

HAPPY VALENTINE'S DAY



**FEBRUARY
NEWSLETTER FROM
THE BEAR RIVER
AREA AGENCY ON
AGING**



Cheers to a New Year from the *Aging Department at Bear River Area Agency on Aging!* As we step into 2024 remember our motto, ***“Supporting a Lifetime of Dignity, Independence, Hope, and Strength.”*** We are dedicated to supporting and empowering every step of your journey and encouraging you to enjoy today and look forward to tomorrow.

My name is Josie Elliker, I am the Administrative Assistant to our Aging Services Director Carolyn Reed, here at Bear River Area Agency on Aging at BRAG. Please feel free to reach out to me with any ideas you may have for our bi-monthly newsletter.
josiee@brag.utah.gov

Veteran Services

Nourishing Body and Soul with Veterans' Recipes: A Special Touch for Valentine's Day and Presidents' Day

In the spirit of community and shared joy, our Veterans Program is excited to introduce a delightful addition to our newsletter – fun and delicious recipes from the Veterans Associations. As Giada De Laurentiis beautifully puts it, *'Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love.'*

One recipe that stands out for its simplicity and flavor is the 'One-Pot Southwestern Rice and Beans.' This hearty dish not only brings warmth to your table but also embodies the camaraderie and connection that food fosters.

As we approach Valentine's Day, consider making this savory recipe a part of your celebration. Add a special touch to your Valentine's Day date by preparing a delightful and heartwarming 'One-Pot Southwestern Rice and Beans' meal together. Whether you're a culinary enthusiast or just looking for a new recipe to try, there's something for everyone to enjoy

Explore a variety of mouthwatering recipes sourced from the VA website at:
<https://www.nutrition.va.gov/docs/Cookbooks/CookingWithEaseCookbookJAN2023.pdf>

For more information about services for Veteran's, please contact Shanna Anderson,
435-713-1460



LOVE
YOU

Veteran Services Recipe

TRUE
LOVE

One-Pot Southwestern Rice and Beans

Prep: 5 minutes | Cook: 45 minutes | Total: 50 minutes Yield: 4 servings |

Serving Size: ~1½ cups Ingredients:

- 1 cup uncooked brown rice, rinsed
- 2½ cups water
- 1 (15-ounce) can beans, drained and rinsed (e.g., black beans, kidney beans, pinto beans)
- 1 (14.5-ounce) can diced tomatoes
- 1 (4-ounce) can diced green chili peppers
- 1 teaspoon chili powder
- 1 teaspoon garlic powder

KISS
ME

BE
MINE

Directions:

1. Add the rice and water to a large saucepan or stockpot. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
2. Cover the pot with a lid and cook for 20 minutes.
3. Add the beans, tomatoes with their juice, chili peppers, chili powder, and garlic powder. Stir to combine.
4. Cover the pot with the lid and continue cooking until the rice is tender, about 20-25 minutes.
5. Serve warm.

Recipe Notes:

- To use instant (10-minute) brown rice, use 1½ cups uncooked rice and 1½ cups water. Add all ingredients to the pot in step 1. Bring to a boil, then reduce the heat to maintain a simmer. Cover with a lid and cook until the rice is tender, about 10 minutes. This recipe is brought to you by the Veterans Associations. For more recipes, please visit www.nutrition.va.gov.



YOU &
ME

CHARM
ME

Embracing Community and Celebrating Seniors: Spotlight on Senior Centers

These senior centers play a pivotal role in supporting our seniors and creating spaces filled with meaning and camaraderie. In the spirit of the season of love, several of our Senior Centers are gearing up for delightful Valentine's Day celebrations.

The Aging department's heartfelt appreciation to our valued partners:



Cache Valley Senior Center, Director - Giselle Madrid
Speedfriending: Getting to know your friends!
February 14th 1:00pm



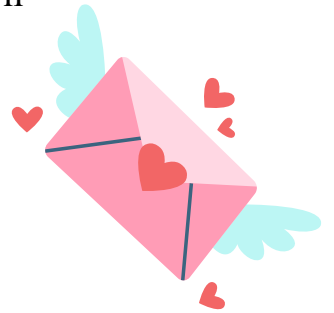
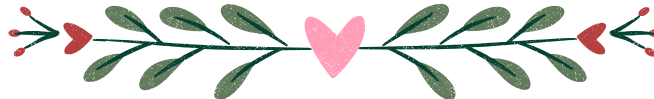
Brigham City Senior Center, Director - Amanda Kelle
Meyers Lunch and Valentines Day Social
February 14th 11:30-2:00pm



Tremonton Senior Center, Director - Jenny Christensen
Dinner and Dance
February 9th 5:00 - 7:00 pm



Rich County Senior Center, Director - Bill Cox



Throughout January, our senior centers have been buzzing with vitality, offering evidence-based classes that enhance mobility and organizing fun activities and field trips for our beloved seniors.

Join with us here at Bear River Aging in giving a resounding shoutout to our senior centers for their unwavering commitment to the wellbeing of our elderly. Here's to the heartwarming celebrations and the ongoing positive effects that our senior centers provide. May our community continue to thrive with the spirit of togetherness and gratitude. Cheers to our cherished seniors and the places that make a difference in their lives!

Long-Term Care Ombudsman - Advocating for Quality Care



The Long-Term Care Ombudsman is a **vital advocate for residents in nursing homes and assisted living facilities**. Mandated by the federal Older Americans Act in every state, the LTCOP addresses concerns related to residents' quality of life and care.

What can a Long-Term-Care Ombudsman do for you?

- Make sure your rights are respected with dignity
- Advocate and investigate any concerns about abuse with you, your family member, or other clients in a facility.
- Ensure you care, while in the facility, meets your expectations of quality
- Address all concerns that you or your family may have concerning your well-being while in a facility

Stay informed about your rights and how to access these advocacy services. For more information about Ombudsman services, please contact your local

Ombudsman-

Chad Fairbanks at 435-713-1464, chadf@brag.utah.gov



The Family Caregiver Support Program: Your Essential Guide to Compassionate Assistance

The program will educate, support, and give relief so that you are able to find yourself again, with a sense of peace for you, and support for your loved one.

The Family Caregiver Support Program is a Utah State program that gives a one-time stipend to help assist family members who are supporting a loved one as their caregiver. We strive to evaluate needs to disseminate the funding to those who do not have other resources that could fill their need. Many times, we can assist families with discovery of avenues they were not aware of, in a one-on-one, or family consultation that guides towards a better path of assistance.

Our program also explores potential transitions to other programs, ensuring we can address future needs effectively. For more information, please contact our Caregiver Support Case Manager - Shawna Peterson, at 435-713-1467, shawnap@brag.utah.gov

Please submit all inquiries about BEAR RIVER AREA AGENCY ON AGING programs to:

Shelly Andrus @ 435-713-1467; shellya@brag.utah.gov



State Health Insurance Program (SHIP) Important Update for Medicare Beneficiaries in 2024

Bear River Area Agency on Aging is announcing a new **SHIP & SMP Coordinator: Tammy Hadley.**

Many of you have worked with Tammy and know of her talents in accomplishing great things for the seniors in our Tri-county area. We are grateful and excited for her new role in implementing all of our State Health Insurance and Fraud Prevention programs.

This year, there won't be new Medicare cards issued. However, it has come to our attention that scammers may attempt to mislead you. *Be wary of deceptive messages claiming that Medicare is distributing new cards, possibly made of plastic or metal, or featuring a chip.* These scammers may insist that you need to verify your identity, including your Medicare number, to facilitate the delivery to get a new card. This is a fraudulent attempt to obtain your personal or financial information. Your safety and security are of utmost importance to us. Stay vigilant, and if you or a loved one encounters such deceptive practices, please reach out to the appropriate authorities immediately. Let's ensure a secure and informed community as we navigate through the month of February.

To learn more about services related to
SHIP – Insurance & SMP - Fraud, please
contact

Tammy Hadly at 435-713-1467,
tammyh@brag.utah.gov

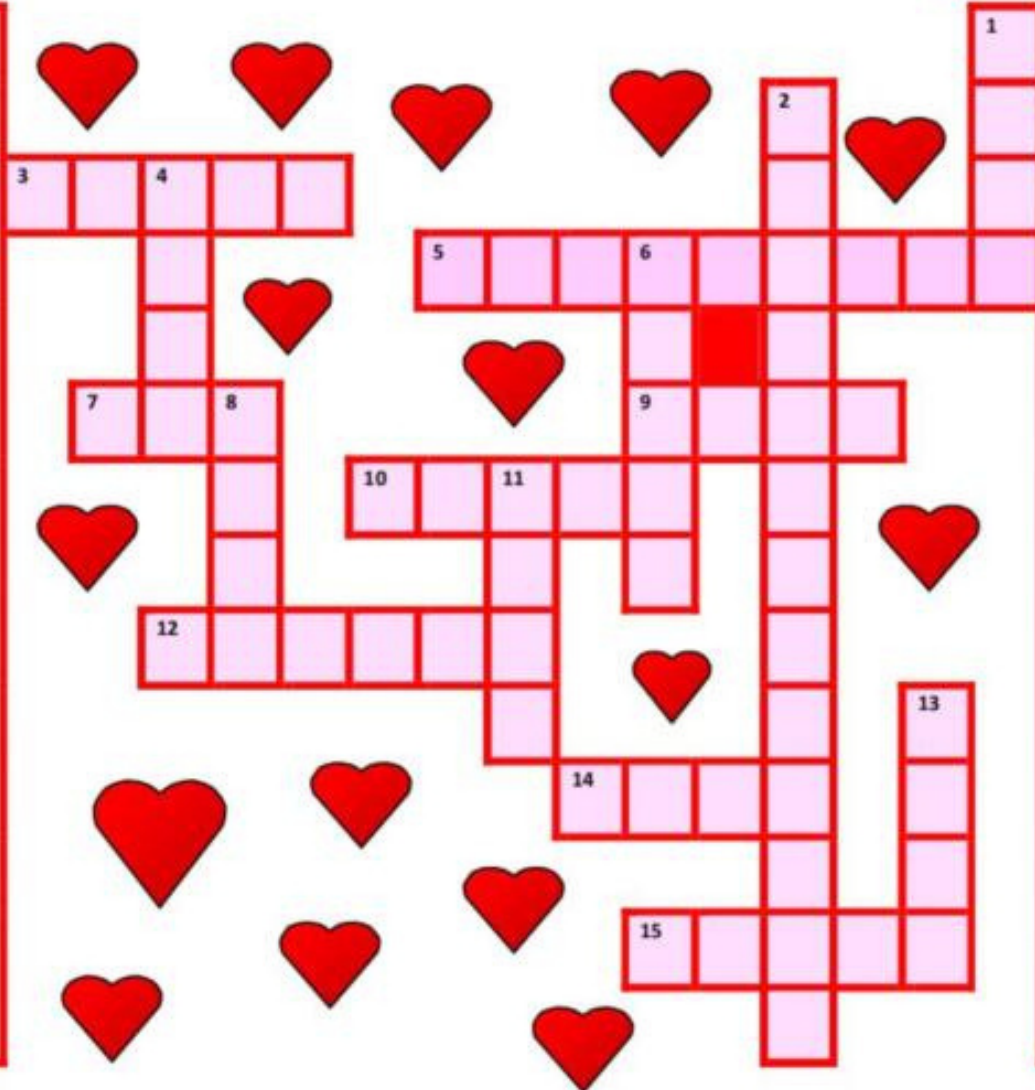




Valentine's Day



14 Feb.



Across

- 3. What cupid shoots.
- 5. A Valentine's Day treat.
- 7. Valentine's Day color.
- 9. Something you wear on your finger.
- 10. He shoots love arrows.
- 12. Something often written on Valentine's Day cards.
- 14. Touch lips.
- 15. The symbol of love.

Down

- 1. An emotion.
- 2. A day for love.
- 4. The flower of love.
- 6. People often exchange these on Valentine's Day.
- 8. Go on a _____. Go somewhere with your boyfriend or girlfriend.
- 11. Something a poet writes.
- 13. Present.