

## Upcoming Events

Wednesday, February 5th 10am

Chronic Disease Self Management

Live Well Center

St. George, Utah

Tuesday, February 7th 1pm

Stepping On

Live Well Center

St. George, Utah

Tuesday, February 11th 9am-5pm:

Dementia Dialogues

St. George, Utah

Thursday, February 20th:

Dealing with Dementia

Cedar City, Utah

Wednesday, March 4th 9am-5pm:

Dementia Dialogues

Cedar City, Utah

**There is no cost. RSVP may be required. For more information, call 435-673-3548.**

## Caregiver Groups

Cedar City Bring Your Own Lunch and Learn with Heather Cox

2nd Tuesday of each month noon-2:00pm

585 N Main St Cedar City

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver” — Rosalyn Carter. We welcome all four kinds of people to bring your lunch and join us for Cedar City Lunch and Learn monthly caregiver support group. On **February 11th, come learn about having fun and creating good memories with each other.** For more information, contact Heather at 435-865-7314 or [hcox@fivecounty.utah.gov](mailto:hcox@fivecounty.utah.gov).

Kanab Senior Center Caregiver Support Group with Nancy Morrill

2nd Wednesday of each month 12:30-1:30pm

Kanab Senior Center 172 E 100 N Kanab

Join Nancy Morrill as she facilitates The Caregiver Academy, a six week skill development program for family caregivers. The series continues on **February 12th with session two: Compassion Fatigue and Building Resilience.** Learn to create a self-care plan to minimize the risk of care fatigue.

For more information contact Nancy at 435-673-3548 or [nmorrill@fivecounty.utah.gov](mailto:nmorrill@fivecounty.utah.gov).

**There is no cost and no RSVP required.**



## Involved Aging: News and Announcements

1070 West 1600 South, Bldg B

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

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

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

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

**February, 2020**

**Valentine's Day is a day to celebrate your love! Here are some ideas to celebrate with your care receiver.**



Reminisce- look at pictures, watch your wedding video or listen to it- my parents wedding is on vinyl.



Decorate cookies- They don't have to be homemade.



Make homemade valentine's day cards for grandchildren- They will cherish them.



Buy some flowers and make your own arrangement.



Order dinner and have a nice quiet dinner at home. (less stimuli for the care receiver- restaurants are usually pretty busy on this day, so it may be a good idea to call ahead and pre-order)



Pick someone that you know is a caregiver and be a "Secret Cupid" drop off chocolate, flowers or dinner for them.



Listen to love songs:

- ◆ Love Me Tender-Elvis Presley
- ◆ When a Man Loves a Woman-Percy Sledge
- ◆ You are so Beautiful-Joe Cocker
- ◆ Love Letters in the Sand-Pat Boone
- ◆ You are My Sunshine-Johnny Cash
- ◆ Unforgettable-Nat King Cole
- ◆ I've got You Babe-Sonny and Cher
- ◆ Stuck on You-Lionel Richie
- ◆ My One and Only Love-Frank Sinatra
- ◆ I Will Always Love You-Whitney Houston



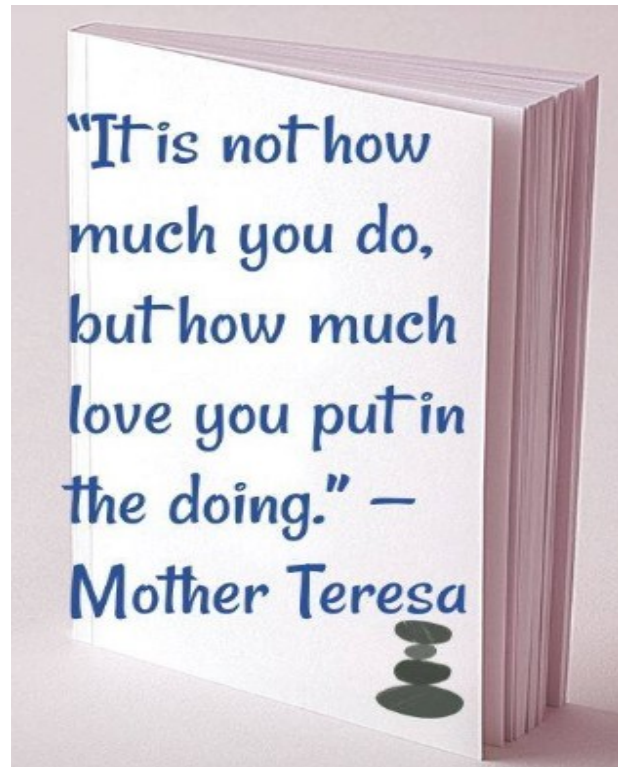
Watch a favorite movie:

- ◆ Casablanca (1942)
- ◆ Singin' in the Rain (1952)
- ◆ Roman Holiday (1953)
- ◆ Oklahoma (1955)
- ◆ Love in the Afternoon (1957)
- ◆ West Side Story (1961)
- ◆ The Music Man (1962)
- ◆ Funny Girl (1968)
- ◆ What's Up Doc? (1972)
- ◆ Grease (1978)

Original Medicare Costs: 2019 vs. 2020			
	2019	2020	
<b>Part A premium</b>	\$0/month if you've worked more than 10 years	\$0/month if you've worked more than 10 years	
	\$240/month if you've worked between 7.5 and 10 years	\$252/month if you've worked between 7.5 and 10 years	
	\$437/month if you've worked fewer than 30 quarters (7.5 years)	\$458/month if you've worked fewer than 30 quarters (7.5 years)	
<b>Hospital deductible</b>	\$1,364 each benefit period	\$1,408 each benefit period	
<b>Part B premium*</b>	\$135.50/month	\$144.60/month	
<b>Part B deductible</b>	\$185/year	\$198/year	
<b>Part B coinsurance</b>	20% for most services	20% for most services	
* If your annual income is higher than \$87,000 for an individual (\$174,000 for a couple), you will pay a higher Part B premium. Visit <a href="http://www.medicare.gov">www.medicare.gov</a> for Part B costs by annual income.			
<b>Part D maximum deductible</b>		Up to \$415/ year	Up to \$435/ year
<b>Part D coverage gap threshold (or donut hole)</b> You reach the coverage gap, or donut hole, when you and your plan together have spent this much on covered drugs since the start of the year.		\$3,820	\$4,020
<b>Part D catastrophic coverage limit</b> You get out of the donut hole and reach catastrophic coverage when you have spent this much out of pocket* since the start of the year.		\$5,100	\$6,350

Please note, if you qualify for assistance programs, your costs may vary. Also, if you have a Medicare Advantage Plan, your costs for deductibles and coinsurance may be different than traditional Medicare. Plans send either monthly or quarterly Summary Notices or Explanation of Benefits. Review that for any errors. If you find something incorrect, contact the provider. If you need additional assistance, contact the Senior Medicare Patrol at (435) 673-3548.

One of the most repeated questions from someone with Dementia is, "what time is it?" What do they need? Purpose and Direction. Tell me what I should be doing with my time right now—I don't know and it makes me feel lost and afraid. Redirect the person to a safe haven. It's time to eat, watch a movie, or go for a walk.



**When signing any legal documents during the year 2020, do not date documents with the year abbreviated as mm/dd/20. Someone could later alter that date to any number of years by adding two numbers to the end.**

As of January 1, 2020, Medicare cards with Social Security numbers are no longer accepted. If you are informed by your provider that your Medicare is not active, make sure they have a copy of your new Medicare card. Always protect your Medicare card like you would a credit card.