

BEAR RIVER AREA AGENCY ON AGING

THE BEAR RIVER ASSOCIATION OF GOVERNMENTS



CHECK OUT WHAT'S IN THIS
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FEATURED PROGRAM- NEW CHOICES WAIVERPROGRAM BY TARA MCBURNEY

When a New Choice Waiver client moved to a local Assisted Living Facility, she thought it was “absolute heaven.” This client loves to garden and was impressed with the outside courtyard. She enjoys gardening and is careful to not overdo it, so she has the energy to feed the chickens. This client talks with other residents and helps with activities like scrapbooking. She particularly loves the season of autumn because of the gorgeous changing of leaves in Cache Valley. She will spend hours making Christmas ornaments while listening to relaxing music. In the last few months, she has constructed a “fairy village.” She is grateful to have New Choice Waiver assistance and feels it’s a blessing.

To qualify for this program:

- You must be at least 18 years old
- Meet Utah Medicaid financial eligibility requirements
- Must live in a nursing home for at least 90 days or reside in an assisted living facility on an extended stay basis of at least 365 days or more.



Please contact Shelly at (435)713-1467 for more information about the program.

Jennifer Kay
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A MESSAGE FROM OUR OMBUDSMAN

BY JENNIFER KAY

RESIDENTS' RIGHTS MONTH

OCTOBER 2021



An annual event to honor all residents living in all long-term care facilities and celebrate the awareness of dignity, respect, and the rights of each resident.

Resident's Voice Challenge

Residents are invited to reflect on the year's theme and get creative by submitting artwork, video or audio recordings, poems, essays, word collages, songs or photos for the Resident's Voice Challenge.

Artwork Contest: We will be selecting original resident artwork to be featured on a door hanger. These door hangers will serve as a reminder for anyone who visits, that this is the resident's home.

Deadline for submissions is September 1, 2021. Visit our website for additional details.

Additional Ways to Celebrate

- **Share promotional materials** such as a sample newsletter article, sample press release, and proclamations to the Governor and Mayor.
- **Partake in Residents' Rights Month activities.** Use our activity calendar for ideas throughout the month of October and to provide an opportunity for education, discussion, and community-building.

For more resources, activities and promotional materials, visit
<https://theconsumervoice.org/events/2021-residents-rights-month>



RESIDENTS' RIGHTS MONTH

Activity Calendar

OCTOBER 2021



NATIONAL CONSUMER VOICE FOR QUALITY LONG-TERM CARE

The 2021 Residents' Rights Month Activity Calendar provides ideas for events and activities throughout the month of October. Events and activities listed highlight this year's theme "Reclaiming My Rights, My Home, My Life" and provide an opportunity for education, discussion and community building for residents, staff and family members. Put together a committee to organize Residents' Rights Month activities; each staff member can lead an event or choose 1-2 events per week to put on. Additional activity suggestions are available on the Consumer Voice website: <https://theconsumervoice.org/events/2021-residents-rights-month>

Monday	Tuesday	Wednesday	Thursday	Friday	1	Saturday	Sunday
					1		3
<ul style="list-style-type: none"> Celebrating Residents' Rights Month Kick-off Event- Review this year's theme and highlight the residents' rights poster. https://theconsumervoice.org/events/2021-residents-rights-month Book Club- Have residents select a book and hold a discussion at the end of the month Music Activity- Residents share their favorite music and discuss. https://theconsumervoice.org/uploads/files/events/Music_Activity-revised.pdf Residents' Rights Posters- Residents can clip images & words from magazines or express themselves artistically otherwise to create posters about what residents' rights mean to them. Display the posters in the nursing home or in a display at a local mall or community center. 							
4	5	6	7	8	9	10	
<ul style="list-style-type: none"> Residents' Voice Presentation- Participate in the Resident's Voice Challenge then hold an event during October to showcase the entries. Pets Day- Work with your local animal shelter (or have family members bring in pets) to coordinate a time for residents and staff to spend time with man's best friend! Get Outside- Designate an outdoor area for residents to enjoy sunshine and fresh air. Facilitate a discussion about favorite outdoor activities. Food: The Great Communicator- Residents share what food means to them. https://theconsumervoice.org/uploads/files/events/Food_Activity.pdf 							



RESIDENTS' RIGHTS MONTH

Activity Calendar

OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	12	13	14	15	16	17
<ul style="list-style-type: none"> • "This is my home." DIY Door Hangers- Decorate door hangers while having a discussion with residents about what home means to them. • Movie Night- Residents can nominate potential movies and then vote on their favorite. Don't forget the popcorn and soda! • Resident Idol- A fun opportunity for residents to share their talents. https://theconsumervoice.org/uploads/files/events/Resident-Idol-RR07-revised.pdf • Get to Know You Bingo- An easy icebreaker to find out about one another! https://theconsumervoice.org/uploads/files/events/Getting-to-know-you-activities-revised.pdf 	18	19	20	21	22	23
18	19	20	21	22	23	24
<ul style="list-style-type: none"> • Right to Free Choice Activity- What are the ingredients of free choice? https://theconsumervoice.org/uploads/files/events/Recipe_for_a_Good_Life-revised.pdf • Caregiver Appreciation Day- The Resident or Family Council can plan a celebration honoring staff or other caregivers. https://theconsumervoice.org/uploads/files/events/Care_Matters_Thank_You-revised.pdf • Happy Hour- Create a happy hour atmosphere by setting out bar snacks like nuts and popcorn, make cocktails or "mocktails" and hire a local musician for entertainment. • Residents' Rights Crossword Puzzle- See who can solve and return the quickest. Award small prizes (candy, notecards, buttons). https://theconsumervoice.org/uploads/files/events/Care_Matters_Word_Games-revised.pdf 	25	26	27	28	29	30
25	26	27	28	29	30	31



Medicare Minute

Crooks Extort Grandparents for Cash Amid Pandemic

by Katherine Skiba, AARP, June 8, 2020



Amid the global health crisis, the FBI and local police are investigating an uptick in grandparent scams. In New Jersey and New York alone, roughly 100 victims have lost about \$1 million in recent months, an official says. The scams often begin when an older person is contacted by a criminal who poses as a panicked grandchild in need of thousands of dollars quickly for an emergency such as a hospital bill or bail money, says the FBI's Greg Takacs, an assistant special agent in charge in the bureau's Newark, New Jersey office. "It's just so disgusting," he says, as these bad actors are preying on older folks and exploiting the love and sense of altruism they have for their family members. The scams are fast-moving extortions with various pretexts. A crook may pretend to be an attorney or bail bondsman, Takacs says. And the relative said to need big bucks is not always a "grandchild;" it could be a "niece" or "nephew." Impostor Scams: Family Members and Friends...

"In these days of coronavirus concerns, their lies can be particularly compelling," FTC attorney Lisa Weintraub Schifferle warns. "They pull at your heartstrings so they can trick you into sending money before you realize it's a scam," she says. Resist the urge to act immediately, she adds, "no matter how dramatic the story is." Takacs, a lawyer with the FBI for more than 23 years, says his own mother-in-law was telephoned by a grandparent scammer before Memorial Day. The scammer masqueraded as the FBI official's son, alleging he was in trouble in an out-of-state locale where the family vacations. The grandmother did not take the bait, instructing the "grandson" to call his parents. That ruse bears out what Takacs says often happens before a target is contacted. Bad actors scour Facebook and other information sources online to figure out family relationships and concoct a phony story, he says. benefits, you must take this test," they've been warned. That's a bald-faced lie.

How to stop a grandparent scam

And if you get a scam call, report it to local police, to the FBI's Internet Complaint Center and to the FTC .

Here's advice from the FBI and other authorities on how to thwart a grandparent's scam:

- Use privacy controls on Facebook and other social media platforms to limit what strangers can learn about you and your family.
- When you suspect that someone who calls, texts or emails you is a scammer, take a breath. Slow it down. Contact the family member who purportedly is in trouble and needs cash. Such calls may come late at night and the background may be noisy, adding to confusion. Never act in haste.
- If you suspect a scam, tell the caller directly: "I am not participating in this discussion." Consider writing that down on a piece of paper and keeping it near your telephone.
- If the caller purports to be a bail bondsman, ask where your relative is being held and contact the facility directly. Or call your local police department, where officers may be able to call the jail and check out the story.
- Resist the urge to act immediately — no matter how dramatic the story is.
- Verify the caller's identity. Ask questions that a stranger couldn't possibly answer. Check the story out with someone else in your family or circle of friends, even if you've been told to keep it a secret.
- Don't send cash, gift cards or money transfers — once the scammer gets them, they're gone.
- For more information, read the FTC's guidance on Family Emergency Scams.
- And if you get a scam call, report it to local police, to the FBI's Internet Complaint Center and to the FTC at ftc.gov/complaint.

Veteran's Voice

By Deborah Crowther

FREE HELP FOR MILITARY & VETERAN CAREGIVERS

Respite Relief – Hidden Heroes

Respite Relief for Military and Family Caregiver is administered by the Elizabeth Dole Foundation with care assistance provided by CareLinx – a qualified in-home respite care provider and national outreach support by AARP and the U.S. Department of Veterans Affairs.



Requirements: You must provide care to a wounded, ill or injured veteran or service member (and submit proof of service).

Veteran and military caregivers can apply online to receive approximately 24 hours of respite care in four-hour blocks to help with activities of daily living, such as cooking, grocery shopping, light housekeeping, bathing and medication reminders.

To apply go to hiddenheroes.org/respite

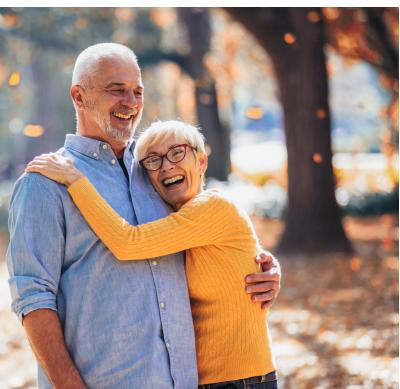
Caregiver Central

By Deborah Crowther

"The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care. " Amy Goyer AAPR magazine 2018

Here are some tips to deal with the Holiday Stress:

- Communicate- Explain to family members and friends your role as a caregiver and your situation. Let them know about the changes the person you are caring for has experienced.
- Prepare the care recipient- Show them pictures of family and friends who may come to visit, schedule rest time for them and you. As much as possible, maintain both of your normal routines. Involve them in activities that they can do and enjoy.
- Simplify, simplify, simplify- Adjust your expectations, keep your Holiday Celebrations manageable. Meet in smaller groups, have someone else prepare meals, choose a few of the activities that you enjoy.
- Adapt gift giving- consider giving gift cards, suggest gifts for you that will make life easier, such as someone staying with your loved one so you can take an afternoon off, house cleaning, yard care, or grocery shopping.



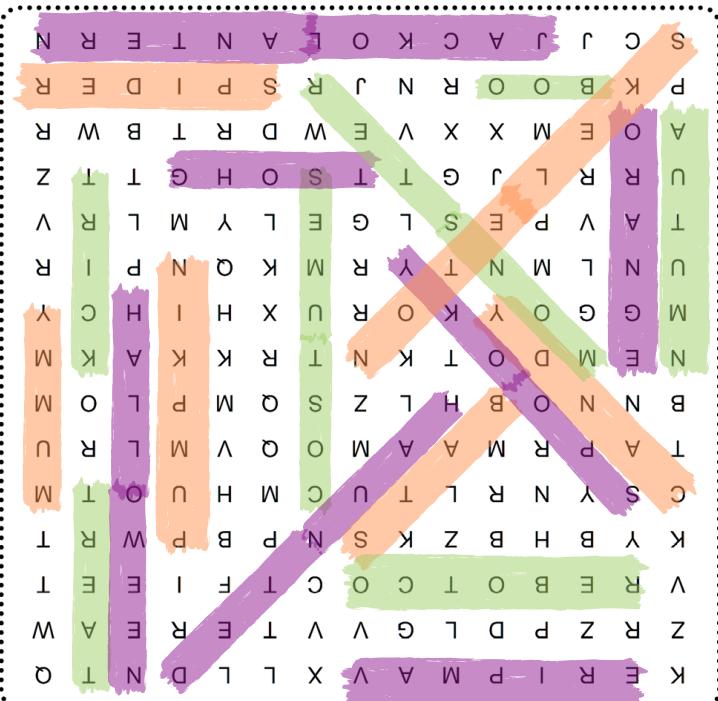
- Prioritize self-care- schedule time for yourself, arrange respite, remember to breathe.
- Find joy- Love and accept yourself and others for who they are. Write notes and express your gratitude. Focus on the rewards of caregiving, accent the positive impact of visitors on you and your care recipient.

Deborah M. Crowther, SSW
Caregiver Support Program
Bear River Area Agency on Aging

Activity Corner



Halloween WORD SEARCH



HAPPY

HALLOWEEN



Chuckles

What kind of music do mummies like?
WRAP music

Why did the black cat put oil on the mouse?
because it was squeaking

What does a vampire take for a bad cold?
coffin drops

What do witches get at hotels?
broom service

What kind of shoes do ghosts wear?
boooooots