The Senior's Voice

Inside this issue:

- Medicare Part D—Open Enrollment
- Becoming a Dementia Friendly Workplace
- Live United
- Preventing Falls
- Dining & Value Guide
- Residents Rights & the LGBT Community
- Word Search
- Census 101

2019 Holiday Closings
January 1 - New Year’s Day
January 21 - Martin Luther King, Jr.
February 18 - Washington’s Birthday
May 27 - Memorial Day
July 4 - Independence Day
September 2 - Labor Day
October 14 - Columbus Day
November 11 - Veterans Day
November 28 - Thanksgiving Day
December 25 - Christmas Day

Make Sure You’re Right with Medicare

October Enrollment Events
Tuesday, October 15, 2019
10:00 AM – 4:00 PM
Healthy Generations Area Agency on Aging
460 Lendall Lane, Fredericksburg, VA 22405

Friday, October 18, 2019
9:00 AM – 3:30 PM
Healthy Generations Area Agency on Aging
460 Lendall Lane, Fredericksburg, VA 22405

Monday, October 21, 2019
9:00 AM – 3:30 PM
Stafford County (Rowser Building)
1739 Jefferson Davis Hwy, Stafford 22554

Thursday, October 24, 2019
9:00 AM – 3:30 PM
Bowling Green Library (Conference Room)
17202 Richmond Turnpike, Midlothian 23114

Monday, October 28, 2019
9:00 AM – 3:30 PM
Spotsylvania Regional Medical Center
Pogue Medical Arts Building Room A/B
4604 Spotsylvania Pkwy, Fredericksburg, 22408

Thursday, October 31, 2019
9:00 AM – 3:30 PM
King George Citizen Center
8076 Kings Highway, King George, 22485

November Enrollment Events
Thursday, November 7, 2019
9:00 AM – 3:30 PM
Fredericksburg Baptist Church
1019 Princess Anne St, Fredericksburg 22401

Thursday, November 14, 2019
9:00 AM – 3:30 PM
Mary Washington Hospital
Tompkins-Martin Classroom A
1001 Sam Perry Blvd, Fredericksburg 22401

Monday, November 18, 2019
9:00 AM – 3:30 PM
Mary Washington Stafford Hospital
Rooms 2 & 3 (Lower Level)
101 Hospital Center Blvd, Fredericksburg 22405

Thursday, November 21, 2019
9:00 AM – 3:30 PM
Marshall Center
8002 Courthouse Rd., Spotsylvania 22553

December Enrollment Events
Tuesday, December 3, 2019
9:00 AM – 3:30 PM
Healthy Generations Area Agency on Aging
460 Lendall Lane, Fredericksburg, VA 22405

Friday, December 6, 2019
9:00 AM – 3:30 PM
Healthy Generations Area Agency on Aging
460 Lendall Lane, Fredericksburg, VA 22405

Please call to RSVP or for more information:
(540) 371-3375
or visit us on the web:
www.healthygenerations.org

Medicare Part D Open Enrollment Events

To enhance the quality of life for all older citizens.
HGAAA would like to congratulate the following staff that are now Dementia Friends: Pat Holland, Angie Snyder, Kim Dickinson, Cassie Hernandez, Leslie Brown, Barb Johnson, Nancy Gracey and Pete Egan. They all have completed “Dementia Friends Virginia” training.

What is a Dementia Friend? To become a Dementia Friend, you participate in a Dementia Friends information Session presented by a Dementia Friends Champion. You learn five key messages about dementia and a bit about what its like to live with dementia. As a Dementia Friend you turn your new understanding of dementia into a practical action that can help someone living in your community. Your action can be big or small—because every action counts!

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia.
“LIVE UNITED”

WHAT A DIFFERENCE A GOOD BANK MAKES!!

Thank You to Virginia Partners Bank, Atlantic Union Bank and BB&T for your service on the Rappahannock United Way’s Day of Action. The day was spent weeding the Agency’s landscaping beds and washing the agency’s vans. We appreciate your service and commitment to the entire community and HGAAA.
Each year millions of Americans, especially older adults, go to the emergency department after an injury from a fall.

“These falls can cause serious injuries—back fractures, hip fractures, as well as head trauma,” says Dr. David B. Reuben, a healthy aging expert at the University of California, Los Angeles, who co-leads one of the largest prevention studies for falling. Some people are never able to return to their way of life before an injury.

Several kinds of health care providers can help those at risk of falling. “It’s actually a group effort,” Reuben says. Your doctor can be the first step. They can develop a prevention plan and refer you to other types of providers if needed.

**Wise Choices**

**Lower Your Risk of Falling**

- Talk openly with your health care provider about falls.
- Find out about the side effects of any medicine you take.
- Stay physically active to improve your balance and strength.
- Have your eyes and hearing checked regularly.
- See your health care provider about any foot problems. Make sure to discuss proper footwear.
- Make your home safer. Remove things you can trip over from stairs and walkways. Have grab bars and non-slip mats in bathrooms.
- Hold on to handrails when using stairs.

The biggest risk factor for being injured from a fall is being age 65 or older. People younger than that may be at increased risk of falling when they engage in certain activities, like sports, or because of certain health conditions. But children and young adults typically fall without being seriously injured.

People with weak bones are more likely to break a bone during a fall. As you get older, your bones become less dense. They get thinner and more spongy. If that goes too far, it’s called osteoporosis. Osteoporosis makes your bones fragile. Having enough calcium and vitamin D can help keep your bones strong. So can getting treatment for osteoporosis if needed.

Other risk factors include finding it challenging to walk or keep your balance. Problems with foot pain or unsafe shoes can make these more difficult. And certain medicines you’re taking might cause you to feel tired or woozy. Some people have a drop in blood pressure when they stand up. That can make you feel dizzy and fall.

As you age, your eyesight, hearing, and reflexes may not be as sharp as they once were. Those changes can make it more likely you’ll stumble and fall. For older adults who have already fallen, the risk of falling is much greater.

See the Wise Choices box for ways to lower your risk of falling. Your doctor can help you make a personalized plan for preventing falls. They may encourage you to work with a physical therapist to increase your strength and improve your balance. They can also prescribe devices like special footwear or a walking cane.

You may also want to fall-proof your home. An occupational therapist can teach you about the safety hazards in your home. Keep your home tidy and well-lit to avoid stumbling over objects. Also, avoid having small area rugs that you could trip on. Making a habit of holding onto the handrails when you use stairs can keep you safer, too.

If you fall, it’s important to tell your doctor, especially if you’re an older adult. “This is something that you really want to pay attention to,” Reuben advises. Your doctor can help you make changes in your life to prevent another fall.

[newsinhealth.nih.gov/2019/preventing-falls]
PURCHASE YOUR BOOK NOW! This will make one of the best Christmas gifts ever. On sale now through Healthy Generations AAA. Tons of deals and specials worth over $5000. Contact us for your 2020 Fredericksburg Attractions Book. Call 540-371-3375

ONLY $25! On sale now!
Residents’ Rights and the LGBT Community: 
Know YOUR Rights as a Nursing Home Resident

The federal 1987 Nursing Home Reform Law requires nursing homes to “protect and promote the rights of each resident” emphasizing individual dignity and self-determination in the provision of long-term care. Every nursing home accepting Medicare and/or Medicaid must meet federal requirements, including those regarding residents’ rights.

LESBIAN, GAY, BISEXUAL OR TRANSGENDER (LGBT) OLDER ADULTS AND LONG-TERM CARE

Current estimates state that 10.1 million Americans identify as lesbian, gay, bisexual or transgender (LGBT),1 with 3.8% aged 52 and older individuals identifying as LGBT.2 One study found that 27% of LGBT baby boomers had significant concerns about discrimination as they age and there are reports that LGBT older adults encounter violations of their rights when seeking long-term care services and supports.3 Incidents of abuse are often unreported or unidentified; however, a majority of individuals responding to a survey (578 of the 649 respondents or 89%) felt that staff would discriminate against an LGBT elder who was out of the closet.4 Additionally, negative treatment, including verbal and physical harassment, by other residents was the most commonly reported problem by respondents in this study.5

I lived in a very rural, conservative state as a lesbian for 25 years and then transitioned from female to male. LGBT elders in (state withheld by request) are forced to remain hidden, and when placed in long-term care facilities, become even more isolated. I have done training for long-term care staff and administrators in this state, but most feel that there are no LGBT residents in their facilities. Sean, 51 years old (LGBT Older Adults in Long-Term Care Facilities: Stories from the Field. http://www.lablaalinacenter.org)

KNOW YOUR RIGHTS6

Individuals living in nursing homes have the same rights to be free from discrimination and harassment as individuals living in the larger community. In addition, they have rights and protections provided by federal nursing home regulations and state and federal anti-discrimination provisions. The rights of all residents should be honored and respected, regardless of sexual orientation or gender identity or expression. Understanding your rights, learning about ways to solve problems, and knowing how to get help if issues arise is the first step in ensuring quality care. The federal nursing home regulations provide the following resident rights and facility requirements that may be of particular importance to lesbian, gay, bisexual or transgender individuals living in a nursing home. State nursing home regulations and various anti-discrimination laws may provide additional protections (see “Resources” section for link to federal nursing home regulations):7

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5 LGBT Older Adults in Long-Term Care Facilities: Stories From the Field, Inc. 2011.
6 For more fact sheets and additional resources regarding residents’ rights and advocating for quality long-term care visit the National Consumer Voice for Quality Long-Term Care (Consumer Voice) website www.consumervoice.org
7 See 42 CFR 483.10 for complete list of federal nursing home residents’ rights http://www.ecfr.gov/cgi-bin/text-idx?c=ecfr&SID=5f28f85a230a3d1b3d6ea23a732b1135#se42.5.1.1.1.2.7.7.11924
Right to be FREE from ABUSE
All residents have the right to be free from abuse (by any individual - including other residents) and facilities must develop and implement policies and procedures that prohibit mistreatment of residents and investigate and report allegations of abuse. Resident mistreatment includes all types of abuse; such as verbal, sexual, mental and physical abuse, neglect and financial exploitation. For example, facility staff cannot refuse to provide care due to a resident’s sexual orientation nor can staff harass a resident due to his/her gender identity.

Right to PRIVACY
Residents have the right to private and unrestricted communication with anyone they choose (e.g., during in-person visits and through letters, telephone and electronic communication) and privacy regarding their medical, personal and financial affairs. Residents also have the right to privacy regarding their bodies, and all care must be given in a manner that maximizes that privacy.

Right to Receive VISITORS
Residents have the right to receive visitors of their choosing at the time of their choosing. According to the federal regulations, facilities must inform residents of their visitation rights and related facility policies and procedures. Facilities must “inform each resident of the right, subject to his or her consent, to receive the visitors whom he or she designates, including, but not limited to, a spouse (including a same-sex spouse), a domestic partner (including a same-sex domestic partner), another family member, or a friend, and his or her right to withdraw or deny such consent at any time.” 8 Additionally, facilities must “ensure that all visitors enjoy full and equal visitation privileges consistent with resident preferences” and cannot “restrict, limit, or otherwise deny visitation privileges on the basis of race, color, national origin, religion, sex, gender identity, sexual orientation, or disability.” 9

Right to Participate in ACTIVITIES
Residents have the right to participate in (or choose not to participate in) social, religious, and community activities both inside and outside of the facility. For example, you have the right to participate in and promote an event, training or resource regarding LGBT equality (e.g., PRIDE parade, PFLAG support group meeting) without fear of discrimination or abuse.

Right to be treated with RESPECT
All residents have the right to be treated with dignity, respect and consideration and have the right to exercise their choice and self-determination. For example, all residents have the right to be addressed how they want to be addressed (e.g., using a resident’s preferred pronoun) and the right to clothing and grooming consistent with their gender identity.

Right to PARTICIPATE in YOUR CARE
Residents have the right to be informed about care and treatment, participate in their own assessment and care planning, and make decisions regarding their treatment, including health care choices related to gender transition. Residents also have the right to designate a legal surrogate (or, decision-maker) to act on their behalf. State laws, such as health care power of attorney and guardianship laws, govern how someone (including same-sex partners or spouses or other family of choice) can make decisions on your behalf. Per federal requirements, “if a resident’s representative is a same-sex spouse, he or she must be treated the same as an opposite-sex spouse with regard to exercising the resident’s rights.” 10

Right to be FULLY INFORMED
Facilities must inform residents of any changes in services; changes in care or treatment; what is covered by Medicare and Medicaid or other health care insurance; and provide a written notice prior to a change of room or roommate. The federal government states that Medicare Advantage enrollees are entitled to equal access to services in the same skilled nursing facility their spouse resides in, regardless of sexual orientation. Specifically stating that, “this guarantee of coverage applies equally to couples who are in a legally recognized same-sex marriage, regardless of where they live.” 11

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842 CFR 483.10 (H) (16)
942 CFR 483.10 (H) (7)
10State Operations Manual Appendix PP - Guidance to Surveyors for Long Term Care Facilities, Nov 22, 2017
**Right to CHOOSE**
Residents have the right to make their own choices, including what to wear, how to express themselves, and their daily routine. Residents also have the right to retain and use personal items (e.g., some furnishings, pictures). Additionally, “residents have the right to share a room with whomever they wish, as long as both residents are in agreement. These arrangements could include opposite-sex and same-sex married couples or domestic partners, siblings, or friends.” 12

**Right to REMAIN in the HOME**
A nursing home cannot transfer or discharge a resident unless one (or more) of the permissible reasons for transfer or discharge apply. Residents cannot be transferred or discharged due to their sexual orientation or gender identity. (See 42 CFR 483.15 for Admission, Transfer and Discharge rights, link to federal regulations in “Resources” section).

**ADVOCATING FOR YOUR RIGHTS**
You have the right to voice concerns with the staff without fear of reprisal and they must try to resolve grievances promptly. Nursing home staff are required to protect all residents from abuse and report and investigate allegations of abuse. Also, residents have the right to file a complaint regarding abuse, neglect, exploitation or non-compliance with the state licensing and certification agency. There are resources available to support you and agencies responsible for investigating complaints and allegations of abuse.

To locate resources in your state, including the agencies mentioned below, you can contact **Eldercare Locator**. Eldercare Locator is a national public service to help older adults and caregivers connect with local aging and disability services including the Long-Term Care Ombudsman Program, Adult Protective Services, and your state licensing and certification agency. You can reach the Eldercare Locator by calling 1-800-677-1116 or visiting [https://eldercare.acl.gov](https://eldercare.acl.gov).

You have several options in addressing your concerns and you can use these at any time depending on your comfort level with working with the facility staff or the type of concern and outcome you want:

- **Share your concerns with the facility administrator, social worker or another staff person.** Inquire about the facility policy for grievances and use it but know that you are not limited to their grievance policy. Document your conversations and keep a written record of your complaint. If necessary, ask for a care plan meeting to discuss your concerns.
- **Contact your Long-Term Care Ombudsman (LTCO) Program.** Ombudsmen are advocates for residents in long-term care facilities and are trained to resolve complaints with you and on your behalf. For additional information about the ombudsman program and to locate your LTCO program, visit [www.ltcomo.com/budsmn.org/ombudsman](http://www.ltcomo.com/budsmn.org/ombudsman).
- **Contact information** for your ombudsman program should also be posted in your facility.
- **Contact your state licensing and certification agency.** Each state has an agency responsible for the licensing, certification and regulation of long-term care facilities and investigations of complaints. To locate your state licensing and certification agency visit [www.ltcomo.com/budsmn.org/ombudsman](http://www.ltcomo.com/budsmn.org/ombudsman).
- **Contact Adult Protective Services (APS).** APS investigates reports of abuse, neglect, and exploitation of elders and, in many states, individuals with disabilities. Every state has APS services, but the services vary by state. To locate APS services in your area, visit [http://www.napsa-now.org/get-help/help-in-your-area/](http://www.napsa-now.org/get-help/help-in-your-area/).
- **Abuse is a crime.** If you are a victim of abuse in addition to contacting the investigating agencies contact your **local law enforcement agency**.
- **Discrimination against LGBT nursing home residents is illegal.** Contact the **Lambda Legal Help Desk** for information and lawyer referrals at 1-866-542-8336 or [www.lambdalegal.org](http://www.lambdalegal.org).

LONG-TERM CARE INFORMATION, RESOURCES, AND ADVOCACY

National Consumer Voice for Quality Long-Term Care (Consumer Voice) The Consumer Voice is the leading national voice representing consumers in issues related to long-term care, helping to ensure that consumers are empowered to advocate for themselves and provides information and tools for consumers, families, caregivers, advocates and ombudsmen to help ensure quality care for the individual. www.thecConsumervoice.org 202-332-2275

National Long-Term Care Ombudsman Resource Center (NORC) The National Long-Term Care Ombudsman Resource Center provides support, technical assistance and training to the 53 State Long-Term Care Ombudsman Programs and their statewide networks of almost 600 regional (local) programs. www.ltcOmbudsman.org 202-332-2275

LGBT AGING RESOURCES AND ADVOCACY

National Resource Center on LGBT Aging The National Resource Center on LGBT Aging is the country’s first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults. http://www.lgbtageringcenter.org 212-741-2247

SAGE is a national organization that offers supportive services and consumer resources for LGBT older adults and their caregivers, advocates for public policy changes that address the needs of LGBT older people, and provides training for aging providers and LGBT organizations, largely through its National Resource Center on LGBT Aging and SAGECare. www.sageusa.org 212-741-2247

Lambda Legal Founded in 1973, Lambda Legal is the oldest and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work. http://www.lambdalegal.org/ 212-809-8585

National Coalition of Anti-Violence Programs’ National LGBTQ Training and Technical Assistance Center The National Coalition of Anti-Violence Programs (NCAVP) coordinates the National Training and Technical Assistance (TTA) Center on Lesbian, Gay, Bisexual, Transgender, & Queer (LGBTQ) Cultural Competency. The NCAVP Training and Technical Assistance Center is available for direct service and advocacy organizations seeking answers, support, and strategies to become inclusive of and accessible to lesbian, gay, bisexual, transgender, and queer (LGBTQ) survivors. https://avp.org/ncavp/tta-center/ 1-855-287-5428

The National Gay and Lesbian Task Force The mission of the National Gay and Lesbian Task Force is to build the power of the lesbian, gay, bisexual and transgender (LGBT) community from the ground up. We do this by training activists, organizing broad-based campaigns to defeat anti-LGBT referenda and advance pro-LGBT legislation, and by building the organizational capacity of our movement. http://www.thetaskforce.org/ 202-393-2241

National Center for Transgender Equality The National Center for Transgender Equality (NCTE) is a 501 (c)3 social justice organization dedicated to advancing the equality of transgender people through advocacy, collaboration and empowerment. http://transequality.org/ 202-903-0112

FORGE: Transgender Aging Network (TAN) FORGE was founded in 1994 in Milwaukee, Wisconsin, and provides peer support to everyone in the transgender community. http://forge-forward.org/aging/

NURSING HOME REGULATIONS

Happy Turkey Day!

Apple
Blessings
Cornucopia
Cranberry Sauce
Family
Feather
Give Thanks
Gobble
Greatful
November
Pumpkin
Scarecrow
Thanksgiving
Tradition
Turkey

B P N W E S S L S Z V R M B J
C I O V Y G C G W G N F P K C
L T I D U N R T C H R A B H O
L K T G O I A X S G P U X H R
D N I N U S N L J I X I L G N
B T D I V S B U R V H Y S F U
S R A V S E E F R E Q L C E C
P E R I P L R E L T X I A A O
B B T G U B R T B H Q M R T P
U M U S M W Y A Z A C A E H I
W E R K P A S R A N B F C E A
L V K N K P A G O K O D R R D
B O E A I P U U X S D L O O A
Q N Y H N L C M X X Y T W E T
S U J T E E E L B B O G L E
Thanks Goolrick’s Modern Pharmacy for allowing HGAAA to be the recipients of “Goolrick’s Gives” for August 2019. Be sure to stop by Goolricks and tell them we sent you.
Interested in volunteering?
Many opportunities are available, contact us for more information:
www.healthygenerations.org

TO:

Bay Transit offers transportation that picks up in King George and travels to FRED Central and other Fredericksburg locations on Tuesday and Thursday

Doctor’s Appointments
Shopping Trips

Fredericksburg Regional Transit is offering FREE training on using their transit system for MORE opportunities to visit your favorite Fredericksburg places.

Depart Colonial Beach to Fredericksburg 8:30 am
8:45 am - King George YMCA
9:20 am - FRED CENTRAL with Connections to Greater Fredericksburg
9:30 am - Mary Washington Hospital, Medical Offices & VA Clinic
10:00 am - Central Park Walmart
10:20 am - Spotsylvania Mall
(Spotsylvania Hospital & Medical Offices by Appointment Only)

Depart Fredericksburg to Colonial Beach
2:00 pm – Spotsylvania Mall
2:10 pm - Central Park Walmart
2:30 pm - Mary Washington Hospital, Medical Offices & VA Clinic
2:45 pm - FRED CENTRAL
3:15 pm - King George YMCA
4:15 pm – Arrive at Colonial Beach

Call Bay Transit at 804-250-2011 to schedule your trip.

MOBILITY OPTIONS VOLUNTEER DRIVER PROGRAM

Mobility Options, a transportation service of Healthy Generations Area Agency on Aging, is recruiting area residents for their Volunteer Driver Program. Volunteers will have the opportunity to provide much needed transportation to riders for a variety of trips including medical appointments, places of employment, schools, shopping, recreational outings, and social engagements.

BENEFITS TO VOLUNTEERING

Besides the satisfaction of knowing that they are helping, they also receive a stipend of 25 cents per miles for miles traveled while the rider is in the volunteer’s car.

HOW TO APPLY

Persons interested in becoming a volunteer driver should contact Mobility Options at 540-656-2985 for additional information about the program and application forms.