

Senior Insights

October 2020

MEDICARE OPEN ENROLLMENT

OCTOBER 15
TO
DECEMBER 7

During Medicare Open Enrollment, Medicare Beneficiaries can explore new options such as: returning to Original Medicare, choosing a Medicare Prescription Drug Coverage Plan, or joining a Medicare Advantage Plan. Medicare Plans and Medicare Beneficiaries' needs change from year to year, so making decisions about your Medicare benefits requires thoughtful preparation. The Area Agency on Aging of the Permian Basin Benefits Counselors can help you with making those decisions by providing one-on-one assistance.

UPCOMING EVENTS

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

November 18

at the Permian Basin Regional Planning Co

PBRPC Board Meetings are held at 1:30pm on the following dates:

October 14

Happy Holidays!

Offices will be closed on the following dates:



November 26-27

Regular office hours will resume at 8:00am November 30th

December 24-28

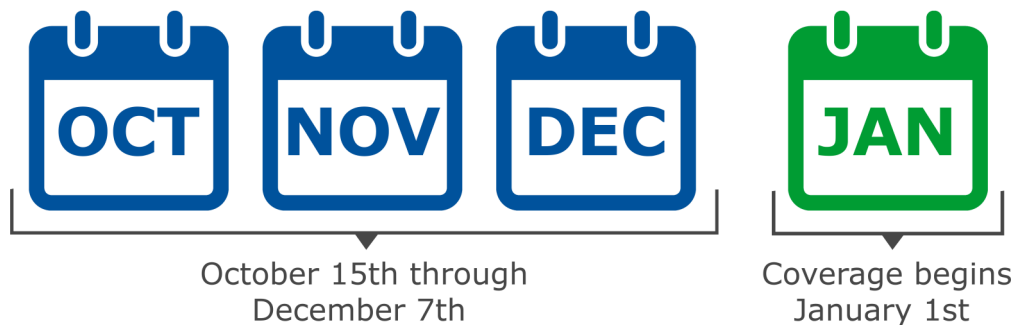
Regular office hours will resume at 8:00am on December 29



**CALL US TODAY AND ASK TO SPEAK WITH A BENEFITS
COUNSELOR TO SCHEDULE YOUR ONE-ON-ONE APPOINTMENT**

Hours of operation are: Monday-Friday 8AM-5PM.

Counties served: Andrews, Borden, Crane, Dawson, Ector, Gaines, Glasscock, Howard, Loving, Martin, Midland, Pecos, Reeves, Terrell, Upton, Ward, and Winkler



Monthly Meetings

Andrews - 3rd Tuesday 1:00
Andrews Senior Center

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

Fort Stockton - 2nd Wednesday
By Appointment Only
Fort Stockton Senior Center

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

Midland - Last Thursday
10:00 & 2:00
Manor Park—Barney
Greathouse Bldg.

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

Monahans - 3rd Wednesday
By Appointment Only
Ward County Senior Center

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

Odessa—4th Tuesday 2:00
The Courtyards

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

Rankin - Rankin Senior Center
By Appointment Only

Seminole Memorial Health
Care Center
By Appointment Only
1st Wednesday

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

***Conducted virtually due
to COVID-19***

For More Information Contact
Susan Frederickson
Caregiver Program Specialist

Phone: 432.262.4962
Fax: 432.563.1728
Email:
sfrederickson@aaapb.com

GUILT | DEALING WITH THE MONKEY ON YOUR BACK

By Zanda Hilger, LPC

Guilt is one of the most common emotions that caregivers experience. At one time or another it may feel like a constant companion like the proverbial “monkey on your back.” Guilt can trigger a constant internal dialogue, making you question what you should and should not do; questioning every step you take in your caregiving journey. Guilt presents itself in different ways. Below are comments that might emerge from guilt from caregivers.

- “Have I done enough?”
- “Have I done the right thing?”
- “I resent my (brother) (sister) (spouse) (other family) because they don't help, don't offer or use some excuse about why they can't help.”
- “I am just so tired. And then I feel guilty that I am not strong enough to handle everything and stay positive.”
- “I feel guilty because I dread the future and next thing that will happen.”
- “I resent (the care receiver, parent or spouse) because his health problems are results of choices he's made (e.g., to smoke, eat too much).”
- “I feel trapped.”
- “What about MY life and my needs?”
- “My mother wants me to spend more time with her at the assisted living. But I have a job and husband. I always feel guilty, although living there is the best thing for her.”
- “Sometimes the frustrations resulting from all the required care sent me into a rage – then I would feel guilty.”
- “My mother has been sick all my life and I ALWAYS have to see about her. I am so tired of it and wish I could get away from her. I wish I could NOT go see her on Sundays and not feel guilty about it.”
- “He loved soup and I just never made it for him. There are always words not said and deeds not done that we feel guilty about; but there is nothing I can do about it now.”

Denying feelings of guilt won't make them go away. In fact, ignoring the guilt or the situations that trigger the guilt may lead to depression, anxiety, angry outbursts, problems with sleep, overeating, and strained relationships with family, friends, and co-workers.

Below are some useful techniques to identify and cope with guilt that you experience.

1. Acknowledge that you feel guilty.
2. Make a list of all the things that make you feel guilty and then write down answers to the questions below:
 - What is causing you to feel guilty about what is on your list?
 - What control do you have over the situations that are triggering the guilt?
 - What are you willing to let go of that will help you feel less guilty?
3. Detach: take a mental step back, a time-out when possible, or two or three deep breaths.
4. Be willing to change how you respond and give yourself time to change.
5. See a doctor to make sure you are in the best possible health yourself.
6. Exercise to drain off anxiety and fatigue.
7. Do your best to look at the situation from the care receiver's point of view.
8. Remember to not take things personally when the care receiver takes his/her frustration and fear out on you. It is usually not about you but about the situation.
9. Adopt the phrase: “I didn't cause it. I can't fix it. I can cope with it”
10. Forgive yourself for feeling guilty. It is a normal human emotion.

COVID-19 | VISITING A LOVED ONE AT A FACILITY

Effective September 24, 2020, Nursing and Long-Term Care residents will be allowed to designate up to two essential family caregivers to provide them supportive, hands-on care. The essential caregiver may be a family member, friend or other individual. For a facility to be approved for family caregivers, it must not have any confirmed positive COVID-19 cases, including staff and residents. The facility will be required to train essential caregivers on the use of personal protective equipment (PPE) and other infection control measures. Proper PPE must always be used during the visits and the caregiver must test negative for COVID-19 within the previous 14 days before the initial visit. All visits must be scheduled in advance.

“Safely visiting with family and friends is the best medicine and most reassuring act we can provide for our most fragile Texans during these challenging times.”

***~HHS Executive Commissioner
Cecile E Young.***

The Health and Human Services Commission keeps an updated list of facilities approved for visitation on their website. The list is updated Monday – Friday by 3pm central time:

<https://hhs.texas.gov/services/health/coronavirus-covid-19>



VOLUNTEER OPPORTUNITY

Ombudsmen are working hard to advocate for all residents and their families. However, we could always use a little help. The AAA Ombudsman Program is seeking individuals who are empathetic and willing to be volunteer. As an Ombudsman you will learn valuable skills in communication, assertiveness, and diplomacy. If you are interested in visiting facility residents and ensuring their rights are protected, please contact the Area Agency on Aging, and speak to:

Yasmin Galvan, Managing Local Ombudsman
Email: ygalvan@aaapb.com
Office: 432-262-4939
Cell: 432-557-5932



of the Permian Basin Regional Planning Commission

P.O. Box 60660

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Public Notice - Procurement of Services by Permian Basin Regional Planning Commission's Area Agency on Aging

The Area Agency on Aging of the Permian Basin (AAAPB) oversees the delivery of Older Americans Act services for individuals 60 years of age and older, their family members, and caregivers across 17 counties of the Permian Basin. The AAAPB is currently seeking qualified entities to provide services such as: congregate meals, home-delivered meals, transportation, personal assistance, health maintenance, emergency response, and residential repair. Parties interested in providing services must contact the AAAPB to obtain information relating to open enrollment, the contracting process, the types of services being considered, and the actual funding available.

A copy of the Contractor application for services may be obtained from the Area Agency on Aging of the Permian Basin, P O Box 60660, Midland, TX 79711, ATTN: Marydyth Taylor or by calling 432-262-4941. The AAAPB has an open contract enrollment policy. Applications will be considered at any time. The AAAPB reserves the right to negotiate with any and all entities that submit applications as per the Texas Professional Services Procurement Act and the Uniform Grant and Contract Management Standards. The AAAPB is an affirmative action/equal opportunity employer.

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