the disease and what to expect in the future, reducing feelings of anxiety, isolation and loneliness.



For more information about the Caregiver Support Groups in our area, contact Deborah Crowther at (435)713-1462.

Healthy Tip

By Valoy Reese



Why Gardening is good for the body and soul

- Viewing plants or gardens through a window was linked to lower blood pressure, stress reduction, better immune functioning and increased subjective vitality
- Direct contact with nature is linked to rejuvenation, inner peace, anxiety and stress reduction as well as improved cognition
- Gardens provide access to sunshine and fresh air which regulate circadian rhythms and greatly influences sleep and eating patterns
- Gardening can provide an avenue for self-expression, self-sufficiency and enhanced self-esteem
- Gardening can become part of your identity as it becomes a normal part of the daily routine
- Gardening increases fruit and vegetable consumption
- Gardening provides an opportunity for increased physical activity and exercise

Credit to a recent study conducted by Scott et al (2015) the benefits of gardening for the older population.



Medicare Minute



5 Surprising Places Medicare Fraudsters Lurk

by Katherine Skiba, AARP, June 17, 2021

A sad fact of life: Medicare, a vital insurance program for older Americans, hemorrhages billions of dollars every year due to fraud. The criminals to blame hurt not only the more than 60 million beneficiaries. The thievery affects every taxpayer whose dollars help pay for Medicare. That's why older Americans should know that these crooks lurk not only in doctors' offices, hospitals and clinics. Allan Medina, who leads the Justice Department's Health Care Fraud Unit, tells AARP that Medicare fraudsters prowl in places that one might not expect.

Lying for money

Medicare fraud involves lying for money, he says, and it's happening in "epic proportions." Medina, 39, spoke to AARP on Tuesday — World Elder Abuse Awareness Day — and singled out five surprising places fraudsters operate.

1. At health expos. Attendees have been approached for a "free" genetic test for cancer, filled out a questionnaire, given up a Medicare number and had a cheek swabbed for DNA. Except the test isn't free; Medicare pays for it. "We're talking close to \$6,000," says Medina, who says the bad actors are marketers who often pay kickbacks to corrupt doctors to obtain signed medical orders. Even worse, the fraudsters may order more tests — allergy panels, for example — and send on the bill to Medicare.
2. On the phone. Sometimes the same scheme plays out in an unsolicited phone call. Telemarketers have contacted Medicare beneficiaries and insisted the recipients of the call need to undergo an expensive test. "If you want to keep your benefits, you must take this test," they've been warned. That's a bald-faced lie.
3. On a telehealth visit. Executives of telehealth companies have paid clinicians to order unnecessary durable medical equipment, genetic tests, other diagnostic tests or pain medications, Justice Department officials say. The clinician may have a brief phone call with a patient — or no contact whatsoever. Last July, a telehealth company owner in South Florida pleaded guilty to generating and selling doctors' orders used to defraud Medicare of more than \$21 million.
4. On a street corner. Bad actors known as patient recruiters or marketers "hit the streets, they go to bus stops, they go senior homes — things of that nature," Medina says. As an opening pitch, they might tell an older American, "Hey, you look like your knee hurts. If you give me your Medicare number, I'll get you a massage." The bad actor can sell a patient's Medicare information to a shady durable medical equipment firm or a lab. Then, sham invoices are credited and Medicare is saddled with the bill.
5. In your home. Home health consists of part-time, medically necessary services ordered by a physician and covered by Medicare. The services could be skilled-care nursing or physical therapy, for example. Bad actors lie when they complete patient assessments and exaggerate what help they need. "The sicker someone is, the more you get paid," is the fraudster's mindset, Medina says.

What can you do to protect yourself?

- Protect your Medicare card number and all other sensitive personal and financial information.
- Examine your explanation of benefits (EOBs). If you see charges for health care services that you did not receive, report it.
- File a report online to Medicare.
- Or file by calling 800-MEDICARE (800-633-4227). TTY users may call 877-486-2048.
- If you are enrolled in a Medicare Advantage plan, call the Medicare Drug Integrity Contractor at 877-7SAFERX (877-772-3379).

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



VA medical facilities provide a wide range of services, including, but not limited to...

- Traditional hospital-based services
- Pharmacy
- Mental Health
- Audiology
- Orthopedics
- Substance Abuse

Easy Ways to Apply for Enrollment:

You can 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 in VA health care by telephone. To apply, call 1-877-222-8387.
- Call SLC VA Medical Center enrollment at 801-584-2585

Online:

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

By Mail:

- You can send your completed application to:
Health Eligibility Center
2957 Clairmont Rd, Suite 200
Atlanta, GA 30329

In Person:

- At the SLC VA medical Center or your closest Community-Based Outpatient Clinic.
- With the help of an accredited representative such as a Veteran Service Officer. You can contact the Utah Dept. of Veterans and Military Affairs at 801-326-2372.
- Locally, you can call: Deborah M. Crowther, Veteran Service Officer 435-713-1462.

Activity Corner



SUMMER

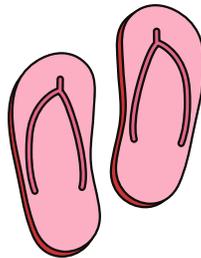


WORD SEARCH

Search for the twelve Summer themed words below.



- | | | |
|------------|------------|------------|
| BARBECUE | LEMONADE | SUNSCREEN |
| BEACH | POOL | SWIMMING |
| FLIP FLOPS | SUMMER | VACATION |
| ICE CREAM | SUNGLASSES | WATERMELON |



Chuckles

When do you go at red and stop at green?

When eating a watermelon

Where do Sharks like to go on vacation?
To Finland

Why do fish like to eat worms?
They get hooked on them

What did the pig say on a hot summers day?
I'm bacon!

Why do bees have sticky hair?
Because they use honey combs

