

More than 3 million people in the U.S. have glaucoma, and some have no idea they have it. Glaucoma is a group of diseases that can cause permanent vision loss and blindness. If you get a glaucoma test and find treatment early, you can protect your eyes from serious vision loss.

Now is the time to check and see if you're at high risk. You're at high risk for glaucoma if one or more of these apply to you:

- You have diabetes
- You have a family history of glaucoma
- You're African American and 50 or older
- You're Hispanic and 65 or older

[Medicare covers a glaucoma screening](#) once every 12 months if you're at high risk. Talk to your doctor or eye doctor for more information about scheduling a glaucoma test.

Want More? Find us on the web:

- ⇒ www.areaagencyonagingfivecounty.org/
- ⇒ www.facebook.com/AgingFiveCountyUtah/
- ⇒ www.facebook.com/groups/aaa5countycaregiversupport
- ⇒ www.pinterest.com/fivecountyaging/
- ⇒ www.youtube.com (search AAA Five County)

The Tip Jar

- When you pick up a prescription for yourself or a loved one, make sure to count your pills when you get home. If you are shorted pills, it could be an accident or it could be something more. To report possible drug diversion fraud, contact your local SMP at 435-673-3548.
- "You have not lived today until you have done something for someone who can never repay you." ~John Bunyan, Author
- Caregivers need options and support in increasing skills.



Involved Aging: News and Announcements

1070 West 1600 South, Bldg B
P.O. Box 1550 (84771) St. George, UT 84770
435-673-3548 aaanews@fivecounty.utah.gov

July, 2021

www.areaagencyonagingfivecounty.org
www.facebook.com/AgingFiveCountyUtah
www.pinterest.com/fivecountyaging/

Introducing The Southern Utah Seniors Lecture Series!

Beginning July 13, 2021, the Area Agency on Aging – Five County will be offering a monthly webinar series. The series, titled the Southern Utah Seniors Lecture Series, is designed to complement the Annual Southern Utah Seniors Conference to provide quality, ongoing educational opportunities for older adults. Each lecture features a different speaker and will cover a variety of topics related to aging.

In July, we will be pleased to hear from David Baier, a Public Affairs Specialist for the Social Security Administration. His presentation, "Social Security and Retirement 101," addresses how to qualify for benefits, how age and earnings affect benefits and what to consider when deciding when to start collecting benefits. This is a must-attend for anyone nearing retirement.

In August, we have the privilege of hearing from Teresa Burrell, Attorney and Author of The Advocate Series. In her lecture, "Writing Your Third Chapter," we will hear about her transition from teaching, to practicing law to later writing. She will also give tips on how to make the aging years meaningful by pursuing passions.

In September we will be hearing from Britta Clark, Director of Communications for the Better Business Bureau of Northern Nevada and Utah. She will be providing valuable information about how to stay safe online in an increasingly digital world.

In October, Dennis DelPizzo, External Affairs Specialist for the Center for Medicare and Medicaid Services Denver Regional office will address the question, "How do I know if I have made the right choice about my current and future healthcare coverage?" He will address Medicare, Medicaid and the Health Insurance Marketplace, making sure that older adults understand all their healthcare options.

All webinars in the series will be held on Zoom and will be available after the event on our YouTube channel. Registration is available for each webinar in the series at www.areaagencyonagingfivecounty.org/events.



AAA- FIVE COUNTY PRESENTS

SOUTHERN UTAH SENIORS LECTURE SERIES

ONGOING EDUCATION FOR OLDER ADULTS

Register for this webinar, or others in the series at areaagencyonagingfivecounty.org

SOCIAL SECURITY AND RETIREMENT 101 DAVID BAIER, SSA

July 13, 2021 10AM



An estimated 10,000 people will retire every day this year. And for most Americans, Social Security income plays a significant part in determining what kind of retirement you will have and when it will begin. Yet many people do not know when they should begin collecting their benefits. In this webinar, a representative from the Social Security Administration will cover how you qualify for benefits, how age and earnings affect benefits and what to consider when deciding when to start collecting benefits.



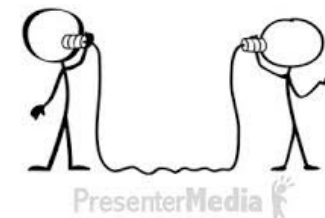
David Baier began his career with Social Security in 2008. He has gained policy experience from Claims Specialist work and later sharpened his SSA knowledge as a Supervisor. He currently serves as the Public Affairs Specialist for Montana. He is a Montana native, who graduated from Montana State University with a B.S. in Business Administration and Accounting.

Register online at: www.areaagencyonagingfivecounty.org



Telephone Reassurance: Connecting Our Community One Call at a Time!

Volunteers and call recipients needed for friendly telephone reassurance calling program!



The Area Agency on Aging aims to address health priorities associated with social isolation and loneliness through telephone reassurance program. Through this free program, volunteers are screened and matched to isolated, home-bound adults in need of social interaction.

Telephone Reassurance Program volunteers call program participants on a periodic basis to check on their well-being. Recent studies show that loneliness and isolation are leading contributors to decline, both mentally and physically. Socialization services have been shown to be critical in enabling seniors to remain in their own homes for as long as possible. Early intervention strategies like this can delay or sometimes even prevent nursing home placement, which is more costly than community-based services.

“A community volunteer calls another community member daily or weekly to check on their safety, security, well-being, and help identifies concerns before they escalate into more serious hardships,” said Maria Bailey, who directs the program, “Calls take no longer than five minutes. Volunteers do not visit clients in person; outreach is strictly by phone for everyone’s privacy.”

AAA-Five County is seeking both volunteers who are willing to donate their time by calling older adults, as a way of providing companionship and reducing social isolation, and seniors who live alone or are isolated and would benefit from regular connection. A friendly phone call can be the reassuring voice to brighten the day of those on both ends of the line.

If you are interested in volunteering for this program or if you or a loved one would like to be a recipient of these calls, reach out to Maria Bailey at 435-673-3548 or rsvp@fivecounty.utah.gov, for more information.