

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—
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

St. Luke's UMC
2nd Thursday @ 2:00

Ward County Senior Center,
Monahans—Call for Details

Odessa Regional Medical Center-
South Campus
4th Wednesday @ 2:00

Courtyard, 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:

November 20, 2019

at the Permian Basin Regional
Planning Commission

MEDICARE OPEN ENROLLMENT OCT 15 - DEC 17

Each year Medicare beneficiaries can explore new options and pick the health and prescription drug plans that works best for them. Plans change from year to year, so these are important choices that should be made with care. The Area Agency on Aging Benefits Counselors can assist you.

New Coverage Begins January 1, 2020

Upcoming Open Enrollment Events:

October

15—Odessa Northside Senior Center 8:30-12:30

17—Odessa Southside Senior Center 8:30-12:30

18—Odessa Westside Senior Center 8:30-12:30

22—Casa De Amigos 10:00-12:00

23—Manor Park 10:00-4:00

November

6—Midland Senior Center 11:00-1:00

8—Sanderson 11:00-1:00

To expedite the process, having a list of medications along with Medicare information is encouraged for individuals who wish to participate.

HICAP 
Health Information
Counseling and Advocacy Program
Information for Medicare beneficiaries

Medicare Options Available:

- Original Medicare & new Medicare part D (prescription drug plan) coverage
- New "Part C" Medicare Advantage Plans—includes Part A (hospital), part B (basic medical) and sometimes part D benefits.
- Switch between Original Medicare and Medicare Advantage Plans

For further information, contact
a Benefits Counselor at the
Area Agency on Aging of the
Permian Basin at
432-563-1061 or
1-800-491-4936.

 **Area Agency
on Aging**
of the Permian Basin Regional Planning Commission

15th ANNUAL Caregiver Conference

Thursday

December 12, 2019

10AM - 3PM

Registration begins at 9:30am

**MIDLAND COLLEGE
CARRASCO ROOM**

Featured Speaker

TeepaSNOW

Positive Approach to Brain Change™

Positive™
Approach



Teepa Snow MS, OTR/L, FAOTA

**FREE ADMISSION
AND LUNCH FOR
CAREGIVERS**

Lunch Reservations REQUIRED
by 11/25/2019

Register at aaapb.com,
sfrederickson@aaapb.com or
call (432) 262-4962 and leave
a voicemail

Exhibit booths to visit

Door Prizes

Teepa Snow, is one of the world's leading educators on dementia and the care that accompanies it. In 2005, she founded Positive Approach® to Care (PAC), a company that provides dementia care training, services and products around the world. Teepa believes that "Rewiring our own perceptions, attitudes, communication strategies, actions and responses, provides the shift that promotes change for the others around us."

For more information and Teepa Snow's detailed bio, visit:

www.teepasnow.com

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3600 N. Garfield Street
Midland, Texas 79705

CEU provider for healthcare professionals

CEU registration begins

November 1, 2019

slinstedt@midland.edu

Fee: \$30.00

Contact Hours: 4

CEU Registration at the door is also available

Stand For Quality

October is “Residents’ Rights Month,” an annual event designated by National Consumer Voice to honor residents living in all long-term care facilities. It is an opportunity for staff, families, ombudsman programs, residents and other advocates to work together to stand for and promote quality long-term care. Moreover, “Residents’ Rights Month” is an opportunity to raise awareness of these rights and celebrate residents.



This year's theme, "Stand for Quality," emphasizes the importance of quality in all aspects of residents' experiences – quality care, quality of life, quality services, and quality choices – to name a few. These rights, along with many others, are guaranteed by the federal Nursing Home Reform Law. The law requires nursing homes to “promote and protect the rights of each resident” and stresses individual dignity and self-determination.

What is quality? Quality is:

Safe: Avoiding physical and psychological injuries to residents from the care that is intended to help them.

Effective (Person-centered): Providing care that is respectful of and responsive to individual resident's preferences, needs and values, ensuring that residents' values and beliefs guide all decisions.

Timely: Reducing wait times and sometimes harmful delays for both those who receive and provide care.

Efficient: Avoiding waste, including supplies, ideas and energy.

Equitable: Providing care that does not vary in quality because of personal characteristics such as gender, ethnicity, geographic location, and socio-economic status.

The Ombudsman Program Advocates for Residents and their right to quality care, quality life, quality services and quality choices.

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 Article: <https://theconsumervoice.org/events/2019-residents-rights-month>



of the Permian Basin Regional Planning Commission

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Area Agency on Aging of the Permian Basin would like to wish Patti Lindsey a Happy Retirement! Patti served Permian Basin seniors for many years as a Benefits Counselor and will now be living life according to her bucket list. Patti's kind spirit, vast knowledge and sunny disposition made her an integral part of our team and an ally to seniors need of her help. We wish her luck in all her future endeavors. You will be missed.



*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*