

Did you know, 10,000 Americans become eligible for Medicare every day? That mean 10,000 different Medicare options since everyone has different health needs and resources. SHIP Counselors can show you options and compare Medigap policies, Medicare Advantage Plans and Part D plans, all without the pressure from someone earning a commission. To learn more about your Medicare options or to get help enrolling in Medicare, talk to a SHIP counselor today!



Involved Aging: News and Announcements

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www.areaagencyonagingfivecounty.org
www.facebook.com/AgingFiveCountyUtah
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Published by the experts you trust at the Arthritis Foundation

Walk with Ease

Your guide to walking for better health, improved fitness and less pain

Walk With Ease-Online (2)

Pain Management

Activity Goals

Walking, Exercise, Meditation, Distraction, Gardening, Swimming, Crafts, Art, Healthy, Dog-Walking, Fishing, Simple, Positive, Rowing, Biking, Pilates

Chronic Disease Self-Management-Online

THE AREA AGENCY ON AGING PRESENTS:

TEA TIME WITH SHERI

An Online Support Group for Caregivers, every Wednesday at 1:00 PM on Zoom

Tea Time with Sheri-Online Support...

THE AREA AGENCY ON AGING - FIVE COUNTY RSVP PROGRAM PRESENTS:

TAI CHI FOR ARTHRITIS

A FREE Outdoor Tai Chi class for Seniors

WEDNESDAYS AND FRIDAYS STARTING JUNE 17TH 8:30 AM TO 9:30 AM 581 N MAIN ST. OUTDOOR PATIO CEDAR CITY

Tai Chi for Arthritis-Outdoors-Ongoing

“FREE” usually grabs the attention of older adults on a fixed income, but sometimes “FREE” really means, “FRAUD.” You may get a call saying you’ve won a free vacation, only to find out that it isn’t really free or they are just trying to steal your identity. You may get an email offering you gift cards or other prizes but what you really get is a virus or malware installed on your computer. Even healthcare providers may offer “Free” items or services that Medicare normally charges a copay for. It might be “free” for you but they are fraudulently billing Medicare for the costs. Just remember, if something sounds too good to be true, it usually is. Never click links in unsolicited texts or emails, hang up the phone if something doesn’t sound right, and check your Medicare Summary Notice for services that you receive.

The Tip Jar

⇒ Did you know that 96% of people over age 65 have had a cavity? And 1 in 5 have untreated tooth decay. Nearly two thirds of seniors have gum disease. It is estimated that 65% of Seniors do not have dental insurance, so taking care of teeth is extremely important.

⇒ The Area Agency on Aging is offering an online support group for caregivers every Thursday at 1:00 PM on Zoom. Sheri Reber, a licensed Social Service Worker facilitates the group. To join, call Sheri at (435) 255-8945.

THANK YOU TO ALL WHO MADE OUR FIRST ONLINE CLASS, WALK WITH EASE, A SUCCESS!

We want to thank everyone who walked with us during our first ever online Walk With Ease. The 6 weeks class flew by! We had 74 people participate during the program. Many miles were walked and we hope that everyone will continue walking! **We’d especially like to thank our amazing volunteers!** Inside, we’ve highlighted our volunteers with a bit about each of them, in their own words and some photos of the walks made possible by their involvement.

Volunteers play a valuable role in our ability to meet the needs of seniors and individuals living with disabilities in our community. Volunteering offers vital help to people in need, worthwhile causes, and our local communities, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it’s true that the more you volunteer, the more benefits you’ll experience, volunteering doesn’t have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving your time in even simple ways can help those in need and improve your health and happiness.

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation’s program will help you to develop a walking plan that will meet your needs, stay motivated, manage your pain, and learn to exercise safely. Walk With Ease is proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active, and improve overall health. The six week Walk With Ease program includes a guidebook and a walking schedule to get you safely moving toward better health!

We will be starting a new Walk With Ease Online class on **July 13th**. If you are interested in participating or volunteering, contact Maria Bailey at RSVP@fivecounty.utah.gov or visits our website, <https://www.areaagencyonagingfivecounty.org/event-info/walk-with-ease-online-2>

THANK
YOU!!

Hello Walk With Ease Partners, My personal background has been in motorcycle, aviation, and heavy equipment repair. I moved to Utah in 2006, and rest is history as they say. I started Walking With Ease classes as a way to help a fellow employee, but now it has helped me with daily exercise, and a way to enjoy the company of fellow employees and the public. Maria Bailey the RSVP director has been a wonder to work with. The volunteers helping to make videos to post online during this social distancing event, have been a great inspiration to me!

-Tom

Teresa has been volunteering with Walk With Ease for just over a year. She got started after taking the Walk With Ease class with her daughter. She moved to Cedar City in 2018 to be closer to her grandkids and enjoy the plentiful outdoor recreation of Southern Utah. She has been a teacher, a Reading Specialist and a Baker during her career. She loves painting, hiking, swimming, and spending time with her grandkids.

Volunteering brings me a lot of joy. I have been actively volunteering since I was a teen. I recently moved to Cedar City from Enterprise. I hope to be able to volunteer in Cedar City and if needed in Enterprise. I teach Stepping On, Walk with Ease and Tai Chi. I enjoy being active.

Linda

I have lived in Utah Dixie for over 17 years now. Came from Bay Area CA.

Since I been in Utah I have volunteered as a

- 1) Elementary school coach for many years,
- 2) volunteering on AYSO Soccer board member and a coach as a team player.
- 3) hired at Dixie State now called Dixie State University as a house manager in drama and concerts etc.
- 4) off and on with the RSVP as volunteering. And now again RSVP. "I love and care for people, and my heart is overwhelmed with JOY when I have opportunities to volunteer."

Jay,

"Caring for one's good health one at a time!"

My name is Norita. My husband, Scott and I are active at the Enterprise Senior Center. Until Covid 19 we enjoyed the lunches and get togethers.

I truly feel after age 60, when I first got involved, that if you can get involved in the Sr Center Activities it is very important. If our Centers aren't used we could lose them!! You might not need it right now but down the road you will and it's really nice to have a Center in our town!

I am now 75, and serve as a Volunteer and Board member. Thankfully I still don't need the services offered but enjoy helping others less fortunate.

I have taken the Stepping On Classes and teach them in our Center. I was quite surprised how helpful these classes are and how much we can learn from our friends we meet!!

Three of us took the TaiChi classes and taught several classes in Enterprise. Both Stepping On and Tai Chi focus on balance and being aware of having more awareness in surroundings!! In teaching others it strengthens us!! A win/win situation!! Plus making lifetime friends is fun!! You also earn a little bit of money which is always nice!!

We walk daily, swim a lot, have our grandchildren lots, attend school functions, even volunteering at the Elementary school! I paint Rocks, love animals, love movies and dancing!!

Keeping busy is so good for our age group!!

So get out of your comfort zone and come join us at the Senior Center!!

