



San Juan AAA Connections

Glaucoma Awareness

January is National Glaucoma Awareness Month. Glaucoma is an eye disease that affects mainly adults over the age of 50, especially African Americans, persons with diabetes, those who are very nearsighted or have had damage to the eye. Simply put, the fluid that circulates through the eye and normally drains off through a mesh of tissues starts to build up in the eye and does not drain off as would normally happen. This increased fluid

pressure damages the optic nerve leading to vision loss and blindness if not treated. Glaucoma can be chronic - happening gradually over time or acute with symptoms occurring suddenly.

Diagnosis and Prevention

There is no way to prevent glaucoma before it happens, but with early detection vision loss can be minimized. Regular eye exams are recommended for all adults over the age of forty. The eye exam should



include tonometry (the exam where a puff of air hits your open eye), dilation of the pupil for visual examination of the optic nerve, and checking for vision loss with an eye chart.

Reverse mortgage fraud

A reverse mortgage is a legitimate financial tool available to people 62 and older. Also known as a home equity conversion mortgage, it allows you to convert the equity in your home into cash—useful to seniors who may be house-rich but cash poor, living on a fixed income but facing decidedly unfixed expenses like health care. Sadly, some of the most vulnerable retirees—those having trouble

making mortgage payments or looking for a less expensive home—are those most susceptible to reverse mortgage fraud.

Mortgage guarantor Fannie Mae has noted a striking increase in reverse mortgage fraud since the 2008 financial crisis. The most common types include “Turn Around Mortgages,” where reverse mortgage programs falsely promise to stop foreclosure, and “Equity Theft Schemes,” where seniors are sold a new residence and given a prop-

erty deed, and then are later requested by the criminals to obtain a reverse mortgage. The scammers abscond with the proceeds.

What to do: Always be suspicious of the free lunch, such as being able to own a home without a down payment, and don't sign documents for a property you didn't purchase. Seniors considering a reverse mortgage can check the [Housing and Urban Development website](#) at for a list of lenders approved by the Federal Housing Administration

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Is your monthly income Less than \$1,396 Single or Less \$1,891 Couple and are your assets less than \$12,640 single or less than \$25,260 couple.

Then you may be eligible for Extra Help. Call your local Senior Center for Information.

Report Medicare and Medicaid Fraud to your local Senior Center Director

Monticello Center Martha Garner 435-587-2401

San Juan AAA

435-587-3225





Do you have a disability or know someone that does?

- I'm under 65 and have a disability. How do I enroll in Part A and B?

If you're under 65 and have a disability, you're automatically enrolled in Part A and Part B after you get Social Security or Railroad Retirement benefits for 24 months. Your Medicare card will be mailed to you about 3 months before your 25th month of disability benefits. If you don't want Part B, follow the instructions that come with the card.

- I'm under 65 and have a disability.

You automatically get Part A and Part B after you get disability benefits from Social Security or certain disability benefits from the RRB for 24 months.



Phone Scam:

The urgent call sounded so convincing: "I'm your grandson 'Billy' and I'm in trouble. But I don't want Mom and Dad to know. Please send money, Grandma." The caller isn't a grandchild, but a con artist posing as a grandchild, sometimes with the help of voice alteration equipment to sound more convincing. The senior, like so many others, fell for it and headed to Western Union to wire the money. Fortunately, Western Union was suspicious and held up the transaction while the senior called to check out the story. The scam was successfully averted.



San Juan County Caregiver Program-Are you a Caregiver? We can help. Please Call

Dantzelle Einerson San Juan County Caregiver Case Manager at 435-678-3844

The Caregiver Support Program is a short term temporary program that enables the caregiver by providing the following:

- Information
- Assistance
- Support
- Caregiver training
- Counseling



For those Caregivers of Adults 55 years or older





UTAH SENIOR DAY

AT THE LEGISLATURE

Thursday, February 19, 2015

9:00 a.m.—2:30 p.m.

State Office Building Auditorium

- 9:00 a.m. Registration
- 10:00 a.m. Opening Ceremony
- 10:30 a.m. Choice of Activities
 - Forum & Advocacy Discussion
 - Historical Overview of the Capitol
 - Gallery Visits
- 11:30 a.m. Meet with your Legislators
(Hall of Governors)
- 12:15 p.m. Lunch
(Hall of Governors)
- 12:45 p.m. Wrap-Up Speaker
(Hall of Governors)



Utah Association of Area Agencies on Aging

Volunteer opportunities with Aging & Adult Services are diverse and provide individuals of all ages the chance to make a difference in their community. Whether you're an older adult wanting to stay active and engaged or a younger individual hoping to give something back, Aging & Adult Services has a wide variety of options for you to participate.

The Meals on Wheels Volunteer Program enlists the support of community volunteers who donate one lunch hour weekly to deliver hot meals to eligible seniors in their community. Volunteer routes are comprised of 8-10 stops and can be completed within one hour. Meals on Wheels staff accompany volunteers on their first visit to the homes of clients to make introductions and review program delivery policies. Opportunities exist Monday – Friday with meals delivered between 10:30am – 1:30pm. No weekends or holidays. Volunteer Requirements Pass a background check

Active Aging Volunteers perform a wide variety of tasks. Center volunteers greet and orient new participants, provide clerical and reception support, and work to increase public awareness and participation at local centers. Volunteers possessing specific skills are highly sought after to teach one-time or ongoing classes such as Tai Chi, computer training, art, and dance, among others. Health promotion volunteers teach healthy behaviors to the county's aging and adult population in a variety of classes and settings.

To volunteer at your local center you must: Be people oriented, take direction well, and be reliable; To volunteer to teach health promotion classes you must: Complete all program specific requirements; Pass a background check.

Training and Support

- Orientation and training is provided to all volunteers
- Successfully complete the training for the specific program you would like to volunteer for

Ship Volunteers help beneficiaries with healthcare benefits information, healthcare fraud and abuse, and difficult insurance concerns. Tasks Include:

- Medicare Part D screenings, counseling & enrollment
- Medicare Advantage screenings, counseling & enrollment
- Medigap/Medicare Supplement resources & counseling
- Medicaid & Extra Help applications
- Medicare and fraud & abuse public presentations

Distribute information to the public, including doctor's offices and pharmacies

Volunteer Requirements

To volunteer you must:

- Pass a background check
- Possess a valid Utah driver's license
- Accuracy in maintaining records
- Be in compliance with HIPPA
- Maintain client confidentiality
- NOT enter into any financial or business relationship with ANY clients
- Contribute at least 8 hours per month and submit monthly reports
- Patience and tactfulness

Ability to work with diverse populations including those with significant physical and mental impairments

Training and Support

- Orientation and training is provided to all volunteers prior to beginning assigned duties. On-the-Job and SHIP training is also provided.



PLEASE CONTACT YOUR LOCAL CENTER DIRECTOR TO SIGN UP



Utah Special Needs Registry

What is the Special Needs Registry?

The Special Needs Registry allows residents with Access and Functional needs and organizations assisting them an opportunity to provide information to Utah's Emergency Management communities for their planning efforts.

The information collected will only be shared with the registered Emergency Management Agencies to improve their ability to plan and serve and will not be available to the public.



You should have personal equipment and supplies to last a minimum of 72 hours in the event of an emergency. Registration with the Special Needs Registry does not guarantee emergency services.

How do I Register?

Online:

1. Go to the Special Needs Registry website: www.specialneedsutah.org
2. Fill in the requested information
3. Submit your information online
4. Update your information annually
5. Update your information as it changes

By Phone:

Dial 2-1-1 to speak with a Special Needs Representative

For More Information Visit:

- www.specialneedsutah.org
- Email: 211ut@uw.org
- Dial: 2-1-1



