

Senior Insights

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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-
South Campus
4th Wednesday @ 2:00

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

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

Rankin Senior Center—
Call for Details

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

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

**August 22, 2018 and October 24,
2018**

at the Permian Basin Regional
Planning Commission

Medicare Preventive Services

Now is the time to get the most out of Medicare benefits. The best way to stay healthy is to live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help. Medicare pays for many preventive services to keep a Medicare beneficiary healthy. Preventive services can find health problems early, when treatment works best, and can keep an individual from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of a person's own health.

The Affordable Care Act makes many improvements to Medicare. With Original Medicare, a Medicare beneficiary can get a yearly "Wellness" visit and many other covered preventive services. Whether it's online, in person, or on the phone, Medicare is committed to helping people get the information they need to make smart choices about their Medicare benefits with MyMedicare.gov. Register at MyMedicare.gov to get direct access to a Medicare beneficiaries preventive health information—24 hours a day, every day. They can track preventive services, get a 2-year calendar of the Medicare-covered tests and screenings they are eligible for, and print a personalized "on-the-go" report to take to their next doctor's appointment. Individuals may also contact Medicare directly by calling 1-800-633-4227 for information about preventive services.

What can a person do to help prevent illness? An individual can stay healthy, live longer, and delay or prevent many diseases by:

- **Exercising**—Do any physical activity for 20–30 minutes, 5 or 6 days a week. If an individual talks to their doctor about the right exercise program, he can provide it.
- **Eating well**—Eat a healthy diet of different foods, like fruits, vegetables, protein (like meat, fish, or beans), and whole grains (like brown rice). Limit the amount of saturated fat.
- **Keeping a healthy weight**—Watch portions and try to balance the number of calories eaten with the number burned by exercising.
- **Not smoking**—talk with a doctor about getting help to quit.
- **Getting preventive services**—Delay or lessen the effects of diseases by getting preventive services (like screening tests) to find disease early, and shots to keep from getting dangerous illnesses.

For further information about Medicare coverage, contact one of the Benefit Counselors at the Area Agency on Aging of the Permian Basin at 432-563-1061 or 1-800-491-4936

Original article: <https://www.medicare.gov/Pubs/pdf/10110.pdf>





14th Annual Caregiver Conference

Featuring Tam Cummings PhD Gerontologist

For information on
CEUs and Booth
Registration please
see page 2.

Tam Cummings is a gerontologist dedicated to untangling the complexities of dementia and the author of ***Untangling Alzheimer's***. As an internationally recognized author, educator, and keynote speaker, Tam has helped thousands of families and professional care partners understand the stages of dementia and the process of the disease. Visit her website at www.tamcummings.com for more information.



September 4, 2018 10:00 - 3:00

(registration begins at 9:30)

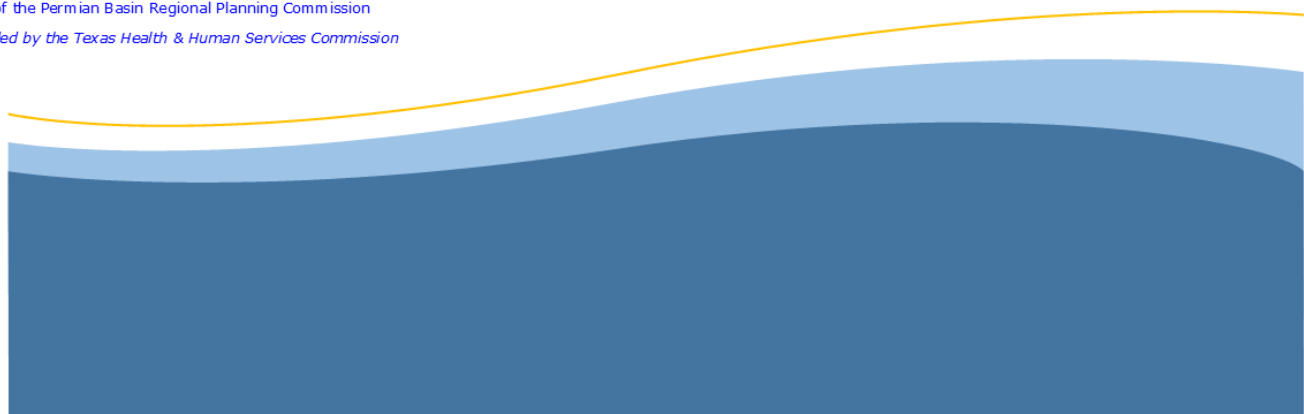
Midland College - Carrasco Room

RSVP for this **FREE** Conference to sfrederickson@aaapb.com by August 20, 2018 or by leaving a voice mail 432-262-4962 for **required** lunch reservations. Space is limited.



of the Permian Basin Regional Planning Commission

Funded by the Texas Health & Human Services Commission



HOW TO SOLVE PROBLEMS IN A NURSING HOME

Despite efforts by facility staff and administration, you may sometimes have trouble getting the quality care you need in a nursing home. If so, there are steps you can take to solve such problems. Below are some tips and resources to help you in these situations.

Communication Tips

- **Ask open-ended questions**
These are questions that cannot be answered with “yes” or “no.” These questions build rapport and help you get more information.
- **Listen**
Restate in your own words what someone has said. It shows you are truly listening and trying to understand the other person.
- **Say “we” whenever possible**
By saying “we,” this sends a message that you want to work with the facility to ensure quality care.
- **Write down any problems or incidents that occur**
Be sure to include the date, time, person(s) involvement and what action(s) were taken following the incident.

Steps You Can Take to Solve a Problem

Within the facility

- Consider asking a family member, friend or staff person you respect for help in resolving your issue.
- Speak with the staff person you were told to contact about any questions or concerns. If you do not know who that person is, start by talking with the facility social worker, or ask who the person is to contact.
- Talk to the staff person involved in the issue. If this does not resolve the problem, go to someone with more responsibility. Speak to:
 - ◊ A supervisor
 - ◊ The administrator of the facility
 - ◊ The person to whom the administrator reports

- Use the facility’s grievance policy.
 - ◊ Submit a written description of your problem or complaint to the facility. Include information about who is involved, what is happening, and when and where it is happening. Pull from what you wrote down about problems.
 - ◊ Keep a copy for your records.
- Ask for a care plan meeting.
 - ◊ Include family, friends and/or others who will advocate on your behalf.
 - ◊ Be sure that the person who can fix the problem is at that meeting.
- Take the concern to the resident or family council
 - ◊ Resident or family councils help resolve complaints before the initial problem becomes more serious and tensions arise between residents, family and administration. If a council exists at your facility, ask a staff member to connect you with the council president.

Outside the facility

- ◊ **Long-Term Care Ombudsman Program Ombudsmen** work to resolve complaints on behalf of long-term care residents in nursing facilities and assisted living facilities; they can answer questions, give suggestions, offer assistance and support, or address issues you may have.

If you would like more information about your local ombudsman program or would like to volunteer to advocate for residents in nursing facilities and assisted living facilities, contact Carolyn Torres, Managing Local Ombudsman with the Area Agency on Aging at (432) 563-1061.



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Pickle Punisher

A woman's three-year-old daughter stuck out her hand and said, "Look at the fly I killed, Mommy."

Since she was eating a juicy pickle at the time, she thrust her contaminated hands under the faucet and washed them with antibacterial soap.

After sitting her down to finish her pickle, she asked, with a touch of awe, "How did you kill that fly all by yourself?"

"Between bites," she said, "I hit it with my pickle."

The Problem with Jury Duty

Just as she was celebrating her 80th birthday, a woman received a jury-duty notice. She called the clerk's office to remind them that she was exempt because of her age.

"You need to come in and fill out the exemption forms," the clerk said.

"But I filled them out last year," she replied.

"You have to fill them out every year."

"Why? Do you think I'm getting younger?"

*If you wish to stop receiving this newsletter, please call
Marydyth Taylor at 1-800-491-4636 or 432-563-1061 or
e-mail mtaylor@aaapb.com*