

Upcoming Events

Tuesday, January 14th-15th:

Senior Expo

Dixie Center-St. George, Utah

Wednesday, January 15th:

Dementia Caregiver Conference

St. George, Utah

Thursday, January 23rd 12-4pm:

Dealing with Dementia—for Caregivers

St. George, Utah

Tuesday, January 28th 12-4pm:

Dealing with Dementia—for Professionals

St. George, Utah

Tuesday, February 11th 9am-5pm:

Dementia Dialogues

St. George, Utah

Thursday, February 20th:

Dealing with Dementia

Cedar City, Utah

There is no cost. RSVP may be required. For more information, call 435-673-3548.

Caregiver Groups

Cedar City Bring Your Own Lunch and Learn with Heather Cox

2nd Tuesday of each month noon-2:00pm
585 N Main St Cedar City

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver” — Rosalyn Carter. We welcome all four kinds of people to bring your lunch and join us for Cedar City Lunch and Learn monthly caregiver support group. On January 14th, come learn what to do when you don't know what to do: problem solving for caregivers. Form more information, contact Heather at 435-865-7314 or hcox@fivecounty.utah.gov.

Kanab Senior Center Caregiver Support Group with Nancy Morrill

2nd Wednesday of each month 12:30-1:30pm
Kanab Senior Center 172 E 100 N Kanab

* Starting in January, join Nancy Morrill as she facilitates The Caregiver Academy, a six week skill development program for family caregivers. The series kicks off on January 8th with Caregiving 101: Finding Resources & Services: The big picture of care management-services, resource guides and more. For more information contact Nancy at 435-673-3548 or nmorrill@fivecounty.utah.gov.

There is no cost and no RSVP required.



Involved Aging: News and Announcements

1070 West 1600 South, Bldg B

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435-673-3548 aanews@fivecounty.utah.gov

www.areaagencyonagingfivecounty.org

www.facebook.com/AgingFiveCountyUtah

January, 2020

Medicare Coverage of Diabetic Supplies

One-in-five people over age 65 is diabetic. Medicare coverage for diabetic supplies can be confusing at best. Some items and services are covered under Part B while others are covered under Part D. Some items and services have a coinsurance, some a copay and others are covered at no cost. Use this chart to help make sense of Medicare's coverage of Diabetic supplies:

Part B Services		Part D Services
Diabetes Screenings	Glaucoma Tests	Anti-diabetic drugs (like Metformin or Glipizide)
Blood Sugar Self-testing equipment and supplies (Monitors, test strips and lancets)	Insulin pumps and the insulin to go with it	Insulin that isn't administered with an insulin pump, either in pens or vials
Foot exams and treatment for neuropathy	Therapeutic Shoes or inserts	Insulin Administration supplies like syringes, needles, alcohol swabs and gauze

For Services covered under Part B, most services will have a 20% coinsurance. The Diabetes Screening is considered a Preventive Health benefit and does not have any coinsurance. Part D benefits vary in cost depending on the Part D plan you choose. If you cannot afford your diabetic supplies, contact the Area Agency on Aging SHIP program at 435-673-3548 to find out if you are eligible for assistance.





Without A, B and O, we can't save anybody.
You can help fill the #MissingTypes. Learn how.

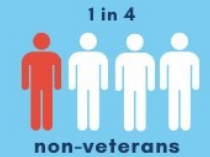


was a huge success! We received word from Mike Wiest of the American Red Cross that we surpassed our goal of 16 units of blood with a total of 20 units being donated! That translates to 60 lives saved! Thank you to everyone who donated! We would love to see you all at our next blood drive to be held this summer. Stay tuned for details!

In December, the Area Agency on Aging hosted a blood drive to benefit the American Red Cross. Thanks to the dedication of our Foster Grandparent and Senior Companion Coordinator, Joni Lyman, and the generosity of our staff and community, the event

OVER 1 IN 3 VETERANS HAVE ARTHRITIS

It is more common among veterans than non-veterans and a leading cause of work and physical disability.



Self-management education workshops and physical activity classes can help people with arthritis learn how to control their symptoms and develop more confidence in managing health problems affecting their lives.

Learn More:
<https://www.cdc.gov/features/arthritis-among-veterans/index.html>



The Tip Jar

It takes a full 60 seconds for a person living with Dementia to process information, allow that minute to save time overall.

“Trust yourself. You know more than you think you do.”
—Benjamin Spock

Medicare and Social Security will not call, text, or email you. If you get a call claiming to be from one of these agencies, hang up!

Medicare Fraud Stops with You

Report Medicare fraud to your local SMP



SMP

877-808-2468

www.smpresource.org

Available in all 50 states, the District of Columbia, Puerto Rico, Guam, and the Virgin Islands

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. To learn more, or to find out how you can get involved by volunteering call, 435-867-6020.

January 15, 2020

Dementia Care Conference at the Senior Expo



Dixie Convention Center
1835 S Convention Center Drive
St. George, UT 84790
\$10 registration fee includes lunch

For families and caregivers of loved ones living with dementia

Contact us with questions and register by calling: 435-319-0407

A Note from the Editor

We are glad to bring this newsletter to you monthly, but realize you might be looking for more ideas and information. With this in mind, we are working to bring more of our information and knowledge to the tips of your fingers via the internet. For more information and to read our weekly blog posts, visit our website: <https://www.areaagencyonagingfivecounty.org/>

For daily posts visit our Facebook Page: <https://www.facebook.com/AgingFiveCountyUtah/>

For other resources, stress busters, quotes, easy meals and more visit us on Pinterest: www.pinterest.com/fivecountyaging. Don't forget to "Like" and "Follow" for the most updates!