

The Tip Jar

- ◇ It takes a full 60 seconds for a person living with Dementia to process information, allow that minute to save time overall.
- ◇ Trust yourself. You know more than you think you do. –Benjamin Spock
- ◇ Arrange to have leaves, snow, and ice removed from stairs and walk-ways. Use salt or sand throughout the winter months. If you use a cane, replace the rubber tip before it is worn smooth. Medical supply stores carry an ice pick-like attachment that fits onto the end of the cane to help keep you from slipping when you walk.
- ◇ Caregiving is life's experiment in trial and error. Attempting something new is not failure, it is the strength to try when others may not have the courage.
- ◇ Closing vents in unused rooms can save up to \$100 a year.
- ◇ Support Groups can offer peer support and understanding.
- ◇ If you changed your Medicare Part D prescription drug plan during open enrollment, remember your new coverage starts in the new year.



www.areaagencyonagingfivecounty.org/



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https://www.youtube.com/channel/UCDPDA_DPSG4ulp2iczbw5Vw

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Our Knowledge, At Your Fingertips



Involved Aging: News and Announcements

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When are Medicare Enrollment Periods?

There are several times when you can enroll in Medicare, and each of those times has certain rules around applying and when your coverage will begin. Understanding when you can enroll and the best time to do so is an integral part of getting your Medicare.

Initial Enrollment Period

The Initial Enrollment Period (IEP) is the first time you can sign up for Medicare. You may join Medicare Parts A, B, C and D during this time:

If you miss this period, you will have a chance again later on. But if you wait, you may have to pay more. You also could be without health coverage.

Special Enrollment Period

There are Special Enrollment Periods (SEPs) that apply when you are able to delay your enrollment in Medicare Parts A, B, C & D. These SEPs are only available for certain circumstances.

You may have waited to sign up for Medicare Part A (hospital service) and/or Part B (outpatient medical services) if you were working for an employer with more than 20 employees when you turned 65, and had healthcare coverage through your job or union, or through your spouse's job.

If you wait longer, you may have to pay a penalty when you join.

General Enrollment Period

If you miss your Initial Enrollment Period or your Special Enrollment Period, you get another chance to enroll.

You can sign up for Medicare Parts A & B between January 1 and March 31 each year. Your Medicare coverage would begin on July 1 of the same year.

It is important to note that if you need to buy Part A, you must also enroll in Part B at this time.

Open Enrollment Period

The Open Enrollment Period – sometimes called the Annual Election Period or Annual Coordinated Enrollment Period – runs each year from October 15 to December 7. During this time,

Anyone with Medicare Parts A & B can switch to a Part C plan.

- Anyone with Medicare Part C can switch back to Parts A & B.
- Anyone who has or is signing up for Medicare Parts A or B can join, drop or switch a Part D prescription drug plan.

Anyone with Medicare Part C can switch to a new Part C plan.

Your coverage will start January 1 of the following year.

Be aware of enrollment fraud! If someone is asking for your personal information, Medicare number or bank account information and you didn't initiate the phone call, hang up! Scammers use Medicare Enrollment periods to try to steal your identity when you may be less suspicious.

For more information, contact your AAA-Five County SHIP/SMP Counselors at 435-673-3548.

Winter Tips



House fires occur more frequently in the winter due to lack of proper safety precautions when using alternate heating sources (unattended fires, disposal of ashes too soon, improperly placed space heaters, etc.). Fire during winter storms presents a great danger because water supplies may freeze and it may be difficult for firefighting equipment to get to the fire.

Check your furnace filter each month and change when necessary. Have it serviced every year.

◇ If you use gas, wood, or kerosene heaters, make sure gases are vented to the outside.

◇ Remove dust from radiators each month and keep furniture and drapes away from radiators.

◇ Keep space heaters away from any flammable objects, do not keep them on carpets or flammable surfaces, or near water. Check the cord for fraying. Don't use extension cords or run electrical cords under carpets.

◇ Don't use the kitchen stove to heat the home—it is dangerous.

◇ Install a programmable thermostat to make the home more energy efficient.

◇ Insulate water pipes to avoid freezing and bursting. Running water, even at a trickle, helps prevent pipes from freezing. Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing.

◇ Take advantage of local heating assistance funds and utility no-cutoff programs.

H.E.A.T

The Home Energy Assistance Target program, known as H.E.A.T., is a federally-funded energy assistance program. The goal of the program is to assist eligible individuals and families meet the higher costs of energy during the winter and summer.

Any household in Utah is eligible if: Total household income is at or below 150% of the federal poverty.

Find more at:
fivecountycap.org/heat/



STAY WARM THIS WINTER

IF YOU ARE INTERESTED IN BEING SCREENED FOR THESE AND OTHER BENEFIT PROGRAMS, CONTACT
BEC@FIVECOUNTY.UTAH.GOV

WEATHERIZATION

Weatherization is a federal program locally administered by the Five County Association of Governments. It is designed to help residents—who meet federal low-income guidelines—lower their utility bills and improve the comfort of their homes through on-site energy audits and modification. There is no cost for this program.

Find more at:
<http://www.fivecounty.utah.gov/programs/human/weather.php>