

■ OCTOBER 2016

Senior Insights

www.aaapb.com

UPCOMING EVENTS

Caregiver Support Information meetings are held monthly:

Andrews Senior Center—
3rd Tuesday @ 1:00

Big Spring Senior Center—
2nd Tuesday @ 10:30

Fort Stockton Senior Center—
2nd Wednesday @ 10:30

Dawson County Senior Center,
Lamesa—3rd Tuesday @ 10:00

Memorial Health Care Center—
Seminole—1st Wednesday @ 10:30

Manor Park, Midland—
Last Thursday @ 10:00 and 2:00

Midland/Odessa—
Parkinson's Caregivers - Call for
Details

Midland Lutheran Church
The Patio—2nd Thursday @ 2:00
Respite Care Available

Ward County Senior Center,
Monahans—3rd Thursday @ 10:00

Odessa Regional Medical Center—
4th Wednesday @ 2:00

Courtyard at Parks, Odessa—
4th Tuesday @ 2:00 PM

Pecos Senior Citizens Center—
2nd Wednesday @ 1:00

Rankin Senior Center—
3rd Wednesday @ 10:30

Martin County Senior Center,
Stanton—2nd Tuesday @ 1:00

2017 ANNUAL OPEN ENROLLMENT

The 2017 Medicare Part D and Medicare Advantage plan annual Open Enrollment Period begins October 15th and continues through December 7th. During that period, seven weeks, you will have the opportunity to add, change, or drop your Medicare Advantage plan or Medicare Part D prescription drug plan coverage.

If you decide to change Medicare plans, you do not need to unenroll from your existing 2016 plan when joining your new Medicare plan. Instead, when you join a new Medicare plan, your newly chosen 2017 plan will contact your 2016 plan and handle the enrollment change.

If you are satisfied with your current 2016 Medicare Part D plan or Medicare Advantage plan coverage - **and you understand how your Medicare plan is changing in 2017-** you do not need to take any action and you will be automatically re-enrolled into the same Medicare plan for 2017.

Caution: If your current 2016 Medicare plan is being discontinued or not offered in 2017, you may be merged into another 2017 Medicare plan, or if no other plan is offered by your carrier, you may not have any Medicare prescription plan coverage in 2017.

Important Reminder: No need to rush into a decision.

Please remember, you have plenty of time to choose a 2017 Medicare Part D or Medicare Advantage plan. If you need assistance, please call the Area Agency on Aging of the Permian Basin for assistance at 432-563-1061 or 1-800-491-4636.



of the Permian Basin Regional Planning Commission
Funded by the Department of Health and Human Services Commission

Permian Basin Aging Advisory Council Meetings
are held at 10:00am on the following dates:

November 16, 2016

at the Permian Basin Regional
Planning Commission

Conversation Starters: 20 Questions to Ask Your Parents or Spouse

People care for their loved ones every day, in the most intimate of ways. But how well do we really know them? Our spouse/parents are the most familiar people in the world but also, sometimes, the most mysterious. Who are they as a person? What were they like when they were growing up? What experiences most impacted their lives? What were their hopes and dreams and regrets?

As adults, so many of us don't ask enough about our parents. Yet there's no better way to become closer to a person, even if you've known her all your life. AgingCare.com has gathered the questions that our elder care experts and editors would most like to ask their own parents or spouse. Try them out for yourself. You might gain a new perspective on them – and learn something about yourself.

1. In what ways do you think I'm like you? And not like you?
2. Who is the person who influenced your life the most?
3. Do you have a lost love?
4. Which new technology have you found most helpful in your life.....and which is most annoying?
5. Is there anything you have always wanted to tell me but never have?
6. Is there anything you regret not having asked your parents?
7. Do you wish anything had been different between us, or would you still like to change anything?
8. What was the happiest moment of your life?
9. What are you most proud of?
10. How did your experience in the military mold you as a person?
11. What are the most important lessons you've learned in life?
12. What is your earliest memory?
13. Did you receive an allowance? How much? Did you save your money or spend it?
14. Who were your friends when you were growing up?
15. What was your favorite thing to do for fun (movies, beach, etc.)?
16. What was school like for you as a child? What were your best and worst subjects?
17. What school activities and sports did you participate in?
18. Do you remember any fads from your youth? Popular hairstyles? Clothes?
19. What world events had the most impact on you?
20. How would you like to be remembered?

Original article written by Marlo Sollitto at AgingCare.com

For more information, contact Susan Frederickson, Caregiver Program Specialist with the Area Agency on Aging at (432) 563-1061.

OCTOBER IS RESIDENTS' RIGHTS MONTH

Residents' Rights Month is an annual event designated by the Consumer Voice and is celebrated in October to honor residents living in all long-term care facilities, including nursing homes, sub acute units, assisted living, board and care and retirement communities. It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident. The theme for Residents' Rights Month 2016 is, "My Vote Matters" with the goal of highlighting residents' right to vote and participate in the political process.

This year's theme focuses on residents' right to vote and be engaged in the political process. Consumer engagement, including the right to vote, is a cornerstone in our society. Consumers receiving long-term services and supports retain their voting rights no matter where they live or what type of care they receive. This year's Residents' Rights Month seeks to support a consumer's right to vote and participate in the political process..



In addition to the right to vote, residents also have the right to:

- Privacy
- Confidentiality of records
- Know about services and costs
- Control personal finances
- Participate in planning care and treatment
- Refuse treatment
- Be free from chemical and physical restraints
- Be free from abuse, neglect and exploitation
- Complain without fear of retaliation
- Communicate freely with anyone

Other rights include those related to admission, transfer, discharge, including the right to appeal a discharge.

If you would like more information about the Ombudsman Program or would like to become a Certified Volunteer Ombudsman, contact Marydyth Taylor, Interim Managing Local Ombudsman with the Area Agency on Aging at (432) 563-1061



of the Permian Basin Regional Planning Commission
funded by the Texas Health and Human Services Commission
P.O. Box 60660
2910 LaForce Blvd.
Midland, TX 79711

www.aaapb.com



www.facebook.com/aaapermianbasin

Late Night Lecture

An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."



If you wish to stop receiving this newsletter, please call

1-800-491-4636 or 432-563-1061