

## The Tip Jar

- ◇ When caring for someone living with dementia, always approach from the front, so as not to startle.
- ◇ “The longer I live, the more beautiful life becomes.” - Frank Lloyd Wright
- ◇ Did you know that Medicare representatives will never call you or come to your door? If someone claims to represent Medicare, don't give out any personal information. Only give your Medicare Number to people you trust. While it is safe now to carry your Medicare Card, protect your Medicare Number like you would a credit card.

## Caregiver Skill Builder

### Find Electronic Tools

The Internet offers a variety of caregiver planning and organization apps for cellphones, tablets and computers. A cost or subscription may apply. Web links and product comparisons for apps are best located by asking basic questions in a web search engine, such as “List the top 10 caregiver apps.”



## Involved Aging: News and Announcements

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[www.facebook.com/AgingFiveCountyUtah](https://www.facebook.com/AgingFiveCountyUtah)  
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### How to Choose a Medicare Plan During the Medicare Open Enrollment Period

Medicare Open Enrollment is right around the corner, starting on October 15th and ending on December 7th, during this period, you can re-evaluate your Medicare Advantage (MA/Part C) and/or Part D coverage to make sure you're enrolled in the plan that fits your needs best.

Choosing a Medicare plan is an important, but difficult decision. This choice could determine your health for years to come and save (or cost) you hundreds of dollars in out-of-pocket costs. But with so many options it's hard to figure out:

1. If your current plan is best for you, and
2. How to choose a better plan to fit your needs

Using the 3Cs of Medicare – Coverage, Cost, and Convenience, you can assess the quality of your current plan and if needed, find a new one that better fits your needs. Here's what you should consider when switching plans during the OEP.

### Coverage

Before you begin comparing Medicare plans, you should start by assessing your health needs. Make a list of how many doctors you have, how often you have appointments, and your prescription drug needs.

### Cost

When you first enrolled in Medicare, you may have picked a plan based on the recommendation of a friend or just chose a fairly inexpensive plan since the coverage difference between each option seemed nominal. Now as a seasoned Medicare beneficiary you should re-evaluate.

### Convenience

When deciding on the type of coverage you need you should also think about how accessible your physicians need to be. Before enrolling in a Medicare Part D plan confirm if your local pharmacy is included in their network.

**For help with making this assessment, contact our trained and unbiased SHIP Counselors at 435-673-3548.**

## We Need You!

The Utah Department of Aging and Adult Service's **Elder Justice survey** seeks to understand the priorities & needs of victims of abuse, neglect, or exploitation.

It's open to general community members, older adults, adults with disabilities, & caregivers. Please complete it today!

Online: [https://usu.co1.qualtrics.com/jfe/form/SV\\_br0YfE4JLdhDLnv](https://usu.co1.qualtrics.com/jfe/form/SV_br0YfE4JLdhDLnv)

By phone: 435-797-1981 (English)

435-797-3690 (Español)

utah department of  
**human services**  
AGING AND ADULT SERVICES



## Volunteer of the Quarter: **Linda Jaynes**

AAA-Five County volunteer of the quarter is a seven-year veteran of the Foster Grandparent Program. Linda Jaynes started serving at Hurricane Elementary in August of 2013 because her grandchildren went to that school. Her last grandchild graduated from elementary school last year, but Linda is going to continue to serve and we couldn't be happier. Linda is a reliable and dedicated Foster Grandparent.

One of the requirements of the Foster Grandparent Program is for volunteers to work one-on-one with children and this works well for Linda as it is her favorite thing to do. She loves to see the growth of students who are struggling and just need a little extra help.

Linda grew up on a farm in Idaho. She was riding a horse in a parade one day selling tickets to a dance. She approached her "future husband" and asked if he would buy one. To her surprise he said, "no". She said later he told her he wanted to buy one but didn't have any money. They ended up getting married and having 7 children, 23 grandchildren and, at last count, 13 great grandchildren, most living in the Hurricane area.

During high school Linda had her first taste of pizza and was introduced to tacos at Rick's college while on a blind date. These are still some of her favorite foods. She said her mother always cooked good old meat and potatoes while growing up on the farm. Besides eating tacos and pizza, Linda loves to read works from her favorite authors; Zane Grey, Tom Clancy, Steven King and Samuel Shellabarger.

Linda helped her husband run his trucking company while raising her family. She also put in over 19 years working in the kitchen at Hurricane Elementary and delivering lunch to schools throughout the community.

Linda likes to stay close to home but if given the chance would like to travel more in America. A fun thing Linda does to keep her family close is sending a group email to all her grandchildren weekly. She shares something interesting that happened during the week; like their grandpa getting a new tiller! The things that go on in the Jaynes family!!

The Foster Grandparent Program could not ask for a more delightful volunteer than Linda Jaynes. She is a kind, thoughtful, and wise person. Her favorite quote is, "Never think hard about the past. It brings tears...Don't think more about the future. It brings fears...Live this moment with a smile. It brings cheers."

~Achmad Muzakky~

**Thank you Linda for all you do!**



The Foster Grandparent Program connects limited-income volunteers age 55 and better with children and young people with exceptional needs. Volunteers serve in public schools, preschools, detention centers and other facilities where they help children who need tutoring and mentoring. Foster Grandparents receive a small stipend, transportation or mileage reimbursement, a meal while serving, liability insurance, and many other benefits. If you are interested in learning more about this program, contact your local program coordinator: Joni Lyman at 435-673-3548 or [jlyman@fivecounty.utah.gov](mailto:jlyman@fivecounty.utah.gov).