

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—
Call for Details

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

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

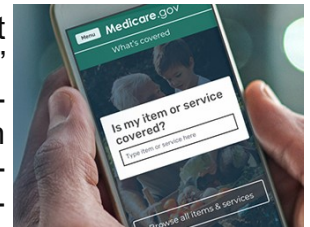
Permian Basin Aging Advisory
Council Meetings are held at
10:00am on the following dates:

May 15, 2019, August 21, 2019,
November 20, 2019

at the Permian Basin Regional
Planning Commission

Get Medicare's new "What's covered" app!

Not sure if Medicare will cover your medical test or service? Medicare's free "What's covered" app delivers accurate cost and coverage information right on your smartphone. Now you can quickly see whether Medicare covers your service in the doctor's office, the hospital, or anywhere else you use your phone.



"What's covered" is available for free on both the App Store and Google Play. Search for "What's covered" or "Medicare" and download the app to your phone. Once "What's covered" is installed, you can use it to get reliable Medicare information even when you're offline.

The app delivers general cost, coverage and eligibility details for items and services covered by Medicare Part A and Part B. Search or browse to learn what's covered and not covered; how and when to get covered benefits; and basic cost information. You can also get a list of covered preventive services.

Easy access to accurate, reliable Medicare coverage information is just one new feature of the eMedicare initiative. To stay up to date on eMedicare improvements and other important news from Medicare, sign up for our email list and follow us on Facebook.

For further information or assistance, please contact Patti Lindsey or Valarie Loera, Benefits Counselors with the Area Agency on Agency at 432-563-1061 or 1-800-491-4636.

Original article: <https://www.medicare.gov/coverage/glaucoma-tests>





15TH ANNUAL CAREGIVER CONFERENCE

12.12.19

GUEST SPEAKER - TEEPA SNOW

SAVE THE DATE!!

The Role of Grief on the Journey to Acceptance

Marie Marley, PhD

Author: Come Back Early Today: A Memoir of Love, Alzheimer's and Joy

Make no mistake about it – truly accepting the fact that your loved one has Alzheimer's will not be easy. It will take time. And the amount of time will vary from person to person. It could take weeks, months or even years. At the beginning you may feel convinced that you won't be able to do it. In fact, despite how hard they try, some people never reach a state of acceptance.

You will probably need to grieve before you can truly accept the situation. You will need to grieve the loss of the person who was. Grieve for the fact that the person isn't ever going to get better. Grieve for the fact that the person will continue deteriorating over time and "Isn't ever coming back". You may feel overwhelmed by your grief.

If you were taking care of the person at home and then you place him or her in a facility you may feel that now most needs are taken care of by the staff. You may feel unneeded. When you take care of someone for so long and the person doesn't seem to need you anymore there is such an enormous vacuum and you may feel so useless and unneeded.

You will probably miss having the person around all day every day. No matter how relieved you may feel that you're no longer on duty 24/7, you may still feel deep grief at the loss of companionship such as it was, no matter how difficult it was to keep the person at home.

You may also feel angry at the person for changing. You may feel angry if you can no longer have meaningful conversations with the person. If he or she doesn't recognize you anymore you may feel even more anger. You may feel so angry you don't even want to visit the person anymore. You may even wish the person were dead. This, too, is normal. This anger is part of the grief process.

You may feel especially angry if you experience some of the most difficult situations to accept: if the person doesn't recognize you anymore, if they find a new love, or if they don't talk anymore. These situations are among the most painful you'll ever face and will probably take longer to accept.

Give yourself time to grieve. The grief will end sooner or later and you may finally be free to accept the situation, which will lead to the possibility of truly enjoying being with the person and having joyous visits.

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

Original article: www.comebackearlytoday.com



Texas Ombudsman Program (Nursing Homes & Assisted Living)

About the Texas Ombudsman Program. What is an Ombudsman?

Residents in nursing homes are among the frailest and vulnerable Texans. At times, they need help to improve their quality of life and care. An ombudsman can provide assistance so all facility residents receive respectful and competent care.

Congress amended the Older Americans Act in 1978 to establish the Long-Term Care Ombudsman program to serve residents in long-term care facilities. Ombudsman services are available in every state and territory of the United States. In Texas, the Office of the Long-term Care Ombudsman operates in the Texas Department of Aging and Disability Services.

The Texas Ombudsman Program advocates for quality of life and care for residents in nursing homes and assisted living facilities. Federal and state authority mandates ombudsmen to identify, investigate and resolve complaints made by, or on behalf of, residents and to provide services to help in protecting health, safety, welfare, and rights. Information and assistance in choosing the most appropriate living residence are also a valuable service.

Across Texas, through all 28 Area Agencies on Aging, certified ombudsmen serve residents, their families, and friends. Professional staff supervises the volunteers.

To learn how you can make a difference in the lives of nursing home and assisted living facility residents in the Permian Basin, please contact the Managing Local Ombudsman at (432) 563-1061. Volunteers Welcome!!



of the Permian Basin Regional Planning Commission
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This Is A Laughing Matter

THE STAGES OF SUCCESS

- At age 4 success is...not peeing in your pants.*
- At age 12 success is...having friends.*
- At age 16 success is...having a drivers license.*
- At age 20 success is...having sex.*
- At age 35 success is...having money.*
- At age 50 success is...having money.*
- At age 60 success is...having sex.*
- At age 70 success is...having a drivers license.*
- At age 75 success is...having friends.*
- At age 80 success is...not peeing in your pants*

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

**Once my dog ate
all the Scrabble
tiles.**

**He kept leaving
little messages around
the house.**

*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