

# BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



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## FEATURED PROGRAM- MEDICAID NEW CHOICESWAIVER

BY DEBBIE ROWARTH

One of my clients has a debilitating disease that caused him, over many years, to lose control of much of his ability to function. These later years of his life he can only use his hand a little bit - the smallest of tasks difficult. He can still do some things to help others in any way he is able. He is inspiring as he tries to keep his spirits up and to be cheerful; most of the time succeeding. His dry sense of humor never far below the surface. He has always been able to get a laugh out of me. I don't see this ability in many. It is probably easier to complain. But why not inspire others and make their day brighter. Better to encourage hope and happiness. Our world could benefit .

Eligibility for this program includes:

Must be 18 years of age or older

Must meet Utah Medicaid financial eligibility requirements

Must live in a nursing home for at least 90 days or reside in an assisted living facility for at least 365 consecutive days or more

Please call (435) 713-1467 for questions and to get more information about applying for the program.

# A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

## Visitors, Vaccines, and Leaves of Absence

As more residents cross the two-week mark after their second COVID-19 vaccine, residents, families, and facilities alike are all asking the same questions: what does this mean for getting back to normal? Can visitors visit more freely now? Can residents come and go from the facilities? On February 16th, the Utah Department of Health updated their guidance regarding visitors and leaves of absence in both nursing homes and assisted living facilities. Below, we give you the highlights of the new recommendations.

### Just the Facts...

- In general, receiving both doses of the COVID-19 vaccine protects you from severe illness, but it is unknown whether a vaccinated person can still spread the virus to those not vaccinated.
- Visitors and residents need to still wear masks and maintain 6-foot physical distance while visiting. Facilities may provide a clear, plexiglass barrier in lieu of masks for those unable to wear a mask efficiently.
- It is recommended that residents refrain from leaving the facility for non-essential reasons.
- All visitors should be screened for symptoms and facilities are encouraged to limit the number of visitors in the facility at one time.
- Residents who have tested positive for COVID-19 in the last 90 days do not require quarantine following a leave of absence.

### For more information...

Visit the state's website dedicated to providing the latest information to those living in long-term care at <https://coronavirus.utah.gov/long-term-care-facilities>. The updated guidance for nursing homes and assisted living facilities can be found by going to the following websites:

- Nursing home guidance: [https://coronavirus-download.utah.gov/Health-provider/COVID-19-Guidance-for-Visitors-in-Nursing-Facilities\\_021621.pdf](https://coronavirus-download.utah.gov/Health-provider/COVID-19-Guidance-for-Visitors-in-Nursing-Facilities_021621.pdf)
- Assisted living guidance: [https://coronavirus-download.utah.gov/Health-provider/COVID-19-Guidance-for-Visitors-in-Assisted%20Living%20Facilities\\_021621.pdf](https://coronavirus-download.utah.gov/Health-provider/COVID-19-Guidance-for-Visitors-in-Assisted%20Living%20Facilities_021621.pdf).

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# Caregiver Central

By Deborah Crowther

Taking care of someone with Dementia or a chronic disease can be a 24 hour a day, 7 days a week job. If you try to do everything yourself, eventually you will get burned out. “When you ask for help, it doesn’t mean that you have given up on your loved on or you don’t love them. It just gives you some time to take care of yourself. You’ll be a better caregiver when you care for you own mental and physical health”. Neha Pathak, MD.



Create a list of your needs and tasks that you feel would be of most help to you. Identify people such as, family, friends, neighbors and professionals who can help with these tasks. You can ask the people you have identified what they are willing and able to do on your list. As your loved one’s health declines, you may need to revise the list. Asking for help is a sign of strength, not weakness. Sharing the care increase the likelihood of maintaining your health and well being while not depriving others the opportunity to assist you.

## Healthy Tip

By Valoy Reese, RN

### **Sitting down too long causes health issues**

Research has linked sitting for long periods of time with health concerns. They include obesity and a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels — that make up metabolic syndrome.

1. It hurts your heart.
2. It can shorten your life. You are more likely to die earlier from any cause if you sit for long .
3. Dementia is more likely. If you sit too much, your brain could look just like that of someone with dementia.
4. The effects of too much sitting are hard to counter with exercise. You will undo all the exercise that you have done before. “if you don’t use it, you loose it.”

Setting goals to move more, do not have to be big to benefit you. Make smaller goals to increase movement in your life. If you sit for an hour, get up and move at least 5-10 minutes. Walking. stretching and moving your legs helps to keep circulation going.



Increase the amount of movement each week until you can accomplish a goal of moving more, sitting less.

\*Remember if you need help to get up ask for help. Falling will not be a benefit to getting healthy, but moving more is.

# Medicare Minute

## Medicare's Coverage of Care at Home

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury. If you qualify for the home health benefit, Medicare covers:

- Skilled nursing services provided up to seven days per week for generally no more than eight hours per day and 28 hours per week
- Skilled therapy services, such as physical, speech, and occupation therapy
- Home health aide, so long as you require skilled care as well
- Medical social services to help with social or emotional concerns related to your illness
- Certain medical supplies, such as wound dressings and catheters
- Certain durable medical equipment (DME), such as a wheelchair or walker

Note: Medicare should pay for these services regardless of whether your condition is temporary or chronic and regardless of whether your condition is improving or not.

## Medicare will cover your home health care if:

1. You are homebound, meaning it is extremely difficult for you to leave your home and you need help doing so.

- Due to the coronavirus public health emergency, the homebound requirement can be met in additional ways. You can be considered homebound if your physician certifies that you cannot leave your home because you are at risk of medical complications if you go outside, or if you have a suspected or confirmed case of COVID-19.

2. You need skilled nursing services on an intermittent basis and and/or skilled therapy care. Skilled therapy refers to physical, speech, and occupational therapy.

- You cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you need other skilled services as well, you could also receive occupational therapy.

3. You have a face-to-face meeting with your doctor within the 90 days before you start home health care, or the 30 days after the first day you receive care. This meeting can be facilitated by technology such as video conferencing.

4. Your doctor signs a home health certification confirming that you are homebound and need intermittent skilled care. The certification must also state that your doctor has approved a plan of care for you and that the face-to-face meeting requirement was met. Your doctor should review and, if needed, recertify your home health plan every 60 days.

5. You receive care from a Medicare-certified home health agency (HHA). If you need help finding a Medicare-approved HHA, call 1-800-MEDICARE. If you have a Medicare Advantage Plan, contact your plan for a list of in-network HHAs.



# Veteran's Voice

By Deborah Crowther

*The following information is an excerpt from the VA.gov website.*

## **What VA dental care benefits do I qualify for?**

If you qualify for VA dental care benefits, you may be able to get some or all of your dental care through VA. Find out how to get VA dental care or how to buy dental insurance if you don't qualify.



## **Can I get VA dental care benefits for some or all of my dental care?**

It depends on a number of factors, like your military service history and your current health and living situation. Based on these factors, VA places you into a benefits class—and you get the specific benefits assigned to that class.

**You may qualify for:** Any needed dental care.

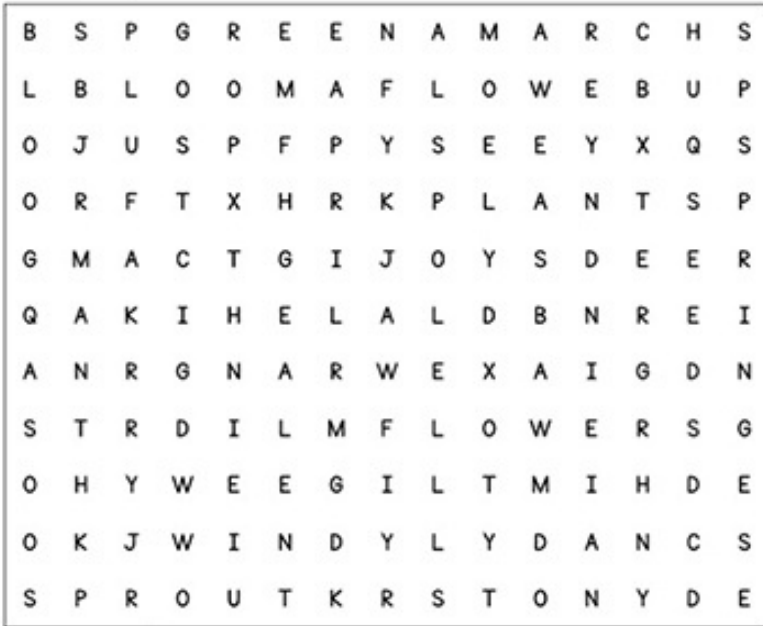
- I'm a former prisoner of war.
- I have one or more service-connected disabilities rated 100% disabling.
- I'm unemployable (unable to work), and I get disability compensation at the 100% disabling rate due to service-connected conditions.
- I served on active duty for 90 days or more during the Persian Gulf War era.
- I have a service-connected non-compensable dental condition (a dental condition that you're not getting disability payments for) or a disability that's the result of combat wounds or service trauma.
- A VA dental care provider has concluded that my dental condition is linked to a service-connected health condition and is making that condition worse.
- I'm active in a 38 U.S.C. Chapter 31 Veteran Readiness and Employment program.
- I get VA care or am scheduled for inpatient care for a health condition—and I need dental care for a dental issue that's making my health condition harder to treat.
- I'm signed up to get care through the Homeless Veterans Dental Program (VHA Directive 2007-039).
- I currently get inpatient care in a hospital, nursing home, or other supervised homelike care setting (called domiciliary care).

Go to: [www.va.gov/health-care/about-va-health-benefits/dental-care/](http://www.va.gov/health-care/about-va-health-benefits/dental-care/) for more information.

# Activity Corner



## Spring Word Search

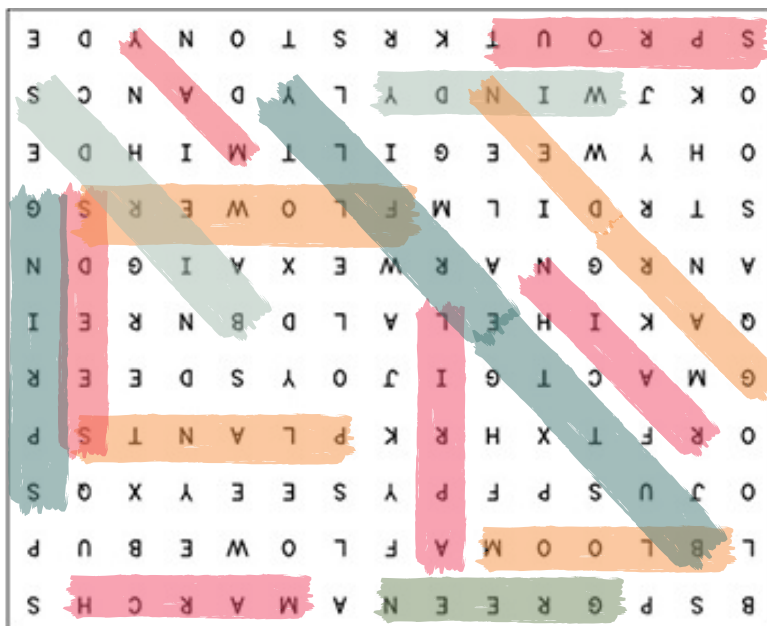


Spring	Flowers	Seeds
March	Windy	Sprout
April	Bloom	Birds
May	Garden	Butterfly
Rain	Plants	Green



FRESH STARTS  
&

*New  
Beginnings*



## Chuckles

Why don't birds follow directions?  
They like to wing it!

Which flowers make good friends?  
Rose-buds

How did the tree feel in the spring?  
re-leaved

How do bees get to school?  
On a school buzzz.

Why did the birdie go to the hospital?  
For a tweet-ment.