



UTAH ELDER ABUSE AWARENESS DAY

Virtual Conference 2021

Tuesday, June 15
10 AM -12 PM

2-1-1

alzheimer's association
THE ORGANIZATION FOR ALZHEIMER CARE

Utah Department of
human services
AGING AND ADULT SERVICES

AARP
Utah

UCOA
Utah Council on Aging

#WEAAD

#UTAGAINSTELDERABUSE

Medical identity (ID) theft occurs when someone steals personal information – such as a beneficiary’s name and Medicare number – and uses the information to get medical treatment, medical equipment, prescription drugs, surgery, or other services and then bills insurance (such as Medicare) for it. When Medicare beneficiaries fall prey to consumer scams aimed at obtaining Medicare numbers, their Medicare number is considered to be “compromised” as a result of medical identity theft. Beneficiaries whose Medicare numbers have been compromised can be issued a new Medicare number. Continuing to use a compromised number could have long-term health consequences, making it difficult to get needed medical supplies or services. If your Medicare number has been compromised and you need help getting a new one, contact the AAA-Five County Senior Medicare Patrol at (435)673-3548.

The Tip Jar

Depression is the leading cause of disability in the world, affecting one out of every 6 adults. Now more than ever, it’s important to know the signs of depression and when to get help. There are many different depression symptoms, like feelings of sadness or guilt, loss of interest in activities, change in weight, being more or less active than usual, trouble sleeping or sleeping too much, trouble concentrating, suicidal thoughts.

If you’re experiencing any of these symptoms, talk to your doctor about getting a depression screening. Medicare covers a depression screening once per year, and you pay nothing if your doctor accepts assignment. Medicare also covers other mental health services, so get the care you need. If you have questions about Medicare coverage of Mental Health services, contact the SHIP program at (435)673-3548.



Involved Aging: News and Announcements

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www.areaagencyonagingfivecounty.org

www.facebook.com/AgingFiveCountyUtah

www.pinterest.com/fivecountyaging/

Did you serve in the military and are you living on a fixed income?

According to the [Institute on Assets and Social Policy](#), one-third of senior households has no money left over each month or is in debt after meeting essential expenses.

Let us talk about your budget and goals.

Have you considered the VA Health Care system to help you meet your unique health care needs? It is a comprehensive health care resource, and benefits within the system can assist you financially.

As a military veteran, consider these five VA Health Care (VHC) money management tips to make the most of your money:

1. No monthly premium is required to participate in VHC. A short application is necessary. It will operate as useful complement to your Medicare and existing private insurance.
2. High quality hearing aids are accessible at a low cost. In certain instances, no cost.
3. Insulin and diabetic supplies are available for a low co-pay.
4. VA has an extensive medication plan. No monthly premium is required. High tier drugs are generally available with a lower co-pay than private insurance.
5. Long term in-home help is offered for health compromised veterans. VHC pays the cost for nurses’ aides and homemakers to come to your home.

Additionally, VA Health Care provides incontinence supplies, durable medical equipment, personal emergency fall buttons, caregiver programs, nursing home care, and much more.

Veterans are at the heart of VA Health Care!

If you want to learn how to apply, please contact us at 435-673-3548!





Volunteers of the Quarter
June 2021
Ed and Vicki Daughton



The Volunteer this Quarter is not one but two volunteers; Ed and Vicki Daughton are a dynamic duo. The two of them have served over 12,000 hours in the Cedar City area! Ed provides companionship and transportation to his fellow seniors. He loves to hear the stories of those he visits, especially his fellow veterans.

Ed served as a marine for 8 years. He also worked for a company called North American, which worked on the space shuttle for Apollo 11, where Ed had top secret clearance. He has also been a cook, a security guard, a school bus driver, and milked cows for a dairy. Ed also likes to golf, bowl and has been a scout master for years and earned the Second Miler Award.

Ed is married to Vicki and together they have 11 children!! They met on a blind date and Ed knew right off he wanted to marry Vicki; it took her two years before she decided she would marry him! Their family has grown, and they now have 31 grandchildren and 26 great-grandchildren. They still love to camp in tents, and they also have a cabin "out on the property". They are a close family and some of their children are building their own cabins on the property. What a fun bunch!

Vicki serves as a Foster Grandparent at East Elementary School in Cedar City assisting children with reading and math skills. Some of her grandchildren attend the school so that is an added bonus. Vicki is a bit of an entrepreneur. She opened a health food store when they lived in Kanab and with one their sons owned Festival City Bakery in Cedar City. They made the tarts for the Shakespeare Festival for 7 years! She was also the manager of a Hawaiian radio station while living in Cedar City!

Another fun fact about Vicki is she grew up in Southern California and was a surfer! She had her own surfboard and a woody wagon! I was very impressed and a little in awe when she told me this. She also likes to hike and make Levi quilts.

We are so happy Ed and Vicki are part of the AmeriCorps Seniors Program. They are reliable and responsible volunteers. Those they serve are fortunate to have them!



IT Survey 2021 – Utah’s Older Adults (50+)

The Utah Association of Area Agencies on Aging (u4a) and Utah Commission on Aging (UCOA) have commissioned this survey to collect a baseline of tech use among older Utahns and to help us improve our delivery of services across the state.

Please help us by completing the survey and sharing this flyer with other older adults and encourage their participation. **The survey is anonymous and will not collect name, address, or financial information.**

There are two ways to complete the survey:

1. **On your own device** (computer, smart phone, iPad, etc.) by going to this link:

<https://bit.ly/3u0bdm5>

or this QR Code:



2. **With assistance from a volunteer** by calling the UtahAging.org hotline at:

1 888 985 6866

Mon-Fri between the hours of 12 Noon to 6 PM

The survey will take about 10 minutes to complete.

**Thank you for your participation
in this important project.**