

# **ACTIVE RE-ENTRY**

## ***Independent Living Programs***

10 South Fairgrounds Rd. Price, Utah 84501

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**March / April 2008**

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**The only thing that will redeem mankind is cooperation.**

**-- Bertrand Arthur William Russell, Nobel Peace Prize winner.**

## **Seniors & Caregivers Conference comes to Carbon County**

Are you the caregiver for someone you love? As our population ages, many more of us will find ourselves in this important role. On May 2, Active Re-Entry will host a day-long conference for seniors and caregivers. Whether you are taking care of another person or are wanting information on changes in senior care, you will find many informative topics.

After a continental breakfast, Congressman Jim Matheson's Eastern Utah Field Representative, Pam Juliano will welcome attendees. Mrs. Juliano came to this position as the previous executive director of the United Way of Southeastern Utah. With a specialized background in Health in Human Resources and the AmeriCorps Vista Program, Mrs. Juliano is an admitted "almost life long resident of Carbon County" who loves Active Re-Entry and the services that it provides the community.

Dr. Angel M.E. Casey of Wood Counseling is the first presenter of the workshop, talking about Caregiver Stress. Caregivers can also suffer from sleep disorders, weight changes, personality shifts and depression while taking care of the demands of a loved one. Dr. Casey has an interest in the treatment of posttraumatic and dissociative disorders, as well as eating disorders, spiritual issues and diversity/multicultural issues. She has also specialized in variety of non-traditional methods, foremost is Animal Assisted Therapys.

With new changes in the laws, Medicaid can often be confusing, the next workshop topic is Nursing Home Medicaid Changes led by Janice Nelson, Medicaid Eligibility Specialist. Mrs. Nelson works for the Department of Workforce Services and worked for the State for 20 years, 15 of which specializing in Nursing Home Medicaid.

The next workshop focuses on the changes in Utah's new advance directives law and describes end-of-life situations and legal issues. Maureen Henry, JD is the Executive Director of the Utah Commission on Aging and the Founding member of the law firm Henry & Ciccarello, LLC, which is devoted to serving the needs of aging Utah's clients.

***S&C Conference continued next page...***

## *S & C Conference continued...*

Estate and Disability Planning is the next workshop led by Kent Alderman, JD. As an elder law attorney, Mr. Alderman will introduce attendees to the basic tools and laws governing estate planning, intestate succession, wills, trusts and other property arrangements for transferring property. He will also introduce participants to issues of disability planning, including powers of attorney, guardianships and conservatorships.

This will be followed by Darren

Hotton, Program Manager, Senior Health Insurance Program, Utah Division of Aging and Adult Services. He will provide information on Medicare Advantage Plans vs. Traditional Medicare and will also provide updates on Medicare's Prescription Drug Plan.

A lifetime of behaviors can surface in unexpected ways. Dini Drouguett of New Outlook Caregiver Consulting and past Program Director for the Utah Chapter of the Alzheimer's Association will be

presenting the final workshop on managing Difficult Behaviors in Dementia.

Registration fees for the conference include a continental breakfast and lunch. The cost is \$5 for Seniors and Caregivers and \$35 each for Agency Personnel with a discount to \$25 each for 4 or more attendees. Space is limited and the deadline for registration is April 25th. ✧

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## **A Brain Healthy Diet Can Reduce Your Risk for Dementia**

One of the fastest growing, most feared, and most costly ailments for seniors is dementia, or memory impairment. Alzheimer's disease and vascular dementia are the two most common types of dementia. In Utah, because we tend to live longer, we are expected in the next 10 years to see the highest increase in Alzheimer's in the country. However, the good news is, we now know of many things we can do to reduce our risk of becoming one of those statistics.

Brain health plays a critical role in almost everything we do: thinking, feeling, remembering, working, playing - even sleeping. A healthy brain reduces the risk of Alzheimer's disease or dementia. As our population ages there has been a flood of research into the causes of these ailments and things we can do to maintain brain health.

It's long been known that the brain requires a great deal of oxygen as well as a variety of nutrients. However, if the

circulatory system is sluggish the brain may not receive enough of either. It's not surprising, therefore, that researchers have found one of the most important things to benefit the brain is physical exercise. People who exercise just 15-30 minutes a day regularly are less than half as likely to develop dementia. Not only can this help increase oxygen, calm the nerves, and improve sleep, it also improves digestion and the transport of nutrients. However, if we don't consume enough of the right types of nutrients there is no way for our brain to obtain what it needs to succeed.

A variety of foods are readily available at your nearest grocery store to help you create brain-healthy meals for you and your family. A brain-healthy diet is low in fried or saturated fat, cholesterol

and sugar so it also reduces the risk of heart disease and diabetes, and allows for better blood flow to the brain.

*Dementia Risks concluded page 3...*

**A recent study of elderly women showed that those who ate the most green, leafy and cruciferous vegetables were one to two years younger in mental function than women who ate only a few of these vegetables.**



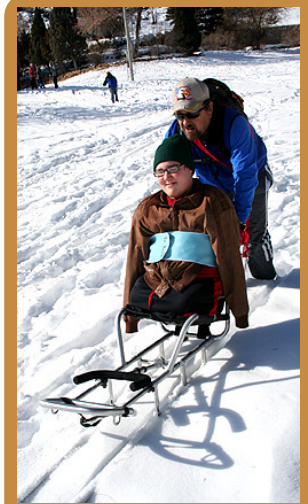
Attending the State Capitol's Legislative Training on Jan. 17, 2008 were Kellie Criswell, Troy Dennis and Sonya Evans. They spent the day learning about how to be better advocates.

## Making winter sports accessible...

Active Re-Entry has acquired a new "Sit&Ski". The "Sit&Ski" received its inaugural run and allows local residents to experience skiing for the first time.

Mike Keller, Principal of Castle Valley Center, stated that Blaze thoroughly enjoyed the experience of being able to take part in an outdoor winter activity.

Use of the "Sit&Ski" is available through Active Re-Entry by calling name at 435-637-4950.



*Ski moguls Jim Roybal and Blaze McCormack hit the slopes.*

## Dementia Risks concluded...

High cholesterol and high blood pressure increases the risk of developing dementia by six times. Obesity in middle age doubles the risk of dementia in later life. The key is an overall healthy food intake and lifestyle, not a short-term diet. Research suggests that foods high in antioxidants, vitamins, minerals and omega-3 fats can protect brain cells. Here's what to look for:

- Dark-skinned fruits and vegetables have the highest levels of naturally occurring antioxidant. Fruits like blueberries, blackberries, strawberries, raspberries, raisins, prunes, plums, oranges, red apples, red grapes and cherries.
- Dark green, yellow and red vegetables like kale, spinach, Brussels sprouts, alfalfa sprouts, broccoli, beets, red and green bell peppers, onions, corn, and eggplants.
- Cold water fish: halibut, mackerel, salmon, and tuna contain beneficial omega-3 fatty acids. And if you don't like fish. Fish, flax and borage oils are generally safe rich sources of these essential fatty-acids.
- Some nuts can be helpful as well; almonds, pecans and walnuts are a good source of healthy fats and other nutrients like vitamin E, an antioxidant.

How much of these foods might be most beneficial is not known. However, a recent study of elderly women showed that those who ate the most green, leafy and cruciferous vegetables were one to two years younger in mental function than women who ate only a few of these vegetables. There is also indication that vitamins, such as vitamins C and E, vitamin B12 and folic acid, as well as other antioxidants like Co Q-10, alpha-lipoic acid, and resveratrol from grape skins are important to lower the risk of developing Alzheimer's. So, head to your local grocery store, stock up on brain-healthy foods, and enjoy a longer, healthier life. For more information on nutrients and activities to help maintain your brain contact the author of this article David Larsen at the Utah Alzheimer's Association at 1-800 272-3900. ✧

**One of the core services of independent living is advocacy. Throughout history the actions of a few have benefitted many. Advocacy simply means that you are willing to speak out, plead the case of another or yourself or champion a cause.**

# The Fed's Stimulus Payment System: Are you a recipient?

This year, some low-income workers and recipients of Social Security, certain veterans' benefits and certain Railroad Retirement benefits may qualify for economic stimulus payments from the federal government. In most cases, payments will range from \$300 to \$600 for individuals and \$600 to \$1200 for joint filers. Taxpayers may also receive \$300 for each qualifying child.

Most taxpayers do not need to take any extra steps to receive the payment beginning in early May. Individuals who normally don't need to file, need to file a 2007 tax return showing at least \$3,000 in qualifying income to receive the stimulus payment.

In other words, low-income workers who had at least \$3,000 in earned income in 2007 but do not otherwise earn enough to be required to file a return to get the stimulus payment. The Stimulus Payment is not taxable next year and it will not affect the amount of Social Security Administration (SSA) Benefits that you receive.

## What do I need to do to receive the economic stimulus?

All you have to do to get the stimulus payment is file a 2007 IRS Form 1040 or Form 1040A and report at least \$3,000 in qualifying income on the form. You can include the amount of your SSA benefits to qualify for the stimulus payment.

## Certain Benefits Count Toward Qualifying Income:

Normally, not subject to income tax, the economic stimulus law passed in February contains a special provision allowing Social Security recipients and recipients of certain veterans' benefits and certain

Railroad Retirement benefits to count those benefits toward the qualifying income requirement of \$3,000 and thereby qualify for the stimulus payment.

**For Those Who Have Already Filed:** Some recipients of the benefits described above may have filed a 2007 tax return reporting at least \$3,000 in qualifying income. They do not need to do anything else. They will begin receiving their stimulus payments in early May.

Using an IRS 1040X Form, others may need to amend a previously filed tax return to include benefits to reach the \$3,000 qualifying income level. Adding these benefit on

an amended tax return will not increase an individual's tax liability, but will establish eligibility for the stimulus payment.

## Free Tax Help Available:

Individuals who need to file a tax return this year to receive a stimulus payment may be able to take advantage of thousands of free tax preparation sites nationwide for low-income and elderly taxpayers.

The Volunteer Income Tax Assistance (VITA) program provides help to low- and moderate-income taxpayers. Call 1-800-906-9887 to locate the nearest VITA site.

The Tax Counseling for the Elderly (TCE) Program provides free tax

help to people age 60 and older. As part of the IRS-sponsored TCE Program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. To find an AARP Tax Aide site call 1-888-227-7669 or visit the AARP Website. ✧

**To receive the economic stimulus payment you must file an income tax report -- even if you have not needed to file in the past -- otherwise, you will NOT receive the stimulus payment!**

# RECREATIONAL ACTIVITIES AND EVENTS

## CARBON COUNTY

## EMERY COUNTY

### **Carbon Commodities Cooking Class**

March 11, 2008—This class starts at 10AM at Housing Authority 251 S. 1600 E.

April 8, 2008—Same time same place

### **Grief Support Group**

March 12, 2008 at 3:30PM at Active Re-Entry.

### **Carbon County Older Blind**

March 14, 2008 at 11AM -- **Slip and Fall Prevention** presented by Georgia Novak, Educator for S.E. Utah Health District.

### **Active Access**

March will be The **St. Patrick's Day Parade**  
March 15, 2008.

The parade starts at Noon Main street Price.

### **Budgeting Class**

March 20, 2008  
Active Re-Entry

It starts at 10AM and goes until 2PM—Lunch will be served

### **Caregivers Support Group**

March 26, 2008 at 3:30PM at Active Re-Entry.

### **Active Access Support Group**

April 8, 2008, meeting will be at 1PM at Housing Authority.

### **Grief Support Group**

April 9, 2008 at 3:30PM at Active Re-Entry.

April 25, 2008, Vickie from DSBVI will giving a demonstration on **Oven and Stove Top Safety**. This will be at Active Re-Entry, We will have lunch and bake cookies.

### **Emery County Older Blind**

(aka the gator girls plus two guys)

**March 6, 2008**

Visit Cleveland Elementary, listen to the children read and encourage them. We will also be have school lunch with them.

### **Emery County Commodities Cooking Class**

**March 19, 2008**—This class starts at 9:30AM at Court House upstairs main street Castle Dale

### **Budgeting Class**

**March 18, 2008**

Emery County Court house upstairs main street Castle Dale  
It starts at 10AM and goes until 2PM—Lunch will be served.

### **Emery County Commodities Cooking Class**

**April 16, 2008**—This class starts at 9:30AM at Court House upstairs main street Castle Dale.

**April 24, 2008**

Vickie from DSBVI will giving a demonstration on **Oven and Stove Top Safety**. This will be at Turnquist Cottages in Elmo, We will have lunch and bake cookies.

### **Carbon County Older Blind**

**Low Vision Clinic** @ Active Re-Entry

April 24th & 25th, 2008

### **"How to Write A Press Release"**

April 1st, 2008 @ Noon-1:30PM at Active Re-Entry  
speaker Darrin Tepy, Tepy Graphic Arts & Publishing, LLC

### **Seniors & Caregivers Conference**

May 2, 2008 - All day.  
At Active Re-Entry

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**435-637-4950 VOICE/TTY • WWW.ARECIL.ORG**

# RECREATIONAL ACTIVITIES AND EVENTS

## MOAB AREA

## UINTAH BASIN

**March 12<sup>th</sup>, 9AM – 11AM:** Health Day – Blood Oxygen and Foot Clinic provided by Community Nursing and Blood Pressure by Rocky Mountain Home Care, please call 259-0466 to set up an appointment for the foot clinic.

**March 12<sup>th</sup> all day:** Hummer/Jeep ride. There are a limited number of seats, so sign up today. Please call 259-6623 to reserve a seat and a sack lunch.

**March 17<sup>th</sup> – 21<sup>st</sup>:** The Break-A-Way Club from CEU will be doing volunteer projects in the Toda Valley area of San Juan County

**April 9<sup>th</sup>, 9AM – 11AM:** Health Day – Blood Oxygen and Foot Clinic provided by Community Nursing and Blood Pressure by Rocky Mountain Home Care, please call 259-0466 to set up an appointment for the foot clinic.

**April 14<sup>th</sup> & 15<sup>th</sup>:** Independent Living Conference

### EXERCISE CLASSES

**Monday, Wednesday & Friday @ 8:20AM:** Walking Aerobics

**Monday, Wednesday, & Friday @ 9AM:** Strong Women Stay Young

**Monday, Tuesday, Wednesday & Friday @ 10AM:** Tai Chi

### GROUP ACTIVITIES

**Mondays & Fridays after lunch:** Bingo

**Tuesdays:** Ceramics

**Wednesdays after lunch:** Card Day, Canasta, Pinochle, and other games if you want

**Fridays 9:30 – 11:30AM:** Card Stamping with Debbie in the Craft Room

**Wed. March 12<sup>th</sup>, 2008**

FREE Legal Services

Talk to a lawyer for free

9AM - Noon • Crossroads Senior Center.

**Wed. March 19<sup>th</sup>, 2008**

Housing Opportunities in the Uintah Basin. Uintah Basin Association of Governments & Vernal City present valuable information for Seniors/ Physically Handicapped. Open to Public. Transportation will be provided, call Shauna 722-4296  
2PM at the Vernal Golden Age Center.

**Thursday, March 20<sup>th</sup>, 2008**

Social Security

9:30AM to Noon at the Crossroads Senior Center.

**Thursday, March 27<sup>th</sup>, 2008**

Low Vision Clinic

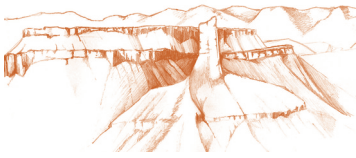
9AM - 2PM at Crossroads Senior Center.

Call Shauna 722-4296.

**Wed. April 16, 2008**

Robin Traveller, Hard of Hearing Specialist from Sanderson Community Center of the Deaf and Hard of Hearing in Taylorsville, UT will present helpful information. Come & have lunch at Golden Age Center at NOON—Roast BEEF!!!  
10AM Vernal Golden Age Center

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# **ACTIVE RE-ENTRY**

## *Independent Living Programs*

### **SENIORS & CAREGIVERS CONFERENCE**

**CO-SPONSORED BY THE SOUTHEASTERN UTAH AREA ON AGING  
AT ACTIVE RE-ENTRY • 10 SOUTH FAIRGROUNDS ROAD • PRICE, UTAH 84501**

## **MAY 2, 2008**

- 8:30 - 9AM            **Registration & Continental Breakfast**
- 9 - 9:30AM         **Welcome** - Pamela Juliano, Congressman Jim Matheson's Eastern Utah  
Field Representative
- 9:30 - 10:30AM    **Caregiver Stress** - Angel M. E. Casey PhD., Cedar Wood Counseling
- 10:30 - 11:30AM   **Changes In Nursing Home Medicaid** - Janice Nelson, Medicaid Eligibility Specialist
- 11:30 - 12:15am    **Lunch**
- 12:15 - 1:15PM    **Utah's New Advance Directives Laws and Basics on End-of-Life Issues --**  
Maureen Henry, JD, Executive Director,  
Utah Commission on Aging, University of Utah
- 1:15 - 2:15PM      **Estate and Disability Planning** - Kent Alderman, JD, Elder Law Attorney
- 2:15 - 3:15PM      **Medicare Advantage Plans and Prescription Drug Plans --**  
Darren Hotton, Program Manager, Senior Health Insurance Program  
Division of Aging and Adult Services
- 3:15 - 4:15PM      **Managing Difficult Behaviors in Dementia** - Dini Drouguett,  
Dementia Care Consultant & Health Educator, New Outlook Caregiver Consulting



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#### **Registration Form**

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (        ) \_\_\_\_\_ - \_\_\_\_\_

Registration Fees (Includes Lunch)

- Seniors/Caregivers: \$5     Agency Personnel: \$35 each (4 or more: \$25 each)  
 Information Table: \$10

Space is limited. Deadline for registration is April 25th. Please make payment to:

**ACTIVE RE-ENTRY • 10 SOUTH FAIRGROUNDS ROAD • PRICE, UTAH 84501**  
**435-637-4950 VOICE/TTY • WWW.ARECIL.ORG**

**MAIN OFFICE**

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Price, Utah 84501  
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www.arecil.org

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Louie Santillanes ..... AT/ADA Specialist - Price Office  
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Laurey Herzog ..... IL Coordinator/Carbon County Older Blind Specialist - Price Office  
Darlene Erni ..... CIP Coordinator/Emery County Older Blind Specialist - Price Office  
Bruce Burgess ..... Older Blind Specialist - Price Office  
Ashley Mortensen ..... IL Technician - Price Office  
Kellie Criswell ..... Volunteer Advocate - Price Office  
Joan Janes ..... IL Coordinator/LTC Ombudsman - Vernal Office  
Diane Ackerman ..... Older Blind Specialist - Vernal Office  
Shauna O'Donnell ..... Older Blind Specialist - Roosevelt Office  
Joey Allred ..... IL Coordinator/Older Blind Specialist - Moab Office  
Stevie Atwood ..... IL Technician - Moab Office  
Stanley Nez ..... IL Outreach Specialist - Moab Office