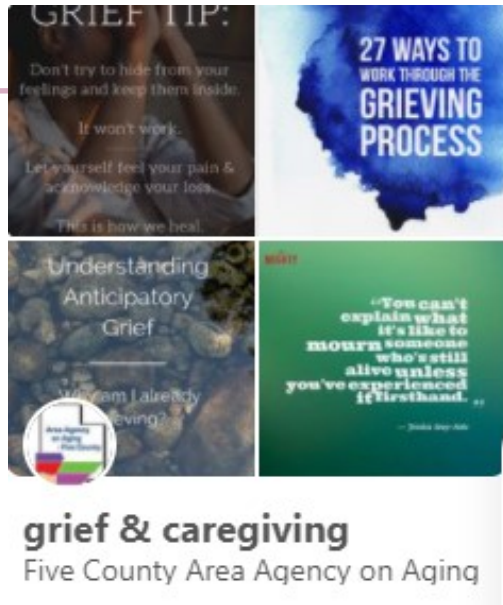


As COVID-19 Vaccines become available for Medicare beneficiaries, there are a few important things to know regarding Medicare coverage of the vaccine.

First, for doses of the vaccine purchased with tax dollars, the actual cost of the vaccine cannot be billed to any insurance company. Providers can, however, bill insurance companies a nominal administration fee. This fee cannot be passed on to Medicare beneficiaries. During the first year of vaccine administration, Original Medicare will be covering this cost, even if you have a Medicare Advantage Plan so when you go get your vaccine, provide your Original Medicare number on the consent form.

Second, scams around the COVID-19 Vaccine are prevalent. Currently, the COVID Vaccine is only available in limited settings. Advertisements for the vaccine through social media, email, telephone calls or other sources are likely scams. Remember, vaccine doses are limited and offers asking you to pay to get early access or on a waiting list are scams.



Visit [Pinterest.com/fivecountyaging](https://www.pinterest.com/fivecountyaging) for this and other resources, stress busters, quotes, easy meals and more.

## The Tip Jar

Celebrate LOVE this Valentine's Day:

- Make homemade Valentine's Day cards for grandchildren. They will love them!
- Listen to love songs or watch old movies!
- Be a "SECRET CUPID" for someone. Drop off dinner, chocolate etc.
- Buy some flowers and make your own arrangement!
- Decorate cookies! They don't have to be homemade!

**Don't forget to take pictures! Cherish every moment!**



## Involved Aging: News and Announcements

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

February, 2021

## Self-Care: The Most Important Part Of Being A "Good" Caregiver

Self-care is something that many of us struggle with, and the holiday season or special occasions can add an extra layer of stress. It's so easy to get so wrapped up in being a "good" caregiver that we forget, that the most **important** part of being a "good" caregiver, is taking care of ourselves.

We all want to take the time, but we just can't seem to justify or find time to do so.

Before we say we don't have the time, let's think about this: If you don't find the time to take care of yourself and you fall ill, end up in the hospital or a rehab stay, who is going to take care of your loved one? I know, you're thinking easier said than done. It is true! However, I have been a caregiver and watched other family members be caregivers and the toll it takes on you is real. So, I want to share with you some ideas that worked for me. I realize this won't work for everyone, but hopefully one of these ideas will help you find what works for you. First, I love music and so I utilized that to make different play

lists. When I'm feeling low energy I use a playlist to get me moving (great to vacuum to by the way). When I feel drained, I have a different play list that gives me inspiration and hope. Music is an easy tool to use and always available for most people. Another tool I use is sleep. As caregivers, we must make sleep a priority, even a short nap during the day. Sleep is when our body heals and regenerates. Without this our immune systems weaken and it is harder to fight off illness and irritability.

Finally, I practice "being present." So often we are there in body but our mind is elsewhere and this actually causes more stress since we know that we're not present, and we might miss important things like that smile or a laugh, or something that was said. Being present is hard to do, it takes practice, but it makes me feel more at peace and less stressed in the long run. So, try it! Take a deep breath, stay focused and in the moment.

For more like this, visit our blog- [www.areaagencyonagingfivecounty.org/blog](http://www.areaagencyonagingfivecounty.org/blog)

## Learn to Live Well With Our Trio of Evidence- Based Self-Management Courses!

This free workshop series will provide education and build participants 'confidence in managing their health to keep them active and engaged in their lives.

The Chronic Disease Self Management Program is for adults with chronic, ongoing health problems. There is strong evidence from peer-reviewed publications and program evaluations that participation in CDSMP workshops can improve physical and psychosocial outcomes and quality of life for people with chronic health conditions. Benefits include decreased pain and health distress, increased energy and less fatigue, increased physical activity, decreased depression, better communication with physicians, decreased social role limitations, and increased confidence in managing chronic disease.

Chronic Pain Self Management workshop participants will learn about strategies to overcome problems such as frustration, fatigue, isolation, and poor sleep; exercises for maintaining and improving strength, flexibility, endurance and pacing activity with rest; appropriate use of medications and evaluating new treatments; communi-

cation skills; and the importance of good nutrition in pain management.

Diabetes Self-Management education and workshops are a collaborative process through which people with diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and its related conditions. This process incorporates the needs, goals, and life experiences of the person with diabetes.

All three workshops have been developed by Stanford University and are guided by evidence-based standards. Participants attend the 2½-hour interactive workshop once a week for 6 weeks. In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop and solicit feedback from the group to help address any challenges. Program outcomes include participants who are more vitality or energy, less pain, less dependence on others, improved mental health, more involved in everyday activities, and more satisfied with their lives.

**For more information on these programs, contact Maria at 435-673-3548 or [rsvp@fivecounty.utah.gov](mailto:rsvp@fivecounty.utah.gov)**