

Calendar & Newsletter

Bear River Area Agency on Aging

435 - 713 - 1462

Empowering lives with Dignity, Independence, and Hope

Welcome to our Monthly Newsletter!

Hi Friends,

We're excited to launch the Bear River's Area Agency on Aging newsletter! Our goal is to help connect more people with the free resources available in our community and support the health and well-being of older adults, Caregivers, Veterans and families.

We'll be sharing helpful programs, resources, and opportunities so that together we can build a healthier, and more connected Cache Valley. This year, we're excited to begin hosting classes and support groups for family caregivers and older adults.



April is..

National Volunteer Month!

Thank you to all the volunteers in our community serving older adults, including the Meals on Wheels Program and Senior Companions!

And a VERY special thank you to our volunteer ombudsman, Mike Vlah, whom we've featured.

Meet Mike Vlah!

Mike is our very first volunteer ombudsman! He does it because service gives his life meaning. After seeing his grandmother experience Long-Term Care facilities, Mike decided to sign up to make life a little brighter for those who cannot live at home anymore.

Mike's Advice: it takes thoughtful language to communicate that ombudsmen are truly advocates for the resident above all, "Every resident has something they'd like to change about their situation, and it might take a while for them to open up about it."

Mike recommends everyone to watch: "The Thin Edge of Dignity," by Dick Weinman. It is a 20 minute Youtube video about the autonomy and agency lost in the lives of assisted living residents.

Thank you for dedication to our mission of creating a community that supports aging with dignity, Mike!

Approaching Spring



As the days grow longer and the weather slowly warms, spring reminds us that brighter days are ahead. Even small moments outside like sitting in the sunshine, taking a short walk, or noticing the first flowers blooming, can lift our mood and boost our energy.

For older adults and caregivers, spring is a great time to enjoy simple activities together. Fresh air, light movement, and time spent connecting with others can make a big difference in overall well-being!

Events Calendar!

You can click [HERE](#) to sign up for classes online

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
		LOGAN LIBRARY'S FILM FEST				
5	6	7	8	9	10	11
EASTER	Caregiver Talking Points @Brigham Community Center - 10:30AM	WORLD HEALTH DAY Stress-Busting 101 1pm @Cache County Senior Center Good Grief - Support Group 11am@Cache County Senior Center	Medicare Minute @Hyrum senior Center 12:30pm	Caregiver Talking Points 1:00pm @Bear River Valley Senior Center, Tremonton Medicare Minute at Lunch		Family & Caregiver Resource Fair 10am-5pm @Cache County Event Center Veteran Suicide Prevention Concert 6pm @Riverwoods Conference Center
12	13	14	15	16	17	18
Did you know? Most senior Centers Serve free or reduced Lunch. Call or walk in to learn more!		Stress-Busting 101 1pm @Cache County Senior Center	Caregiver Talking Points 10am @Cache County Senior Center Medicare Minute at Lunch			Earth Day Service Project @Prince of Peace Lutheran Church
19	20	21	22	23	24	25
	Caregiver Talking Points 10:30am @Brigham Community Center Medicare Minute at Lunch	Stress-Busting 101 1pm @Cache County Senior Center	EARTH DAY		INTERNATIONAL DAY OF PEACE	Community Resource Fair 2pm-6pm @Logan Library
26	27	28	29	30		
		Stress-Busting 101 1pm @Cache County Senior Center	Caregiver Support Group 3pm @The Work, 2nd Floor EVERY Wednesday	INTERNATIONAL JAZZ DAY		

Upcoming Classes

Caregiver Talking Points

presented by
Bear River Area Agency on Aging
 Bi-Monthly sessions at your local Senior Center



Class discussions that assist family and other non-professional caregivers in developing individual care management skills!

To join, call: 435-713-1462
 or go to: tinyurl.com/bragecalendar

170 N Main St Logan, UT berriveraging.org/



Medicare Minute

Monthly At your local Senior Center during Lunch

Learn all about recent updates and changes with Medicare and how they may be beneficial for you! We will also learn about tips and tricks for fraud prevention

For Dates, Call: 435-713-1462
 or go to: tinyurl.com/bragecalendar

435-713-1462 berriveraging.org/

CAREGIVER STRESS-BUSTING PROGRAMS



Developed at
UT Health

Presented by



DO YOU HELP CARE FOR SOMEONE WITH ALZHEIMERS OR DEMENTIA?

THIS FREE PROGRAM WILL:

- Acknowledge struggles & challenges as caregivers.
- Teach stress management techniques & relaxation coping strategies to relieve stress.

Limited Availability! To sign up, Call, email or visit our website

Tuesdays,
 April 7th thru May 26th
 1-2:30 pm

CACHE COUNTY SENIOR CENTER
 179 N MAIN
 LOGAN, UT 84321

435-713-1462 carmenr@brag.utah.gov BearRiverAging.org/

Caregiver Talking Points

Learn practical strategies to manage stress, set healthy boundaries, and sustain your well-being while caregiving. Classes in Logan, Brigham City, and Tremonton.
[Apply HERE](#)

Medicare Minute

At your local senior center, sit down for some lunch and learn about Medicare's recent updates.
[Find Dates HERE](#)

Stress Busting For Family Caregivers

As a family caregiver, de-stress a bit as we discover simple, everyday techniques to reduce stress and improve emotional balance.
[Apply HERE](#)

Free Services

Information & Referral

If you are caring for a loved one or you are 60 years and older, call us to learn more about our support programs.

Veterans Service Officer

435-713-1460

Assistance, connection to resources, and helping them navigating the VA system.

Caregiver Support Program

- Home Help - Education - Case Manager
- Personal Cares - Resources
- Meal Prep

Aging Wavier & Alternatives Program

Those qualifying may receive benefits like: In-home support, Incontinence Supplies, Companionship, Homemaking, meals.

Medicare & Medicaid Enrollment

Unbiased support enrolling in state health insurance programs.

Long-Term Care

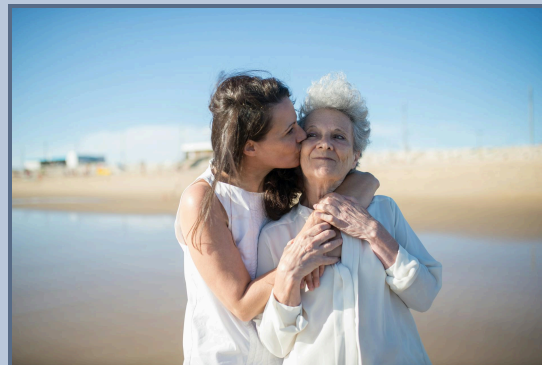
Ombudsman (435) 713-1464

Rights advocate for residents of long-term care facilities.

Caregiver Support Classes

Call to join our classes for free
435-713-1462

[Learn More](#)



(435) 713-1462

<https://www.bearriveraging.org/>

170 N Main St

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