

# BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



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## FEATURED PROGRAM- VETERANS SERVICES

BY DEBORAH CROWTHER

The Veteran-Directed Home and Community Based Services program is for Veterans of all ages who are in need of support to remain independent in their homes.

To qualify for the Veterans Program:

- Veteran must be enrolled in the VA Health Care
- Veteran must have a primary care provider
- Veteran must be at risk of nursing home placement
- Veteran must be interested in directing their own care

The Veteran decides what services are required to meet their needs and hires individuals to provide the services. The Veterans Service Officer can assist with providing different options available to the Veteran. The Veterans Service Officer also provides outreach services to educate Veterans and their family members about community veteran resources.

Please call Deborah Crowther at (435) 713-1462 for questions and to get more information about applying for the program.

# A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

VISITORS	Vaccinated* Immunocompetent	Unvaccinated	Immunocompromised Vaccinated or Unvaccinated
Hold visitation after a close exposure	X	X	X
Hold visitation after domestic travel		X	X
Hold visitation after international travel		X	X
Test after domestic travel**		X	X
Test after international travel**	X	X	X
Test prior to visitation**		X	X
Isolate at least 10 days after a positive test	X	X	X
Mask in common areas of the facility	X	X	X
Mask when staff or other residents are present	X	X	X
Mask while alone with their vaccinated resident(s)		X	X
Mask while visiting unvaccinated residents	X	X	X
Physically distance with vaccinated residents***			
Physically distance with unvaccinated residents***	X	X	X

## Visitation in Assisted Living and Skilled Nursing Facilities

The Utah Department of Health has recently released recommendations for visitation in long-term care facilities based on vaccination status. The charts below will help you to know what precautions you should still be taking. The blue chart is for residents, and green is for visitors. If you have questions you may contact Jennifer Kay, the local Ombudsman, 435-713-1464.

RESIDENTS	Vaccinated* Immunocompetent	Unvaccinated	Immunocompromised Vaccinated or Unvaccinated
Quarantine upon admission or after leave of absence (LOA)		X	X
Quarantine after a close exposure	X	X	X
Quarantine during an outbreak	X	X	X
Test for routine surveillance			
Test after exposure or during an outbreak	X	X	X
Isolate at least 10 days after a positive test	X	X	X
Mask in common areas of the facility	X	X	X
May only participate in visits or gatherings where all participants are masked/distanced***		X	X
Mask/distance for gatherings where one or more present are unvaccinated (or unknown/unverified)	X	X	X
Mask with unvaccinated visitors	X	X	X
Mask around other residents or staff**	X	X	X
Physically distanced dining		X	X
Physically distanced visitation***		X	X
Indoor visits are dependent on resident vaccination rate/community transmission***		X	X
Indoor visits stopped during an outbreak***	X	X	X

\*Vaccinated is defined as >2 weeks from completion of an approved COVID-19 vaccination series. If status is unknown, the individual should be considered unvaccinated.

\*\*Exception: Vaccinated residents may choose to not mask or distance in small groups of all vaccinated participants. Vaccinated staff must remain masked during all activities.

\*\*\*Exceptions for compassionate care visits

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# Medicare Minute

## 4 Scams to Avoid While Traveling

As travel becomes more common after the pandemic, scam artists are taking advantage of travelers who are longing to get away. Here are some ways to avoid 5 current travel scams:

1. Free or rock-bottom deals: Enticing travel offers can be tempting but a deal that is way undervalued and seems too good to be true, is probably a scam. To avoid this scam, simply walk away. Always use a trusted travel agency or company and never pay for a trip with a prepaid gift card.
2. Rental-car cons: There have been many reports of fake rental-car-company scams. Scammers will create a fake customer service numbers, take your information and leave you stranded. To avoid this scam, verify that you are calling the real customer service department and check that you are on a legitimate rental-car company website.
3. Third-party websites for TSA PreCheck and Global Entry programs: Scammers will create look-alike websites that seem like they will help you get through the airport security quicker. To avoid this scam, check that the website is an official government website. [tsa.gov](https://www.tsa.gov)
4. Disappearing vacation rentals: Scammers capitalize on vacation rental properties by offering a property that doesn't exist or doesn't measure up to the photos. To avoid this scam, keep your interactions with the property owners on the website. Do not allow them to take the conversation to another platform. Check the online reviews and verify the location on Google Maps.

The Senior Medicare Patrol educates and assists Medicare Beneficiaries to prevent, detect and report healthcare fraud, errors, and abuse. Contact your local SMP office at 1(800) 541-7735

## Healthy Tip

By Valoy Reese

1. Fight afternoon fatigue -- Fatigue is a common problem among older adults, especially after lunch. Having a glass of water and a high-antioxidant food like a prune can revitalize the body and stimulate the mind. Prunes are good for regularity also.
2. Exercise from the neck up -- Keeping the brain active and fit is imperative to the health of older adults. Not only does it stave off memory-loss illnesses like Alzheimer's and dementia, but it also fosters executive function. Try word games and recall exercises. For example, find 5 red objects during a walk in the neighborhood and recall them when back home. Or use your phone to take pictures of the things that interest you. This is a great way to learn that new smarter than us phone.
3. Pole walk -- Walking poles allow for more balanced mobility than walkers or canes. Walking with poles engages the muscles of the upper torso, which increases upper-body strength and cardiovascular endurance. Consult a physician before making the switch to poles, from other assistive devices.
4. Dine in duos -- Those who share meals with others eat less than those who eat alone. This is an easy weight-loss tactic and one that fosters social interaction and engagement. While this is easy for those aging in community, older adults aging at home can plan to have meals with family or friends at least several times a week. Or plan a picnic in the park for a variation of the same place.
5. Break routine -- Routine limits brain stimulation. Introduce new foods or new ways of eating the same food. For example, replace canned peaches with freshly sliced ones. Also, try taking a different route to the grocery store or shopping center.

# Caregiver Central

By Deborah Crowther

Summer months are often a time for Holidays, family reunions, and traveling. If you are caring for someone who has dementia, this can present some challenges. Here are some tips to make these events a better experience. Be realistic about what you and your loved one can handle. If you are traveling and visiting friends and family, you should consider:

- Take a third person to help you.
- Plan breaks for you and the person you are caring for. Plan time and space for plenty of rest. Don't over schedule.
- If flying, contact TSA 1(866) 289-9673, to request accommodations for individuals with dementia.
- Before arriving, inform family and friends of the changes in the individual with dementia.
- Plan the best time of day for activities and visitors for the individual with dementia. If they become more agitated in the afternoon or evening, avoid those times.
- Pack medications and medical information with a list of emergency contacts. Keep readily available.
- As much as possible, keep your daily routine.



The Alzheimer's Association's website is a great resource for additional information. [Alz.org](http://Alz.org)



## Veteran's Voice

By Deborah Crowther

Two Hundred and Forty-Five years ago, on July 4th, 1776, the Declaration of Independence was adopted by the Second Continental Congress. It is the day we spend celebrating our country's freedom. It is also a day to honor and thank those individuals and their family members who have and are serving our country in the military.

Engraved on the Korean War Veterans Memorial in Washington D.C. are the words, "Freedom is Not Free". "The origin of "freedom is not free" is credited to retired U.S. Air Force Colonel Walter Hitchcock of the New Mexico Military Institute. It is meant to express gratitude for the service of members of the military, implicitly stating that the freedoms enjoyed by those living in democracies today are only possible due to the risks taken and sacrifices made by those in the armed services. It conveys respect — specifically to those who gave their lives in defense of our freedom." David Almasi, conservativeblog.org, May 2015. Take a moment to acknowledge the sacrifices, say "thank you", write a note expressing appreciation or provide an act of service to those and their family, in our community who have and are serving in the Military.

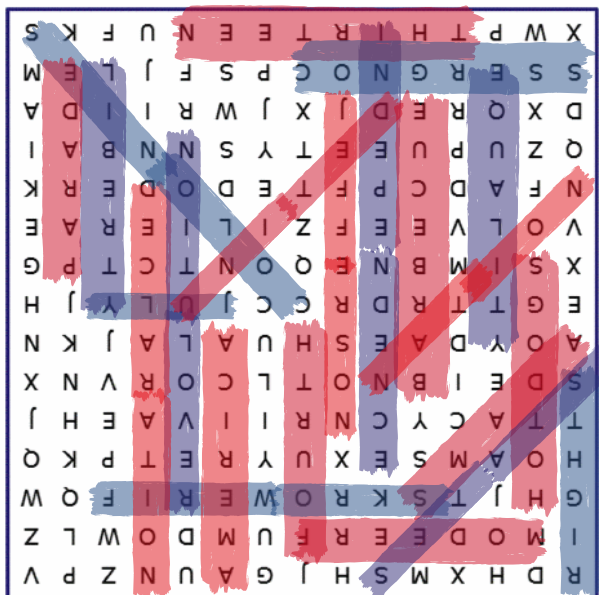
Deborah M. Crowther, SSW, Veteran's Benefit Specialist  
Bear River Area Agency on Aging

# Activity Corner

## July Fourth Word Search



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- |             |              |            |
|-------------|--------------|------------|
| ADAMS       | FOURTH       | NATION     |
| AMERICA     | FREEDOM      | PARADE     |
| BARBECUE    | HOTDOGS      | REVOLUTION |
| COLONIES    | INDEPENDENCE | RIGHTS     |
| CONGRESS    | JEFFERSON    | STATES     |
| DECLARATION | JULY         | THIRTEEN   |
| EQUALITY    | LIBERTY      | UNITED     |
| FIREWORKS   |              |            |



## Chuckles

What do you call a duck on the 4th of July?

A Fire Quacker

What did the flag say to the pole?

Nothing. It just waved.

What stays in the corner but goes all over the U.S.?

A postage stamp

How come there's no Knock-Knock jokes about America?

Because freedom rings!