

# THE AREA AGENCY ON AGING – FIVE COUNTY

PRESENTS:



FRIDAY, OCTOBER 15, 2021

10 AM TO 3 PM

105 N 100 E. CEDAR CITY

VENDOR FAIR

BENEFIT APPLICATION ASSISTANCE

MEDICARE PLAN REVIEW

SPEAKERS

AND MORE



LOOKING FOR MORE  
CAREGIVER RESOURCES?

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## The Tip Jar

- Did you know that until 2006, Medicare did not offer prescription drug coverage? Part D was created in 2006 and is provided by private insurance companies with contracts with Medicare. All drug plans must meet at least Medicare's minimum standard. In 2006, that meant a coverage gap where you paid the full cost for your prescriptions. Now, you pay no more than 25% of the drug's total cost in the Coverage Gap.
- Did you know that Medicare doesn't cover certain things, like vision, dental and hearing aids because the law that created Medicare specifically prohibits coverage for these services? Some Medicare Advantage Plans offer limited coverage for these services. If you are interested in these services, consider getting your Medicare through a Medicare Advantage Plan (Not available in all areas)
- Each year, Medicare beneficiaries have the opportunity to change their Medicare Prescription Drug plans and Medicare Advantage Plans during the annual Open Enrollment Period, held between October 15th and December 7th.
- Medicare representatives will never call you or come to your door? If someone claims to represent Medicare, don't give out any personal information. Only give your Medicare Number to people you trust.



## Involved Aging: News and Announcements

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[www.areaagencyonagingfivecounty.org](http://www.areaagencyonagingfivecounty.org)

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October, 2021

## Long-Term Care Residents Honored During Residents' Rights Month,

### October 2021 Reclaiming My Rights, My Home, My Life

Across the country, residents of nursing homes and other long-term care facilities along with family members, ombudsmen, citizen advocates, facility staff and others will honor the individual rights of long-term care residents by celebrating Residents' Rights Month in October. Designated by the National Consumer Voice for Quality Long-Term Care, this month highlights the importance of listening to residents who live in our country's nursing homes, assisted living and board and care facilities.

This year's theme is "Reclaiming My Rights, My Home, My Life." The theme acknowledges the impact of this past year on residents, and highlights the need for residents' rights to be recognized, recovered, and reasserted. It emphasizes the recognition of the long-term care facility as the residents' home, and the importance of residents reclaiming their own lives.

"This year's Residents' Rights Month theme focuses on raising awareness of federally mandated residents' rights while also underscoring the need for dignity and self-determination of all residents.," said Lori Smetanka, Executive Director of the Consumer Voice.

Your local Ombudsman program works to educate residents, facilities, and the public on resident's rights. These rights are mandated by the Older Americans Act and include the right to dignity, the right to privacy, the right to information, and many more. A full list can be found in the Resident's Bill of Rights.

If you or someone you know would like to find out more, please reach out to us via email

[ombudsman@fivecounty.utah.gov](mailto:ombudsman@fivecounty.utah.gov) or call 435-263-0489.



AmeriCorps Seniors  
Volunteers of the Quarter  
September 2021  
**Gabrielle Saasta**



The Senior Companion Program is very fortunate to have a volunteer like Gabrielle Saasta. She is a ray of sunshine wherever she goes and makes a room brighter when she walks in. She is easy to talk to and it's easy to see why her clients love her. One of her clients said even her dog loves her!

Speaking of dogs...you can't be around Gabrielle long before she mentions her own dog, a labradoodle named "Little One". She said he has given her support and love, and yes, a bit of anguish when he runs off! She is a dog lover and has always had a dog. She also loves using tools and is very handy and is not scared to fix things around her house.

Orange, California is where Gabrielle was born and raised. She moved to Utah in 2005 because it reminded her of how California used to be before it became so overcrowded. She and her husband, Fred, (who was attracted to her because he liked the smell of her perfume) drove through this area when they would visit family in Idaho. Realizing they were tired of the traffic and noise they packed their bags and moved to Washington City.

Before Gabrielle was a Senior Companion she stayed home and took care of her two children. She was active in the community and started what we think of as the "Officer Friendly Program" in the schools in her area. She then worked as a Property Manager for 30 years.

Gabrielle loves to: Dance - in 8<sup>th</sup> grade won the Samba championship  
Attend Concerts – Bette Midler, Glen Yarbrough, David Cassidy, John Denver, and Rosemary Clooney to name a few  
Read – Mysteries, Agatha Christie, Johnathan Kellerman, and Debbie Macomber

She also loves to do crafts and decorate for holidays and parties. As you can tell Gabrielle is fun to get to know which is one reason a client recently told her to "drive carefully because she didn't want to lose her". The Senior Companion Program doesn't want to lose her either and we hope to have many more years with her as part of our program!

 *Home is wherever my dog is.* 