

USING ZOOM

TO STAY SOCIALLY ENGAGED



Zoom can be used on a desktop, laptop or Smart Phone, with or without a Webcam.



Download the free app and create an account to join a meeting, start a new meeting or schedule an upcoming meeting.



You can call into a Zoom meeting if you don't have access to a computer or Smart Phone.

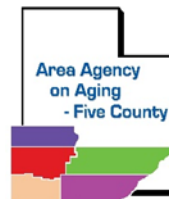


Zoom can be used for video calls with family, doctors' visits, book clubs, game nights, religious services, work meetings, online classes and much more!

Currently happening weekly on ZOOM: Tea Time with Sheri- Questions, Answers, and Support!

Are you a caregiver looking for advice and support? Caregiving can be lonely and overwhelming but we are here to help! 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 register for the group, call Sheri at (435) 255-8945



Involved Aging: News and Announcements

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

AmeriCorps Seniors Volunteer of the Quarter March 2021

Dorothy Blake

While talking with Dorothy today I came away thinking of numbers! What do I mean by numbers you might ask? Well let me tell you. This year Dorothy has been a Senior Companion for **10** years! Her clients love her. One of her clients sent me a note which said, "Thank you for providing me with Dorothy Blake as my Senior Companion. She is superb in her role and an example of compassion." Another told Dorothy that she would like to bottle her so she could always keep her close. Dorothy's clients are lucky to have her.

And speaking about luck, Dorothy's lucky number is **13**! She was born on Friday the 13th in room 13. She met her husband on the 13th and her maiden name starts with the 13th letter of the alphabet. She has other examples of why she feels 13 is her lucky number so if you ever meet Dorothy you will have something to talk about.

60 is the number of years Dorothy has been married to her long-time sweetheart, Leon. To-

gether they have **8** children, **40** grandchildren and just welcomed their **33rd** great grandchild! They are lucky enough to have **4** of those children live in the St. George area and they visit their other children frequently.

Dorothy spent the early part of her marriage raising her children. When her youngest was a teen she went to work at a Wayne's Window Furnishings. She and Leon eventually bought the business and worked there for **11** years. She really enjoyed working there and meeting people. The two of them have also enjoyed serving their church and spent a total of **3 ½** years as missionaries in Washington DC and **17** years serving at the St. George temple.

Traveling has been a fun part of Dorothy's life. She has been on **3** cruises, traveled to many states, including Hawaii, and has visited South America, Jamaica, and Canada. She loves chocolate (truffles and Hersey with Almonds are **2** of her favorites).

If Dorothy isn't out serving her **6** lucky ladies you will find her knitting hot pads, most of which she donates to others. She is a wonderful person and a great volunteer. On a scale of 1-10 I would say she is a **10!**

Souvenir Scam



The Senior Medicare Patrol empowers and assists Medicare beneficiaries to prevent, detect, and report healthcare fraud, errors and abuse.

YOU CAN HELP!

Prevent. Prevent health care fraud by protecting your medical identification cards and numbers.

DETECT. Prevention alone cannot stop all fraud, errors, and abuse. Detect potential problems by taking the following steps:

1. Keep records of health care visits, services or equipment received, test results, etc.
2. File copies of bills received from your doctor, hospital, pharmacist, supplier, or other health care provider.
3. Save your Medicare Summary Notices (MSNs) and Explanations of Benefits (EOBs) and review them for accuracy.
 - ⇒ Compare the dates, providers, and services received, shown on MSNs and EOBs, to what is documented in your personal health care records.
 - ⇒ Beware of charges for services not received, duplicate charges, or services that were not ordered by your doctor.
4. Ask questions of your provider, Medicare plan, or 1-800-Medicare when:
 - ⇒ You don't understand the charges billed
 - ⇒ You don't think you received the service
 - ⇒ You feel the service was unnecessary
 - ⇒ You were charged for the same thing twice

REPORT. In some cases, SMPs do more than educate. When Medicare beneficiaries are unable to act on their own behalf to address suspected Medicare fraud, errors, or abuse, the SMPs work with them, their family caregivers, and others to address the problems, and, if necessary, make referrals to outside organizations to intervene. SMPs educate beneficiaries to report suspected fraud, errors, or abuse immediately!