

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-
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—
3rd Wednesday @ 10:30

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 21, 2019 & November 20,
2019**

at the Permian Basin Regional
Planning Commission

Traveling this Summer? Check health coverage before checking luggage.



When planning a summer vacation, there is always a lot to do before leaving. There are passports to renew, suitcases to pack, and an itinerary to plan. To have the most relaxing vacation possible before traveling, don't forget to:

- Look into Medicare coverage outside the U.S.
- Think about getting additional health care coverage.

If the individual has Original Medicare, their health care services and supplies are covered when in the U.S. (which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands). But, if traveling overseas or outside the U.S. (including to Canada or Mexico), it's important to know that in most cases, Medicare **won't** pay for health care services or supplies obtained outside the U.S. There are several ways to get health coverage outside the U.S.:

1. If an individual has a Medigap policy, check the policy to see if it includes coverage outside the U.S.
2. If getting health care from another Medicare health plan (rather than Original Medicare), check the plan to see if they offer coverage outside the U.S.
3. Purchase a travel insurance policy that includes health coverage.

In all 3 cases, check the policy or plan before traveling to make sure what's covered outside the U.S is understood. Taking the time to plan health care coverage before traveling abroad will help an individual to have an enjoyable and relaxing trip.

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/blog/traveling-this-summer-check-your-coverage-before-you-check-your-luggage>



The Dangers of Leaving The Elderly In A Hot Car

You may be tempted to leave an elderly person in the car while you run into the grocery store, pharmacy, or the mall for just a few minutes. After all, you can move more quickly without them in tow.

However, people aged 65 years or older are more prone to heat-related health problems. Stories about children and pets left in a hot car frequently make the news but it happens to senior adults more often than you know. The chart below drives home the danger of being in a hot car for only a few minutes.

Risk factors for heat stress in the elderly

Physical changes – the aging body doesn’t cope with sudden stresses as quickly as a younger body. For example, on hot days, elderly skin is not able to produce sweat and cool the body as efficiently as younger skin.

Chronic medical problems – older people are more likely to have chronic medical problems. Certain conditions make the body more vulnerable to heat stress.

Medications and hot weather

Medications – older people with chronic medical problems usually take medications on a regular basis. Some medications can hinder the body’s ability to regulate temperature. Some medications increase the risk of heat stress. How this works varies according to the medication, for example:

Antidepressants, antihistamines, phenothiazines and anticholinergics (used for some psychiatric conditions) act on an area of the brain that controls the skin’s ability to make sweat.

Beta blockers (heart tablets) reduce the ability of the heart and lungs to adapt to stresses including hot weather.

Amphetamines raise body temperature.

Diuretics (fluid tablets) act on the kidneys and encourage fluid loss. This can quickly lead to dehydration in hot weather.

Opioids and sedatives can reduce the person’s awareness of physical discomfort, which means symptoms of heat stress may be ignored.

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

Estimated Vehicle Interior Air Temperature v. Elapsed Time

ELAPSED TIME	OUTSIDE Air Temperature					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138

Courtesy Jan Null, CCM; Department of Meteorology & Climate Science, San Jose State University

Original article: <https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html> and <https://www.betterhealth.vic.gov.au/health/healthyliving/heat-stress-and-older-people>



15th ANNUAL CAREGIVER CONFERENCE
12-12-2019
GUEST SPEAKER—TEEPA SNOW
SAVE THE DATE!!

What Person-Centered Care Means for Residents

Person-centered care encompasses the activities and services planned to each resident's personal preference and values. This approach honors each resident's choice, dignity and individuality, which enhances both quality of care and life for residents.

From the resident's perspective, this type of care includes the following practices and principles:

1. I have the right to determine how best to meet my needs.
2. It must include me, my family and team in decision-making.
3. My care must be empowering, nurturing and respectful.
4. My care should optimize my physical and psychosocial well-being.
5. **"Nothing about me, without me."**



it's all about me

When residents offer their perspective on quality of care and services, they most often describe how the service was experienced by them.

They are saying, *"See me for the person I am. See me for all the things I believe in, care about and love to do...Please don't diminish my personhood just because I need some assistance with activities of daily living."*

When applied in memory care settings, all of the above-mentioned experiences, practices and relationships are also enhancing the lives of individuals with cognitive issues like dementia.

Person centered practices are **BETTER** because they:

Begin with personal relationships based on dignity and respect.

Empower each person with information and options so they can make decisions and choices that work best for them.

Treat each person as an individual with their unique background, interest, preferences, routines, abilities, needs and cultural, spiritual and ethnic practices.

Teach care partners that everyone needs to have interesting and meaningful things to do and have purpose in daily life.

Expand the focus from the conventional biomedical model of healthcare to a holistic one that supports well-being (emotional, spiritual, mental, and physical).

Reflect how people want to be treated.

Person-centered care focuses on the resident and supports them in making choices and having control over their daily life. Person-centered care is an important component in the residents' right to "care and services to attain or maintain the highest practicable physical, mental and psychosocial well being;" as promised in the 1987 Nursing Home Reform Law.

The Ombudsman Program Advocates for residents and their right to direct their care and make choices about their life in long-term care facilities. **If you would like more information about your local ombudsman program or would like to volunteer, contact Crystalyn Morgan-Tadese, Managing Local Ombudsman with Area Agency on Aging of the Permian Basin Regional Planning Commission at (432) 563-1061.**

Original articles: <https://www.aplaceformom.com/blog/senior-person-centered-care/> (What Person-Centered Care means for Seniors)
<http://www.ccal.org/> (Person centered practices are BETTER)



of the Permian Basin Regional Planning Commission
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P.O. Box 60660
2910 LaForce Blvd.
Midland, TX 79711

www.aaapb.com



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This is a Laughing Matter

The graveside service had just ended when there was a frightening clap of thunder, followed by a tremendous bolt of lightning accompanied by even louder thunder. The little old man looked at the pastor and said calmly, "Well, she's there."

Why is it a penny for your thoughts but you put your two cents in? Somebody's making a penny.

"Dear, if you'll make the toast and pour the juice," said the newly-wed bride, "breakfast will be ready." "Good! What are we having for breakfast?" asked the new husband. *"Toast and juice."*

I told you I'll be there in five minutes. Stop calling me every half hour!

I saw a documentary on how ships are kept together, riveting!



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