

BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



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FEATURED PROGRAM- OMBUDSMAN

BY JENNIFER KAY

What is an Ombudsman?

Mission

As mandated by the Older American's Act, the mission of the Long-Term Care Ombudsman (LTCO) is to seek resolution of problems and advocate for the rights of residents of long-term care facilities with the goal of enhancing the quality of life and care of residents.

Purpose

The primary purpose of the Long-Term Care Ombudsman Program is to improve the quality of life, care, and environment of long-term care residents. The Ombudsman works with the resident to seek resolution of concerns and complaints related to their long-term care services. The program provides a method by which resident complaints can be heard and resolved, if possible. The Ombudsman is the mediator, educator, and advocate in helping consumers resolve complaints. This is accomplished through a cooperative approach between providers, regulators, residents, families, and the ombudsman.

Reporting

Anyone (residents, relatives, friends or even the staff of a facility) may initiate a complaint on behalf of the resident. Often residents are unable to do it themselves. Only as mutually agreed upon, between the ombudsman and the resident or his/her legal representative, the ombudsman will make every reasonable effort to assist, represent and intervene on behalf of the resident.

It's official: Get free COVID test kits at COVIDtests.gov

by Colleen Tressler

There's a new federal resource to get free FDA-authorized coronavirus test kits. At COVIDtests.gov, you'll find information about testing and a link to the U.S. Postal Service – special.usps.com/testkits – where you can order up to four rapid tests to be sent to your home address. Your kits will be mailed through the U.S. Postal Service within 7 to 12 days.

The tests are completely free. There are no shipping costs, and you don't have to give a credit card or bank account number. You only need to give a name and address. You also can order for other people who may not have online access. Once you place an order, you'll get an order confirmation number. If you give your email address, you'll also get an order confirmation email and delivery updates. Anyone who asks for more information than that is a scammer. So, remember:

- Go to COVIDtests.gov to order your free COVID test kits from the federal government. If you click to order, you'll be redirected to special.usps.com/testkits. Or, if you follow a link from a news story, double-check the URL that shows in your browser's address bar.
- No one will call, text, or email you from the federal government to ask for your information to "help" you order free kits. Only a scammer will contact you, asking for information like your credit card, bank account, or Social Security number. Do not respond. Instead, report it to the FTC at ReportFraud.ftc.gov.

Right now, there's no phone number to call to order your tests. That might change soon, and we'll update you as soon as it's live. Until then, the only way to order is online.

Please share this information with others and stay connected to stay informed. Subscribe to consumer alerts from the FTC to get updates delivered right to your email inbox.

If you spot a scammer offering COVID test kits, tell the FTC about it right away at ReportFraud.ftc.gov. Or, file a complaint with your state or territory attorney general at consumerresources.org, the consumer website of the National Association of Attorneys General. Your reports can make a difference by helping us investigate, bring law enforcement cases, and alert people about what frauds to be on the lookout for so they can protect themselves, their friends, and family.



Get **free** COVID test kits at
COVIDtests.gov

- ▶ There are no shipping costs.
- ▶ You don't have to give a credit card or bank account number.
- ▶ You only need to give your name and address.

Anyone who asks for more information than that is a scammer.

Report them to the FTC at ReportFraud.ftc.gov or your attorney general at ConsumerResources.org.

The Utah Senior Medicare Patrol (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse. Local SMP office 1-800-541-7735

Caregiver Central

By Deborah Crowther, SSW

"No one should try to approach the responsibilities of caregiving alone. While other family members are likely sources of support, don't overlook friends, extended relatives and family associations, religious organizations, and culturally relevant social services as resources too." AARP, Prepare to Care Planning Guide.

Some Caregivers find it difficult to ask for and accept help. Creating a "Care Team" from community resources, family, friends, neighbors, and professionals, can help reduce becoming overwhelmed and exhausted.

Tips on How to Ask for Help:

- Identify what you need help with most as a caregiver.
- Identify your care receivers needs.
- Identify potential members of your caregiving team.
- Create a list of tasks/activities that will help you.
- Share your list with members of your team and ask them what they would like to do.

Remember, asking for help is a strength not a weakness. Asking for help shows confidence and resourcefulness.



ARE YOU A CAREGIVER?

JOIN US FOR A 6 SESSION WORKSHOP
HOSTED AT THE CACHE COUNTY SENIOR
CITIZENS CENTER

2:00pm-3:00pm
Every Tuesday in the
computer room

Caregiver Academy

A series of six in-class workshops that assist family and other nonprofessional caregivers in developing in-home care management skills.

To register please call
755-1720

1/25: Session 1: Finding Caregiver Resources
2/1: Session 2: Building Caregiver Resilience
2/8: Session 3: Setting Good Care Boundaries
2/15: Session 4: Involving Family and Others
2/22: Session 5: Managing Difficult Behavior
3/1: Session 6: Making In-Home and Facility Care Decisions

Health Tip

By Shawna Peterson

8 Steps to prevent Heart Disease and Stroke by the American Heart Association

These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They're part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).

1. Know your risks: certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.
2. Eat a healthy diet: center your eating plan around vegetables, fruit, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
3. Be physically active: adults should aim for at least 150 minutes of moderate- intensity aerobic activity or 75 minutes of vigorous activity each week.



4. Watch your weight: if you're overweight, lose weight by eating fewer calories and moving more.
5. Live tobacco-free: don't smoke, vape or use tobacco products.
6. Manage conditions: work closely with your healthcare team. If you have high blood pressure, high cholesterol, diabetes, or other conditions that put you at greater risk.
7. Take your medicine: your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed
8. Be a team player: talk about challenges in your life that may affect your health- like stress, sleep, mental health, family situations, tobacco use, food access, social support and more. Work with your health care team to build a prevention plan that works for you.

Meet Our Area Agency on Aging Staff



Carolyn Reed, MSW, CSW

Director of Aging Services

Carolyn started out with BRAG in October of 2015 as the In-home Service Coordinator. In August of 2018 she moved into the role of the Area Agency on Aging Services Director. Three of her children and their families live in Cache valley while one lives in Virginia Beach as a military family, which gives her the opportunity to travel and see the world.



Deborah Crowther, SSW

Veterans Specialist/ Caregiver Case Manager

Deb loves to learn and believes knowledge is power. She graduated from USU with her degree in social work and gerontology. Her favorite book is "what's worth knowing". Deb thinks she is funny and her grandchildren are her greatest joy.



Jamie Hanks, AS

SHIP Coordinator/ Social Media Manager

Jamie has been with BRAAA for almost 4 years. She recently had her first baby, a girl, who rules her world. She loves traveling with her husband, baby and two dogs.



Jennifer Kay, M. Ed.

Alternatives Case manager/ Long-Term Care Ombudsman

Jennifer is a Certified Long-Term Care Ombudsman and is very passionate when it comes to advocating for residents rights for those who are in LTC facilities. Jen graduated with her Master's degree from USU. Jen loves to jump out of planes and go on all sorts of adventures.



Keirstin Meyer, MS

Fiscal Administrator/ Ombudsman

Keirstin is passionate about helping older adults live with dignity. She earned a Masters of Gerontology at USU while in her 40's. Keirstin enjoys entertaining and any time spent with her grown children and grandbabies.



Melissa Lewis, SSW

Aging Waiver Case Manager

Melissa is in her 27th year working for BRAAA. She graduated from USU with a Bachelors in Social Work and passed the state licenser test to become a Social Service Worker. She enjoys playing pickle ball and watching most sports.



Shawna Peterson, RN

Aging Waiver Nurse

Shawna has a great husband and 5 children – 4 daughters and 1 son. She grew up in Canada and has lived in Utah for 22 years. Her favorite place to visit is Glacier National Park.



Shelly Andrus, AS

Intake Specialist/Caregiver Case Manager

Shelly has been with BRAAA for 3 years but has worked with older adults for over 15 years. She enjoys spending time with her 6 grandkids. She and her husband enjoy fishing, football, NASCAR and traveling.



Tara McBurney, SSW

New Choices Waiver Case Manager

Tara is a LA native that moved to Utah for the gorgeous mountains in 2007. She has her social service worker license and has been practicing social work since 2017. In her free-time she enjoys spending time with her ten-year-old daughter, practicing yoga and hiking when the weather is warm!

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 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.



Volunteer with us!

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



AmeriCorps Seniors Retired & Senior Volunteer Program (Ages 55 & Older)

PLEASE CALL/TEXT HANNAH AT 435-760-4472
OR EMAIL HANNAH.CRAGUN@SUNSHINETERRACE.ORG

2022

SHREDIT EVENT

MARCH 18TH 11:00-2:00 PM
AT THE CACHE COUNTY SENIOR CENTER
240 N. 100 E.
Logan, UT 84321

Bring your old documents to shred!

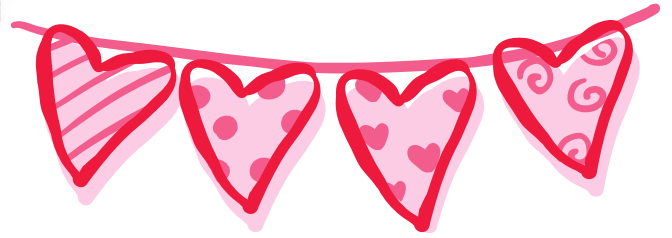


Activity Corner

February Holidays Word Search



OFWNPXCYNLSFVTAICSW
VLKGYLQTOUDIAYJTIZNI
FPYOLOAOSOFCTNVYGN
XRXMLCAWCASUPERBOWLT
KETHPUVEANWWLINCOLNE
FSWEDICVRAWEXHZVPRPR
QIKWSICDSNOZNBVJDFIF
GDLTWMITSITCRQYPSNBZS
XECKSARSZHNEXULDNZZI
GNCWAPSPGOZMEPGCLGAB
VTAHYKEHRNLXYQNCJPRX
ASNPOASGIYDPLYRTFUIN
LVGMYCTRANDOMACTSWZW
EQUKNWOYOZGGROUNDHOG
NNTWFJNLESZTDABWNCNP
TLGKTHIBABMOOLAICDAO
IDYTTSAIDTJNANRHEIGW
NVAJOYDSBLEGOZGHDMGF
EHSKECJJNNWPRPNWJMVK
SNAMNKHORCHINESEBQHJ



SUSAN ANTHONY	PRESIDENTS	WASHINGTON	RANDOM ACTS
VALENTINES	CHOCOLATE	OLYMPICS	LINCOLN
GROUNDHOG	CHINESE	WINTER	SUPER BOWL
ARIZONA	ESTONIA	OSCARS	PIZZA



JHQBSEBQHJ
SNAMNKHORCHINESEBQHJ
EHSKECJJNNWPRPNWJMVK
NVAJOYDSBLEGOZGHDMGF
IDYTTSAIDTJNANRHEIGW
TLGKTHIBABMOOLAICDAO
NNTWFJNLESZTDABWNCNP
EQUKNWOYOZGGROUNDHOG
LVGMYCTRANDOMACTSWZW
ASNPOASGIYDPLYRTFUIN
VTAHYKEHRNLXYQNCJPRX
GNCWAPSPGOZMEPGCLGAB
XECKSARSZHNEXULDNZZI
GDLTWMITSITCRQYPSNBZS
OIKWSICDSNOZNBVJDFIF
FSWEDICVRAWEXHZVPRPR
KETHPUVEANWWLINCOLNE
XRXMLCAWCASUPERBOWLT
FPYOLOAOSOFCTNVYGN
VLKGYLQTOUDIAYJTIZNI
OFWNPXCYNLSFVTAICSW

Chuckles



What kind of flower should you not give on Valentine's Day?
cauliflower!

What did one blueberry say to the other blueberry on Valentine's Day?
I love you berry much!

What do you call two birds in love?
Tweetharts!

Who always has a date on Valentine's Day?
A calendar!