

Flu Shots

People who are 65 and older are at high risk of having serious health complications from the flu. When people with Medicare get their yearly flu shot, it helps lower the number of medical visits, hospitalizations, and deaths. An essential part of protecting your health during this flu season is getting the flu shot. To make sure that flu shots are accessible to everyone, Medicare covers 100% of the cost of a flu shot, as long as it is given by an approved provider. Most doctors offices, pharmacies, hospitals and health departments accept Medicare.

The Tip Jar

- Many falls are preventable, to help avoid falls, get your vision and hearing checked annually. Your eyes and ears are key to keeping you on your feet.
- You are never too old to set another goal or to dream a new dream. –C.S. Lewis
- Caregivers, you are not alone. Seek support of other caregivers. Join our online group for caregivers at [facebook.com/groups/aaa5countycaregiversupport](https://www.facebook.com/groups/aaa5countycaregiversupport)

2021 Medicare Costs

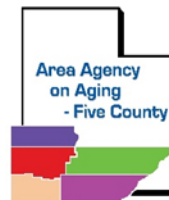
The Center for Medicare and Medicaid Services (CMS) has now released the 2021 Medicare costs. With Social Security announcing a 1.3% Cost of Living Adjustment (COLA), Medicare then determined how much to increase key premiums and deductibles. Federal legislation prohibits Medicare from increasing the Part B premium more than the average COLA amount. Some years, the premiums increase almost the full COLA amount but for 2021, cost increases are significantly less than the COLA. Some key amounts are:

Part B Premium will increase from \$144.60 to **\$148.50**

The Part B Deductible will increase from \$198 to **\$203**

The Part A Inpatient Deductible will increase from \$1408 to **\$1484**

One major factor in the increase of Medicare costs each year is fraud, waste and abuse. To help protect Medicare from significant increases in the future, always check your Medicare Summary Notice or Explanation of Benefits for charges you don't recognize. If you see a charge that doesn't look right, contact the provider. If they won't help, contact the Senior Medicare Patrol at (435) 673-3548 for assistance.



Involved Aging: News and Announcements

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www.areaagencyonagingfivecounty.org

www.facebook.com/AgingFiveCountyUtah

www.pinterest.com/fivecountyaging/

Give Yourself Peace of Mind with an Advance Health Care Directive

Life is full of surprises. Some are wonderful, like an unexpected phone call from a long-lost friend. Other surprises though, like a sudden illness or a pandemic, can be cause for worry. One way to ease these worries is to make sure we are prepared for what comes our way. Having an advance health care directive is a great way to make sure you are prepared for illness or incapacity. A health care directive is a document that allows you to nominate an agent to make health care decisions on your behalf in the event you are unable to make them for yourself. There are many benefits to having a health care directive, including:

- ✓ Choosing your decision maker and specifying what decisions they can make for you;
- ✓ Expressing your wishes for end-of-life care; and
- ✓ Avoiding a guardianship proceeding.

Make sure you select someone you trust as your agent, and discuss your wishes and preferences with them in advance. Also, be sure to give a copy of your directive to your healthcare providers so they are aware of your wishes. You are free to revoke or change your directive at any time if your preferences change.

You can get started on your healthcare directive by visiting <https://ucoa.utah.edu/directives/> for a copy of the health care directive form as well as additional information on filling it out. Remember, a health care directive is not a Do Not Resuscitate (or POLST) order. Give yourself peace of mind, and complete your advance health care directive today.

Kate Nance works for Adult Protective Services, managing a grant to reduce financial exploitation of vulnerable adults in the state of Utah. She previously worked as an attorney specializing in elder law, including estate planning, guardianships/conservatorships, and probate matters. She has seen first hand the devastating effects that financial exploitation and scams have on individuals and their families, and is passionate about providing education and services to empower seniors on this topic.

Area community members are invited to join the AAA team in the rewarding position of volunteer!

The Senior population of Southern Utah is quickly growing, as are the issues that affect them. The Area Agency on Aging has been providing services to frail and elderly adults for over 20 years, but our activities go beyond that. Whether it be providing information and referrals, offering training and educational events, or teaching principles of living well, there is something for everyone at the AAA.

Volunteers play a valuable role in our ability to meet the needs of seniors and individuals living with disabilities in our community. Volunteering offers vital help to people in need, worthwhile causes, and our local communities, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving your time in even simple ways can help those in need and improve your health and happiness.

"Well-being is at the forefront of what we're working together towards. Our programs and activities are designed to be a catalyst that helps seniors in our community reach their goals and fulfill their potential," said Kristina Raner of the Area Agency on Aging, "If you are looking for a rewarding experience, we would love to have you join our team!"

Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities. By giving back to the community, you'll see first-hand how volunteering makes a difference and how good it feels to help other people and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your family and friends. With your help, we can continue making a difference in the lives of seniors, Veterans, and people living with disabilities.

At the Area Agency on Aging-Five County, we have many programs currently in need of volunteers:

Benefits Access and Information:

- [Benefits Enrollment Center](#): Help improve the health and happiness of older adults by assisting Medicare beneficiaries in connecting with other public benefits for which they may qualify. Volunteers of all ages are welcome! For more information, contact bec@fivecounty.utah.gov
- [Senior Health Insurance Assistance Program \(SHIP\)](#): Volunteers educate, advocate, counsel and empower people to make informed healthcare benefit decisions. For more information, contact abrinkerhoff@fivecounty.utah.gov
- [Senior Medicare Patrol \(SMP\)](#): Empower and assist Medicare beneficiaries, their families, and caregivers to detect and report health care fraud and abuse. For more information, contact abrinkerhoff@fivecounty.utah.gov

Senior Corps:

- [Foster Grandparents](#): The Foster Grandparent Program provides an opportunity for limited income seniors to earn a small, tax-free stipend of \$2.65 per hour while tutoring and mentoring children. For more information, contact jlyman@fivecounty.utah.gov
- [Senior Companion](#): The Senior Companion program provides an opportunity for limited income seniors to earn a small, tax-free stipend of \$2.65 per hour while helping other seniors maintain their independence and providing respite to caregivers. For more information, contact jlyman@fivecounty.utah.gov
- [Retired and Senior Volunteer Program \(RSVP\)](#): This opportunity allows mature adults, age 55 and over, to stay active and healthy in retirement, while helping their community members to do the same through teaching evidence based preventative health classes. For more information, contact rsvp@fivecounty.utah.gov.

Front Desk/Office Volunteer Opportunity:

- Five County is looking for volunteers to answer phones at our front desk. When you volunteer at our front desk, you will do more than just answer phones... Volunteering offers vital help to people in need, worthwhile causes, and our local communities, but the benefits can be even greater for you, the volunteer. For more information, contact teverett@fivecounty.utah.gov.