

Senior Insights

January 2020

Medicare & Flu Shots

The Centers for Disease Control and Prevention (CDC) recommends that everyone age 6 months and older gets an annual flu shot.

If you are enrolled in Original Medicare (Part A and Part B), your Part B benefits typically cover preventative care such as flu shots at no cost to you if your health care provider accepts assignment. Everyone with Medicare Part B coverage is eligible for one flu shot during each flu season.

If you are enrolled in a Medicare Advantage plan, your flu shot is also covered. Medicare Advantage (Medicare Part C) must provide, at a minimum, all the same benefits as Original Medicare, except for hospice care which is still covered under Part A. You must continue to pay your Part B premiums if you enroll in Medicare Advantage, as well as any additional premiums required by your plan.

UPCOMING EVENTS

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

February 19, May 27, August 19, November 18

at the Permian Basin Regional Planning Commission

How Effective is the flu shot?

The CDC studies the effectiveness of the flu shot each year and its research shows that flu shots reduce the risk of illness between 50% and 60%. A recent study showed that adults age 50 and over reduced their chances of being hospitalized for the flu by 57%.

The main factor affecting the vaccine's effectiveness is whether each year's vaccine "matches" the flu viruses found in the community.

Who is at high risk for complications from the flu?

- Individuals under age 2 or age 65 and over
- Residents of nursing homes or long term care facilities
- Pregnant women and women who have recently given birth
- American Indians and Native Alaskans.
- People with certain health conditions including asthma, chronic lung or heart disease, neurological disorders, blood disorders, diabetes, diseases of the liver or kidneys, cancer, HIV/AIDS, weakened immune systems, and extreme obesity with a body mass index of 40 or greater.

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.

Original article: <https://medicare.com/coverage/medicare-and-flu-shots/>

Monthly Meetings

Andrews - 3rd Tuesday 1:00
Andrews Senior Center

Big Spring - 2nd Tuesday 10:30
Big Spring Senior Center

Fort Stockton - 2nd Wednesday
Call for Details
Fort Stockton Senior Center

Lamesa - 3rd Tuesday 10:00
Dawson Co. Senior Center

Memorial Health Care Center- Seminole
1st Wednesday 10:30

Midland/Odessa Parkinson's Caregivers
Call for Details

Midland - Last Thursday 10:00 & 2:00
Manor Park

Midland - 2nd Thursday 2:00
St. Luke's United Methodist Church

Monahans - 3rd Wednesday
Call for Details
Ward County Senior Center

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

The Courtyards - Odessa
4th Tuesday 2:00

Pecos - 2nd Wednesday 1:00
Pecos Senior Citizens Center

Rankin - Rankin Senior Center
Call for details

Stanton - 2nd Tuesday 1:00
Martin County Senior Citizens Center

For More Information Contact
Susan Frederickson
Caregiver Program Specialist

Area Agency on Aging
of the Permian Basin
P O Box 60660
Midland, TX 79711
Phone: 432.262.4962
Fax: 432.563.1728

Email: sfderickson@aaapb.com

The definition of SUPPORT is to give courage and strength...



...the definition of GROUP is to bring together!

2020 Caregiver Resolutions for Managing Stress

1. Maintain a positive attitude
2. Acceptance is key - all you can control is how you react and adjust
3. People can't help if they don't know there is a problem - be honest and open with your feelings
4. Relax - taking time to breathe is so important
5. Get moving - exercise can help reduce stress
6. Take it one day at a time - if it's not an emergency situation, do not turn it into one
7. Sleep is important - a good night's rest keeps us functioning at our best
8. Incorporate stress management techniques into your life - be social and have fun!
9. Eat a balanced, healthful diet full of fruits, vegetables and water
10. Set realistic goals and go slow - life is not a race, rather, it is a journey

Article provided by Alzfdn.org

Self Care is NOT Selfish!

COMING SOON!!



Many caregivers feel stressed, overwhelmed, or challenged by their duties. TCARE is an evidence based program focused on helping family heroes through their journey by clinically identifying key stress points and suggesting resources that help in the caregiver role. This nationwide program is used by 250+ organizations, 500+ care professionals and has served 100,000+ family caregivers to date.

To learn more about the TCARE program contact the Area Agency on Aging of the Permian Basin. To learn more about the TCARE organization visit www.tailoredcare.com

Risks of Depression Among Long-Term Care Residents

TODAY'S skilled nursing facilities are considerably different from the nursing homes of yesteryear. They feature larger rooms, visits from pets and even gardens. Still, for many seniors, the move to a long-term care facility is representative of the end of the road. The simultaneous loss of independence, a long-time home, and established routine and cherished friends would be difficult for anyone to handle.

According to the American Geriatrics Society, such a monumental change can lead to depression in approximately 40% of nursing home residents. Despite its prevalence, few elders in nursing homes admit that they are experiencing symptoms of depression; therefore, this mental condition often goes undiagnosed and untreated. In many cases, the symptoms are simply written off as a "normal" part of aging or even misdiagnosed as dementia. That means family members and nursing home staff must be on the lookout for warning signs, which can be very subtle.

HOPE
★★★★★★★★★★★★★★
2020

Some of the major symptoms of depression to be aware of are, feelings of sadness, tearfulness, emptiness or hopelessness.

As 2019 ends and 2020 begins, here are a few ways you can provide support for your loved ones who suffer from OR are at risk of depression:

- **Talk to the person (or Long-term care facility staff)** about what you've noticed and why you're concerned.
- **Suggest seeking help from a professional** — a medical doctor or a mental health provider, such as a licensed counselor or psychologist.
- **Offer to help prepare a list of questions (or offer to attend the appointment with your loved one)** to discuss in an initial appointment with a doctor or mental health provider.
- **Make regular visits** to assist your loved one with the adjusted and/or change in their life.
- **And if you would like to continue making a difference in the lives of elderly persons**, contact your local Area Agency on Aging to inquire about the Volunteer Ombudsman Program.

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.**

"Hope is medicine for a soul that is sick and tired."

-Eric Swenson



of the Permian Basin Regional Planning Commission

P.O. Box 60660

2910 LaForce Blvd.

Midland, TX 79711

www.aaapb.com



www.facebook.com/aaapermianbasin

Area Agency on Aging of the Permian Basin is excited to announce the addition of some new programs and introduce **Consuelo Lujan** as our Volunteer and Wellness Coordinator. If you've had the opportunity to meet Consuelo, you know that she is enthusiastic and eager to enhance the lives of senior adults. We are proud to have her join our team. Consuelo will be working throughout our service region bringing programs to the community focusing on evidence-based disease prevention, health promotion and volunteer opportunities. She will offer Walk with Ease, Tai Chi and work with interested seniors volunteering in the Ombudsman and Benefits Counseling Programs.



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