

# BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



CHECK OUT WHAT'S IN THIS  
ISSUE:

A MESSAGE FROM OUR  
OMBUDSMAN - 2  
MEDICARE MINUTE - 3  
VETERANS VOICE - 4  
CAREGIVER CENTRAL - 4  
ACTIVITY CORNER - 5



## *A MESSAGE FROM THE AGING DIRECTOR*

BY CAROLYN REED

HAPPY NEW YEAR!!! We have so many remarkable things to look forward to in the coming year. This past year has been anything but normal and yet we have shared wonderful experiences.

2021 has taught us that we can do anything when we work together. We have watched communities come together to support one another when a neighbor has been struggling with COVID or rallying to help an entire town rebuild after devastating tornadoes, and individual caregivers staying constantly vigilant and loving as they do the difficult job of caring for a loved one with dementia in a stressful environment. The theme of goodwill to our fellowman has been a constant reminder of the basic goodness that is in all of us.

As we move into 2022, we look forward to continued friendships with the beloved clients and associates we work with through Bear River Area Agency on Aging. Our clients are an important part of our lives, and we will continue to serve and support them with the honor and respect they deserve.

This coming year let's take a leap of faith and begin this wondrous new year by believing in one another.

# A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

## New Guidance for Visitation in Long-Term Care Facilities as of November 12, 2021

- Facilities must allow indoor visitation at all times for all residents.
- Facilities can no longer limit frequency and length of visits, number of visitors, or require advanced scheduling of visits.
- Visits should be conducted in a way that adheres to the core principles of COVID-19 infection prevention and does not increase risks to other residents.
- Vaccinated and unvaccinated residents can have close contact, including touch. Visitors should be made aware of the risks of physical contact with unvaccinated residents before the visit.
- Communal activities and dining can occur while adhering to core principals of COVID-19 infection prevention. The safest approach is for everyone, regardless of vaccination status to wear a mask while in communal areas.
- While CMS strongly encourages vaccinations, visitors, ombudsman, protection and advocacy representatives, and surveyors are not required to be vaccinated.
- Visitors should be screened upon entry. Any visitor who is positive for COVID-19, or has symptoms of COVID-19, or meets the criteria for quarantine should not enter facilities.

There is additional guidance regarding masking, where visitation occurs, visitation during an outbreak, testing and vaccination, resident outings and quarantine and transmission bases precautions.

\*\*\*If your facility is denying visitation:

1. Contact your Long-Term Care Ombudsman Program. The Long-Term Care Ombudsman program advocates for residents of nursing homes, assisted living facilities, board and care homes, and similar adult care homes. Find contact information for a program near you.
2. File a complaint with your state survey agency. Residents and families have the right to complain and file a complaint with their stat survey and certification agency when the resident's rights are not being met. You can find their information on our website.
3. Contact your state legislators and local representatives. Decision-makers need to hear from you! Call or email your local officials and share what you are experiencing.

[https://theconsumervoice.org/uploads/files/issues/CMS\\_Guidance\\_11-12-21\\_info\\_sheet.pdf](https://theconsumervoice.org/uploads/files/issues/CMS_Guidance_11-12-21_info_sheet.pdf)

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<https://www.bearriveraging.org>



## Volunteer with us!

Visit seniors needing companionship.  
Give a family caregiver a break.



SCAN ME



**AmeriCorps  
Seniors**

Retired & Senior Volunteer Program  
(Ages 55 & Older)

PLEASE CALL/TEXT HANNAH AT 435-760-4472  
OR EMAIL [HANNAH.CRAGUN@SUNSHINETERRACE.ORG](mailto:HANNAH.CRAGUN@SUNSHINETERRACE.ORG)

## How to donate wisely after a disaster by Colleen Tressler, Consumer Education Specialist, FTC

As residents across Kentucky, Illinois, Tennessee, Arkansas, and Missouri begin taking stock following the devastating series of tornadoes that hit their states, you might be looking for ways to help the people and communities affected. Unfortunately, scammers also are busy trying to take advantage. You want to make sure your money gets in the hands of charities you want to help.

If you're looking for a way to help, the FTC urges you to be cautious of potential charity scams. Do some research to ensure that your donation will go to a reputable organization that will use the money as promised. Consider these tips:

- Donate to charities you know and trust with a proven track record with dealing with disasters.
- Be alert for charities that seem to have sprung up overnight in connection with current events. Check out the charity with the Better Business Bureau's (BBB) Wise Giving Alliance, Charity Navigator, Charity Watch, or GuideStar.
- Designate the disaster so you can ensure your funds are going to disaster relief, rather than a general fund that the charity could use for any of its work.
- If you get donation requests by email, never click on links or open attachments in e-mails unless you know who sent it. You could unknowingly install malware on your computer.
- Don't assume that charity messages posted on social media are legitimate. Research the organization yourself.
- When texting to donate, confirm the number with the source before you donate. The charge will show up on your mobile phone bill, but donations are not immediate.
- Find out if the charity or fundraiser must be registered in your state by contacting the National Association of State Charity Officials. If they should be registered, but they're not, consider donating through another charity.

To learn more, go to [ftc.gov/charity](https://ftc.gov/charity). For tips to help you prepare for, deal with, and recover from a natural disaster or severe weather event, visit [Dealing with Weather Emergencies](#).



# Caregiver Central

By Deborah Crowther, SSW

## Family Caregiving- Respite Care

"Caregiving for an elderly, ill, or disabled family member is a demanding job and no one is equipped to do it alone. Finding respite care services can provide a vital break."

Respite care provides temporary relief for a primary Caregiver, enabling you to take a much needed break from the demands of caregiving a sick, aging, or disabled family member. Respite care can take place in your own home, at day-care centers, or at residential or nursing facilities that offer overnight stays. Whether it's for just a few hours a week or an extended vacation, seeking respite care can help ease the burden of family caregiving and help relieve stress, restore your energy, and promote balance in your life. It can also prevent you from becoming exhausted, isolated, or even burned out. Respite care can benefit the person you're caring for too, providing them with variety, stimulation, and a welcome change of routine.

Seeking support and maintaining your own health are key to managing your role as a caregiver, so it's not selfish to need time to yourself. If your overwhelmed by the daily grind of caregiving, please contact Shelly Andrus at 435-713-1467 to schedule a caregiver intake or contact Deborah Crowther at 435-713-1462.



## Health Tip

By Shawna Peterson, RN, SSW

### Health tips to get back on track after Christmas

- Cut back on indulgence. The festive period is filled with sugary treats and large portions
- Set realistic goals
- Eat a balanced diet. Choose nutritious foods instead of empty calories
- Stay hydrated
- Get some exercise
- Get a good night's sleep
- Just keep trying to consistently make good health choices and you will feel better and see results. Don't get discouraged!



Caregiving? Join us for a 4 session practical training course designed to educate those who care for persons with Alzheimer's disease and other diagnosis

## Dementia

## Dialogues

3:30-5:00 pm  
each  
Wednesday in  
February

SESSION 1 - FEBRUARY 2ND

The Basic Facts:

An Introduction to Dementia

SESSION 2 - FEBRUARY 9TH

Keeping the Dialogue Going:

Communication Skills

SESSION 3 - FEBRUARY 16TH

Safe Environments and

Addressing Challenging Behavior

SESSION 4 - FEBRUARY 23RD

Now What Do I Do?

Creative Problem Solving

LED BY:

Amy Anderson and

Dennis Wildman,

Certified Dementia Instructors

To register, call 435-754-0233 or email:  
amy.anderson@sunshineterrace.org



SUNSHINE TERRACE FOUNDATION  
ENTER AT 225 NORTH 300 WEST

# Veteran's Voice

By Deborah Crowther, SSW

"The VA offers a variety of health care services. Enrollment in the VA health care system provides Veterans with the promise that comprehensive health care services will be available when and where they are needed.

The VA health benefits package includes all the necessary inpatient hospital care, outpatient services and extended care

services to promote, preserve or restore your health." U.S. Department of Veterans Affairs Health Care Benefits Overview 2019 Edition Vol. 1



VA medical facilities provide a wide range of services, including: (This is not an inclusive list)

- Traditional hospital-based services
- Mental Health
- Orthopedics
- Pharmacy
- Audiology
- Substance Abuse

Easy ways to apply for enrollment:

- By Phone:
  - Call SLC VA Medical Center enrollment at 801-584-2585
  - Veterans can complete applications for enrollment in VA health care by telephone. To apply call 1-877-222-8387
- Online:
  - Veterans can fill out the application online at [www.va.gov/health-care/apply/application](http://www.va.gov/health-care/apply/application) and electronically submit it to VA for processing.
- By Mail:
  - You can send your completed application to:  
Health Eligibility Center  
2957 Clairmont Rd, Suite 200  
Atlanta, GA 30329
- In Person:
  - At the SLC VA Medical Center 500 Foothill Blvd or your closest community-Based Outpatient Clinic <https://www.saltlakecity.va.gov/locations/index.asp>
  - With the help of an accredited representative such as a Veteran Service Officer (VSO). You can also contact the Utah Department of Veterans and Military Affairs to find a VSO near you at 801-326-2372
  - Locally, you can call and make an appointment with Deborah Crowther, Veteran Service Officer at Bear River Association of Governments 435-713-1462.

# Activity Corner



## Winter

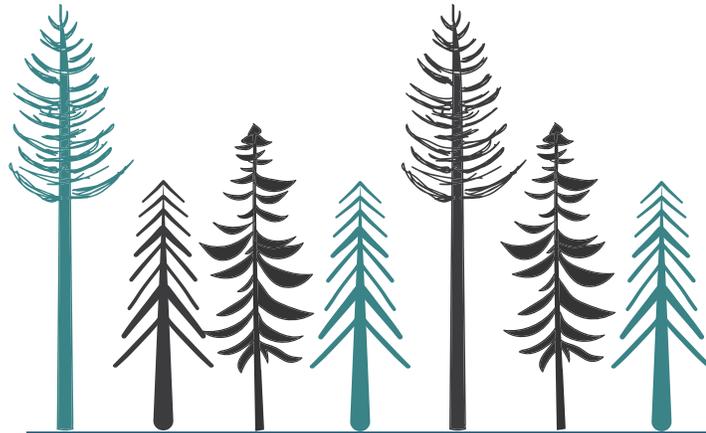


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| FREEZING | JACKET  | SKIING    |
| FROST    | MITTEN  | SLUSH     |
| FROZEN   | PENGUIN | SNOWBOARD |
| GLOVES   | SCARF   | SNOWFLAKE |
| HOLIDAY  | SEASON  | SNOWSUIT  |
| ICEBERG  | SHIVER  | SOLSTICE  |
| IGLOO    | SHOVEL  | SWEATER   |



**HAPPY**  
 new year  
 2022



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 E Z N I U G N E P L A F T U M S L

### Chuckles

What is a cow's favorite holiday?  
 Moo Year's Eve

Where can you go to practice math on New Year's Eve?  
 Times Square

Why couldn't the pony shout Happy New Year?  
 She was a little horse

What happened to the man who shoplifted a calendar?  
 He got 12 months