

Senior Insights

Social Security Benefit Increase for 2021

UPCOMING EVENTS

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

**January 27, April 21, July 21,
October 20**

at the Permian Basin Regional Planning Commission

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

**January 13, February 10,
March 10**

Offices will be closed on the following dates:

**January 1
January 18
February 15**

The Social Security Administration has announced that Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 1.3 percent in 2021. The 1.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2021. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$142,800 from \$137,700.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal *my Social Security* account. People may create or access their account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2021, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2021 are announced. Final 2021 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and *my Social Security's* Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola. For more information please contact the Benefits Counselor, Crystalyn Morgan-Tadese, at The Area Agency on Aging of the Permian Basin by phone at 432-563-1061 ext. 338 or by email at cmorgan-tadese@aaapb.com.

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:
sfr frederickson@aaapb.com

I'm Fine, Thanks

by Pat D'Andria for Caregiver.com

That is the life of a caregiver. You are always fine because the focus is always on the person that you care for. You are “just fine” because if you think of allowing yourself to be anything other than fine, your legs will come out from under you. You just keep moving along, all the while knowing that the person that you are trying to convince that you are “just fine” is you. It would have to be you; everyone else in creation can see the dark circles under your eyes and recognize the tension buzzing through your system like an overdose of caffeine.

Let's assume that it has been a while since someone in your life has had a diagnosis or an accident that leaves you in charge of everything. Not just them and their care, but everything from cooking and cleaning to paying the bills and getting the vehicles maintained. It might be accurate to say that you had a few minutes to adjust to the whole idea before you had to start making some pretty big decisions and it probably has not stopped since then.

It is a sure bet that the personalities involved get all the more interesting to boot. Not necessarily those directly involved, but all the folks that sort of buzz around just wanting to cause more drama as if there is not enough already. Oddly enough, the drama that used to be so upsetting in life can become so tiny in the scheme of things when real life rears its head.

It's right about now that you get cocky. You think to yourself, “Stress? Ha! I laugh at stress. I have everything under control.” You have it all figured out, you are working, you have aides coming in and taking care of your loved one, you shop, you cook, you can find things—life is just fine. Out of the blue, you find yourself in the shower shaking and crying and you don't even know why. Ahhh. I guess I am not so fine after all.

This is where you realize that you really do come into the picture after all. You must fit yourself in or you won't be o.k. If you have a counselor, you go. If you don't have a counselor, you find one. You start to learn that you are still present and need to be cared for also. The only one to care for you is you. Remember that life was hard to deal with before you were a caregiver. Not that much has really changed; there is just a whole lot more of it and it feels so huge.

Understand that you need to accept help from others with grace and they need to help, it makes them feel good. If all you do is give, you will come to resent it and get cranky. You need to make sure that you also receive from others; whether this is in the form of massage, a pedicure, manicure, getting your haircut—all of those hands-on things that make you feel more connected. In an ideal world it would be nice to have your give/receive ratio be equal, but as a caregiver you will not get close to that. Shoot for what feels right for you.

It is o.k. to think about you. Most of the time your focus is on the person that you care for. When you do start to think about your own needs, it feels uncomfortable, like new shoes. Get over it. It is so easy to lose yourself in all the “stuff”. Re-create a life for yourself, this is the perfect time to take a breath and think about what you really want for you.

Take a break from drama. The inconsequential “who said what about who” stuff that people love to lay at your feet. Just let it pass on by and pay no attention to it. Swear off guilt forever. I could go on and on about this one. Just suffice it to say: Stop with the guilt already. Feeling it, giving it or getting it.

Live in the moment and kick back and relax when you can. Not many people understand what an honor it is to be someone's caregiver. Give yourself a good healthy pat on the back but hurry it up; you have places to go and things to do.

***“Understand that
you need to accept
help from others...”***

Information on COVID-19 Vaccine

On December 11, 2020, the Federal Drug Administration issued the first emergency use authorization (EUA) for the prevention of Covid-19 in the form of a vaccine.

There are now two approved vaccines distributed by Pfizer and Moderna. Each vaccine is administered in two doses. The first phase of vaccine distribution included front-line health workers and long-term facilities. Distribution to facilities began the third week of December. The next phase of the vaccine distribution will be for people 65 and older with certain medical conditions. Since the vaccine was approved under emergency status, the vaccine is completely optional to all groups.

Governor Abbot announced that the State of Texas would be participating in the Pharmacy Partnership for Long-Term Care program, (known as the State Vaccine Program), to help get residents and staff of long-term care facilities get vaccinated. The program, which began on December 28, 2020, sends Pfizer vaccines from partnering Walgreens and CVS locations to facilities free of charge to vaccinate residents and staff who volunteer to participate.



Vaccine clinics will be set up at each nursing facility that has signed up to be a part of the state vaccine program. All who decide to take the vaccine are encouraged to make an informed decision. An Emergency Use Authorization Fact Sheet for Recipients and Caregivers will be given to all residents or their legal representatives.

How will the vaccine affect long-term care facilities? Per the Centers for Medicare & Medicaid Services, as of now all protocols used in the prevention of Covid-19 will remain in place until enough time has passed to prove the vaccine is effective.

References:

Pharmacy Partnership for Long-Term Care Program. (2020, December 09). Retrieved January 05, 2021, from <https://www.cdc.gov/vaccines/covid-19/long-term-care/pharmacy-partnerships.html> Information of Covid-19 Vaccination Process. (2020, December 22). The Voice: The E-newsletter of National Consumer Voice for Quality Long-Term Care.

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 a 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: 432-262-4906

Cell: 432-557-5932



of the Permian Basin Regional Planning Commission

P.O. Box 60660

2910 LaForce Blvd.

Midland, TX 79711

www.aaapb.com



@AreaAgencyonAgingPB

12 New Year's Resolutions for Seniors

Each New Year is a gift. It's another opportunity to take stock of our lives and decide what we'd like to change. We can make changes large and small. Here are 12 New Year's resolutions specifically for seniors, including practical resolutions – not as fun but bound to bring peace of mind – and more attitude-oriented resolutions, which remind us that every day can be a good day.

Resolution 1: Review your legal documents.

Resolution 2: Get up to date on your vaccinations

Resolution 3: Inventory medications.

Resolution 4: Try something new.

Resolution 5: Challenge yourself.

Resolution 6: De-clutter.

Resolution 7: Understand your fall risk.

Resolution 8: Forgive the people in your life who deserve it.

Resolution 9: Embrace technology.

Resolution 10: Keep laughing!

Resolution 11: Share memories.

Resolution 12: Revisit your old resolutions.

At any stage of life, the New Year is a convenient opportunity to take stock of what we're doing, and to make the changes we'd like. But you've earned the privilege of making any change you want, any day of the year. After all, there's no law saying we can only improve our lives on the first day of January. If making a new resolution will improve your life, isn't every day the right day?

Original article: <https://www.lifeline.philips.com/resources/blog/2017/12/12-new-year-resolutions-for-seniors.html>



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