



# Involved Aging News

April 2020

## Spring Into Preventative Care

Spring means more daylight, blooming flowers, and warmer weather. Make sure you enjoy it all while staying proactive with your health. It's time to spring into action with Medicare's preventative care.

Preventive services are valuable to your well-being, because they can help you keep from getting sick and find health problems early, when treatment works best.

When you have Medicare, you have access to a variety of preventive tests and screenings, most at no cost to you. If you're new to Medicare, we cover a ["Welcome to Medicare"](#) preventive visit during your first 12 months of Part B coverage. This Medicare preventive visit includes a review of your medical and social history related to your health and education and counseling about Medicare preventive care, including certain screenings, shots, and referrals for other care, if needed.

If you've had Part B for longer than 12 months, you can get a [yearly "Wellness" visit](#) to develop or update a personalized prevention plan based on your current health and risk factors.

Practice [preventive care](#) to ensure you stay healthy, live longer, and delay or prevent many diseases. So, as you tend to your garden this spring, make a commitment to tend to yourself, too.

If you have questions about these or other Medicare benefits, please contact our SHIP counselors: 435-673-3548 or via [email](#).

## Caregiving & Technology Highlights



[Best Caregiving Apps](#)



[Phone & Tablet Training](#)



[Online Safety](#)

## The Tip Jar

- A good care plan reflects the current abilities of both the caregiver and the care receiver.
- You are a nurse, accountant, housekeeper, personal assistant, and cook. You are a caregiver. You are appreciated.
- A lack of social stimulation is harmful for people living with dementia. It exaggerates the impact of the condition, can lead to depression, and it encourages the person to withdraw into themselves. For opportunities for social engagement, see box to the right.

## Social Engagement, while Social Distancing

The [American Psychological Association](#) warns of the health dangers social distancing can cause. However, currently the risk outweighs the reward of in person social engagement. The APA suggests these methods to cope with social needs in this time of distancing:

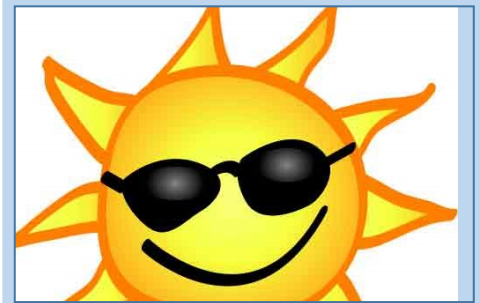
- Limit news consumption to reliable sources
- Create and follow a daily routine
- Stay virtually connected with others
- Maintain a healthy lifestyle
- Use psychological strategies to manage stress and stay positive

To help you during this time, we are also providing Social Distancing Tips on our [Facebook Page](#) daily.

## Stress Busting Ideas

### Sunshine Matters

Sunshine, sunny dispositions, and increasing our Vitamin D are essential to healthy living in Utah. Research shows that "the amount of time between sunrise and sunset is the weather variable that matters most". It is so important, that the U.S. now celebrates sunshine week every year. Put on your hat, grab a bottle of water, and step outside. Sunshine really matters!



Enjoy the Sunshine

Visit [www.areaagencyonagingfivecounty.org/](http://www.areaagencyonagingfivecounty.org/) or [www.facebook.com/AgingFiveCountyUtah/](https://www.facebook.com/AgingFiveCountyUtah/) for more tips, tricks, ideas, and updates.

## Caregiver Support

Here are a few insights and tips that will assist in improving dementia communication skills:

- **Simplify.** Speak clearly and slowly, using short sentences without pronouns. "He is..." needs to be changed to "John is coming for dinner" or "your son John is on the phone".
- **Create Calm.** Communication is always easier with a calm individual. Keep a room clean and simple. For example, too many pictures on the wall of "forgotten family" members may create agitation or even fear (Who's looking at me?).
- **Be Patient.** Give extra time for the person to speak, find a word, or process a question. Improving Dementia Communication Understanding Behaviors
- **Don't Interrupt.** Individuals with dementia need time to share emotions, feelings, and fear. They do not always need a solution, just a listening ear.
- **Ask Questions with One Focus.** Does your arm hurt? Would you like coffee? Pointing to the item in question also helps.
- **Model Behavior.** The most powerful dementia communication is non-verbal or show-and-tell. Tasks, such as brushing teeth or eating, could be done together so the individual can see you model the expected behavior.
- **Don't Argue.** The dementia individuals reality IS their current reality. You do not have to agree or be right—just listen to understand.



### "Color Shade Matching"

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