

KEEP CALM and Avoid Coronavirus Scams

Here are **5 things** you can do to avoid a Coronavirus scam:



Ignore offers for vaccinations and home test kits.

Scammers are selling products to treat or prevent COVID-19 without proof that they work.



Hang up on robocalls.

Scammers use illegal sales call to get your money and your personal information.



Watch out for phishing emails and text messages.

Don't click on links in emails or texts you didn't expect.



Research before you donate.

Don't let anyone rush you into making a donation. Get tips on donating wisely at ftc.gov/charity.



Stay in the know.

Go to ftc.gov/coronavirus for the latest information on scams. Sign up to get FTC's alerts at ftc.gov/subscribe.



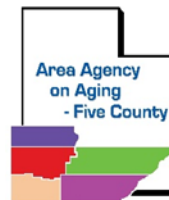
If you see a scam, report it to
ftc.gov/complaint

We hope you enjoy the videos we've worked on and find the virtual resources helpful, but above all, we hope this newsletter finds you happy, healthy and safe!

If there is a topic you would like to see covered, please email our editor at aaanews@fivecounty.utah.gov.

The Tip Jar

- Allow Others to Help. Care environments are successful when they make the care receiver feel safe, comfortable and understood. Take time to explore the skills and abilities of family, friends and professionals. Everyone has something valuable to offer.
- “Out of the mountain of despair, a stone of hope.”-Martin Luther King Jr.
- Did you know that many Medicare services for preventive health are covered at no cost to you? You can get flu shots, certain cancer screenings, “Wellness Visits,” Diabetes screenings, glaucoma tests, cardiovascular screenings, bone mass measurements, depression screenings and many more at no cost.



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

www.areaagencyonagingfivecounty.org

www.facebook.com/AgingFiveCountyUtah

www.pinterest.com/fivecountyaging/

May, 2020

May is ALS Awareness Month!

Many people only know ALS from the viral Ice Bucket Challenge from the summer of 2014 where thousands of people posted videos of them dumping ice cold water on themselves to raise awareness for ALS, or Amyotrophic lateral sclerosis. According to the ALS Association, ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. The progressive degeneration of the motor neurons in ALS eventually leads to their death. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed.

Because of the rapid progression of the disease, ALS is the only condition that qualifies you for Medicare immediately from the time you start receiving SSDI because of your condition. Medicare covers hospitalization, home health, durable medical equipment, doctors' visits, hospice and other services for people with ALS.

Currently there is no cure for ALS but many scammers out there will try to sell miracle cures from herbal supplements to removing all your gold fillings! As with all diseases, if someone offers you a treatment that seems too good to be true, it probably is. You will never find out about approved cures from email offers or on social media. If a cure is found, you'll hear about it from major news outlets, the FDA or other reputable sources. Never pay someone for a cure without doing research and talking to your doctor.

For more information about Medicare coverage for ALS or other conditions, contact your local SHIP program at (435)673-3548.

Area Agency on Aging Programs: What's Happening Now

We are doing great things in our various programs right now, and we would like to share some of those in this blog post by highlighting some of the new things we've implemented and even the organizing we are doing for when we're able to get back into face-to-face! Take note of the opportunities available to you now and in the not so distant future!

BEC/SHIP/SMP

The BEC, SHIP, and SMP programs have been busy working on finding ways to improve the way we deliver Medicare and benefit information when we can't meet face to face. We have been working on a [series of videos](#) on popular topics, like Medicare and turning 65 and Choosing between Medigap and Medicare Advantage Plans. We have also been working with our local Senior Centers to deliver Medicare Messages by mail, with Meals on Wheels and through other means in place of reading a Medicare Message during the congregate meal. Lastly, we have been working with the Telephone reassurance program to provide Medicare messages during check-in calls.

We are also hard at work assisting with benefits screening and enrollment over the phone and through virtual platforms. We are following the changes to benefit eligibility and the application process, as well as doing our best to share that information and connect individuals with benefits. We encourage Medicare beneficiaries to contact us to be screened!

Call our main office for more information:

435-673-3548.

[Caregiver Support Program](#)

We have been looking at various ways for our caregivers to stay connected and continue to have access to support and resources. Our first Virtual Support Group "Tea Time with Sheri" launches this week. The group will meet weekly, and will be a short time period for caregivers to make connections and obtain support from other caregivers. We have also created a YouTube channel for the Caregiver support program. Where we have started compiling resources for caregivers, such as this [breathing exercise](#). Whether you are a caregiver or not, we are all stressed at this time, and this video is a quick way to alleviate at least some of that stress.

Senior Companion Program

Our Senior Companion Volunteers are as dedicated as ever and doing great things. They have been Contacting their clients each week to make sure they are okay and to provide emotional support, as well as assisting them with finding ways to meet their needs. Also, they have sent their clients "Just thinking of you" notes.

They are also engaging in self care and keeping themselves busy in many ways. Here's a few things they are doing for themselves: riding bikes, cleaning out the garage, reading, crocheting, doing puzzles, fishing, sleeping in, chopping wood, painting beautiful pictures, rock painting, walking, gardening, and genealogy.

RSVP and Preventative Health Classes

We are starting [Walk with Ease](#) on May 4th. Virtual classes designed by the Arthritis Foundation to help us with the goal for better health, less pain and improved fitness. This is a 6 week course, 3 times a week to do at your own pace. This can even be done sitting if that is safer.

We offer a Telephone Reassurance program where our volunteers reach out to others in the community to offer companionship and friendship.

We will be offering classes in Chronic Disease Self-Management, Arthritis Foundation Exercise Program and Stepping On hopefully beginning June.

We are looking at ways to bring Tai Chi to the screen. Our Tai Chi classes are for beginners as well as those who have experienced this exercise format. It shows us how to use slow, mindful movements to control and live better with arthritis. Join us in this fun and relaxing exercise program.

Contact [Maria Bailey](#) at 435-673-3548

Case Management

Our case managers are also working hard to stay in touch and meet the needs of their clients remotely. They have come up with a variety of ways to "meet" with their clients virtually and are continually looking for new resources and supports to help each individual.