



1070 West 1600 South, Bldg B

P.O. Box 1550 (84771) St. George, UT 84770

435-673-3548 [aanews@fivecounty.utah.gov](mailto:aanews@fivecounty.utah.gov)

[www.areaagencyonagingfivecounty.org](http://www.areaagencyonagingfivecounty.org)

[www.facebook.com/AgingFiveCountyUtah](https://www.facebook.com/AgingFiveCountyUtah)

[www.pinterest.com/fivecountyaging/](https://www.pinterest.com/fivecountyaging/)

Volunteer of the Quarter for June 2020

Janet Jackson

Yes, that's right, we have Janet Jackson serving as a Foster Grandparent for the AAA-Five County! She might not look or sing like Michael's sister Janet, but we think she is pretty special, so we are recognizing her as our Volunteer of the Quarter.

Janet was born in Portland, Oregon but only lived there for her first 6 months however, she visited her grandmother in Portland during the summers when she was a child. Janet's grandmother enjoyed making crafts and passed this along to Janet. She loves to paint anything from pictures, to rocks, to her house. She also loves to crochet among other crafts.

Of the many places Janet lived as a child her favorite was Benicia, California. Her family now consists of 6 children and 10 grandchildren who live as close as Las Vegas and as far as Turkey! Janet moved to Cedar City in 1998 and worked for the Mead Company for 10 years before becoming a Foster Grandparent.

Old Man Sam shares Janet's home now and Blackie, Grace, Butterscotch and Goldie share her yard. Old Man Sam is her cat and the others are her chickens which keep her in eggs. Janet also likes to raise a garden each year and as of this writing has crop of rhubarb growing.

Janet is a sweet and loving person who has been serving as a Foster Grandparent for 7 years! She is happy to get up in the morning and get to work at Gateway Academy helping children who need extra assistance with reading. She loves to see the children smile when they learn something new and gives each a sticker whenever they finish a book. We are so happy to have Janet serving as a Foster Grandparent!

**Thank you, Janet, for sharing your time and talents with the children in your community!**

If you or someone you know is interested in volunteering, contact Joni at 435-673-3548.

"TEATIME" WITH SHERI



"It does not matter how slowly you go, as long as you do not stop."



The Tip Jar

Did you know that Medicare doesn't cover certain things, like vision, dental and hearing aids because the law that created Medicare specifically prohibits coverage for these services? Some Medicare Advantage Plans offer limited coverage for these services. If you are interested in these services, consider getting your Medicare through a Medicare Advantage Plan (Not available in all areas). Contact your SHIP Counselors for more information at 435-673-3548.

A WEEKLY SUPPORT GROUP:

PLEASE COME PREPARED TO:

Be Encouraged & encourage others.

Provide support as well as receive support!

Learn new information

Gain HOPE!

Help others

Stay connected

WHEN: THURSDAYS

TIME: 1:00-1:30 PM

WHERE: THE COMFORT OF YOUR HOME!

HOW TO:

Contact: Sheri Reber [sreber@fivecounty.utah.gov](mailto:sreber@fivecounty.utah.gov)

to register. She will provide further instructions.



[areaagencyonagingfivecounty.org](http://areaagencyonagingfivecounty.org)



[facebook.com/AgingFiveCountyUtah/](https://facebook.com/AgingFiveCountyUtah/)



AAA Five County



[pinterest.com/fivecountyaging/](https://pinterest.com/fivecountyaging/)

During this time of social distancing and staying home, pull out your photographs! You can organize them, label with names and share stories with your loved ones.



## Take Care of You to Take Better Care of Your Loved One

As a caregiver do you often end up last on your own priority list? It happens so easily! It can be really hard to make time to take care of yourself when you're so busy making sure your loved one's needs are met in the best possible way, and especially if you're doing it all yourself or without much help and support. And then sometimes if you do make time, it's so easy to feel guilty or selfish about taking a few minutes to yourself.

Try reframing it as something you're doing for your loved one instead of for yourself. Staying healthy and resilient is really one of the best things you can do for your loved one, so you can keep taking good care of them. Self-care doesn't have to be anything big, expensive, or time-consuming either. There are a lot of little things you can do to keep up your spirits up, stay healthy and resilient.

Here are some things that caregivers have told us work well:

Call or text a friend or family member you know you can vent to, joke with, or just chat with for a minute. Set up a time every week to check in with each other if you want to.

Whenever your loved one takes a nap, take one too. Or do something that's relaxing for you - watch a TV show or movie, read a book, do yoga, have a cup of tea or your favorite drink, work on a craft project or gardening.

Post a list on your fridge of specific tasks that someone could help you with. It can be anything: picking up groceries, going to the post office, mowing the lawn, visiting with your loved one while you see your doctor, taking the dog for a walk. (Even family or friends who don't live close could do things like order supplies to be mailed to you, order takeout delivered to you for dinner, or have a video chat with your loved one while you take a little break.) Then whenever someone asks if they can help you, show them or tell them what's on the list and have them choose something they can do. Often people really want to help, but they don't know how and it's hard to think of something specific to tell them in the moment. Having a list of specific things can make it easier for them to give and you to receive.

**For more resources, contact our team of Social Workers at 435-673-3548**



## **GREAT NEWS for Medicare Beneficiaries: Lower insulin costs have been announced!**

Last month, the Centers for Medicare & Medicaid Services (CMS) announced that over 1,750 standalone Medicare Part D prescription drug plans and Medicare Advantage plans with prescription drug coverage have applied to offer lower insulin costs through the Part D Senior Savings Model for the 2021 plan year. Across the nation, participating enhanced Part D prescription drug plans will provide Medicare beneficiaries access to a broad set of insulins at a maximum \$35 copay for a month's supply, from the beginning of the year through the Part D coverage gap.

Currently, Part D sponsors may offer prescription drug plans that provide lower cost-sharing in the coverage gap; however, when they do, the Part D sponsor accrues costs that pharmaceutical manufacturers would normally pay. These costs are then passed on to beneficiaries in the form of higher premiums. The new insulin model directly addresses this disincentive by doing two things: 1) allowing manufacturers to continue paying their full coverage gap discount for their products, even when a plan offers lower cost-sharing; and 2) requiring participating Part D sponsors' plans, in part through applying manufacturer rebates, to lowering cost-sharing to no more than \$35 for a month's supply for a broad set of insulins.

For the first time, CMS is enabling and encouraging Part D plans to offer fixed, predictable copays for beneficiaries rather than leaving seniors paying 25 percent of the drug's cost in the coverage gap. Both manufacturers and Part D sponsors responded to this market-based solution in force and seniors that use insulin will reap the benefits.

Based on CMS's estimates, beneficiaries who use insulin and join a plan participating in the model could see average out-of-pocket savings of \$446, or 66 percent, for their insulins, funded in part by manufacturers paying an estimated additional \$250 million of discounts over the five years of the model. With a robust voluntary response from Part D sponsors, CMS anticipates beneficiaries will have Part D plan options in all 50 states, the District of Columbia, and Puerto Rico, through either a standalone prescription drug plan (PDP) or a Medicare Advantage plan with prescription drug coverage. Beneficiaries will be able to enroll during Medicare open enrollment, which is from October 15, 2020 through December 7, 2020, for Part D coverage that begins on January 1, 2021.

**For more information, contact your SHIP Counselors at 435-673-3548.**