

# ACTIVE RE-ENTRY

## *Independent Living Programs*

10 South Fairgrounds Rd. Price, Utah 84501 | Voice/TTY: (435) 637-4950 • [www.arecil.org](http://www.arecil.org)

Active Re-Entry Newsletter • Spring 2016

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## Active Re-Entry's 2016 Annual Conference: Focusing on Seniors

Active Re-Entry's annual conference is shifting focus compared to prior years. Instead of focusing primarily on Caregiver's, this one will be focused on Seniors.

The morning session will start off with Rocky Mountain Health & Hospice in which they will provide information about patient rights and HIPPA privacy, as well as helpful devices that are available to aid in independent living. After a short break, there will be a session dedicated to all of the many Veteran benefits that are now available, which most veterans are unaware they may qualify for.

Following another short break, Home and Community Based Services will be presenting about a variety of in-home services that allow adults to remain in their home while receiving support

services. Lastly, the State Health Insurance Program (SHIP) and Long Term Care Ombudsman (LTC) will provide information regarding one-on-one counseling and assistance for those who use Medicare, as well as current advocacy issues.

This conference has been approved for 2.75 total CEU's including .75 ethics units and a certificate will be provided at the conference. The Utah Chapter of SSWLHC is providing Continuing Education Units. If anyone is wishing for these CEU's, there is a \$10 fee. Otherwise the conference is free to anyone wishing to attend.

For more conference details and registration, see page 5. If you need assistance or have further questions, please call Active Re-Entry at 435-637-4950.

*"Life is 10% what  
happens to you and 90%  
how you react to it."*

- Unknown

# Thank you!

## NEWFIELD



## Active Re-Entry Would Like to Thank...

**Newfield Foundation** for their support, once again, in providing employee volunteers and a generous grant which will greatly help with Assistive Technology in the Uintah Basin.



Pictured above (left to right): Cheyenne Bateman - Senior Field Compliance Foreman, Nancy Bentley - Active Re-Entry Director, Joan Janes - Uintah Basin IL Coordinator and LTC Ombudsman, and Justin Krieger - Roustabout Production Lead

## What Are Consumers Saying About Active Re-Entry?

Recently, consumers were asked what they like best about Active Re-Entry. Here's what they shared:

"I like that I get to increase my knowledge of community and state issues."  
– Nancy G.

"I like to attend the activities. I learn a lot from attending the classes."  
– Sonny H.

"They help me get the equipment that I need."  
– Cathy R.

"Active Re-Entry has helped me learn new skills to live on my own. The staff is always willing to help."  
– Arven H.

"They make it possible for me to access the community."  
– Troy D.

## Moab Office Participates in Annual Health Fair

Moab Regional Hospital's Annual Health Fair is something Active Re-Entry has been involved with from its onset. The Fair is not only a fun place to meet people from the community, but a great way to let them know what Active Re-Entry offers while finding out what they need.

The visitor count was down this year compared to the last few years, but visiting with over a hundred guests was no small achievement. Active Re-Entry's booth was one of the most popular, as was the massage therapists who were giving mini massages and Moab Physical Therapy which was doing a strength contest to see who had the most hand and arm strength.

The Health Fair brings 40 plus vendors from Moab and surrounding areas who deal with Health Issues in our community. Visitors could go and see the latest in health care, like new ways to diagnose and new ways to treat. They could also learn about the resources available to them including free health clinics, Grand County and CNS Hospice, The Care Center, the American Cancer Society, and numerous physician offices.

Active Re-Entry was once again set up next to the Grand Junction VA and the Moab TeleHealth Clinic so veterans had easy access to health information. Joey Allred, ARECIL's IL Coordinator and Veteran Service Officer was there to help with VA benefits for those qualifying veterans.



## FREE LOCAL TAX HELP!



Free tax help is available at:

Utah State University Eastern  
451 E. 400 N., Price, UT 84501

Hours:

Monday -Thursday  
11:30 a.m. to 1 p.m.

The site is open until April 14, 2016  
in the Reeves Building, Room #130



## BEWARE: Scams in Abundance this Season

The Consumer Financial Protection Bureau recently came out with a statement warning consumers against an asset recovery company scam. These scammers specifically target elderly who have been former victims of any kind of money-making scheme in the past. They promise to help them recover funds previously lost for an upfront fee that could range from hundreds to thousands of dollars. Once the person has paid the fee, he or she does not see anything returned and they have become a victim for a second time.

If you think you have already become a victim of this type of scam, notify your bank or credit card company right away. They can stop any future transactions from occurring. If your information was used without your permission, they should restore the funds back to your account. You can also dispute any charges that were made that did not result in the asset recovery that was promised. You should also report it to local law enforcement and to the Federal Trade Commission at [ftcomplaintassistant.gov](http://ftcomplaintassistant.gov).

Another type of scam is done via an email that appears to be coming from a government affiliated source. In some cases, scammers send out an email

with the subject line “Get Protected” that pretends to offer new features from the Social Security Administration. It says the new features can protect citizens from unauthorized use of their Social Security numbers and help with monitoring their credit reports for fraudulent activity.

The email recipient only has to click on the email, and the scammers can install what’s called malware onto the recipient’s computer. This is called phishing, and it will allow viruses and spyware that assist in obtaining personal information to run rampant on the recipient’s computer. When clicking on the email, it may also go to a fake page requesting that the user type in his or her personal information.

When you know you have come across a scam, forward the email to [spam@uce.gov](mailto:spam@uce.gov) to report it to the FTC, and also forward the email to the real organization being impersonated. You can also report it to your email provider by marking it as spam and you shouldn’t receive anything from them again.



## Cooking Class

Recently, youth consumers visited Active Re-Entry for a hands-on cooking class. The youth learned how to make delicious taco turnovers and enjoyed the time together with their peers!



## Utah Legal Service

CIP consumers had the chance to meet with Brooke L. Robinson, Attorney at Law, from Utah Legal Service (ULS) to learn about legal services provided by ULS and how to access them.





## SENIOR CONFERENCE

Active Re-Entry ♦ 10 South Fairgrounds Road ♦ Price, Utah 84501 ♦ 435-637-4950

**April 8, 2016**

- 8:00 ~ 8:30 am    Registration & Continental Breakfast
- 8:30 ~ 9:15 am    **Rocky Mountain Health & Hospice** ~ Find out about your patient rights and HIPPA Privacy as well as assistive devices to aid in independent living. ~ *Alison Marrelli, LCSW, ~ Erin Rauhala, RN ~ Danielle Birrell, RN.*
- 9:15 ~ 9:30 am    **Break**
- 9:30 ~ 10:30 am    **Veteran Benefit Assistance** ~ Find out if you are eligible for VA Benefits for Healthcare, Pension, Disability Compensation, Nursing Home or Assisted Living Costs or other VA benefits. ~ *Joey Allred, Veteran Services Coordinator, Active Re-Entry*
- 10:30 ~ 10:45 am    **Break**
- 10:45 ~ 11:45 am    **Home & Community Based Services** ~ A variety of in-home services that allow adults to remain in their home and receive supportive services. ~ *Shawna Horrocks MSN RN - Director of the Area Agency on Aging.*

**State Health Insurance Program (SHIP) & Long Term Care Ombudsman (LTC)**  
The State Health Insurance Information Program (SHIP) offers one-on-one counseling and assistance to people with Medicare and their families. The LTC Ombudsman advocates for the rights of residents of long term care facilities to ensure and enhance the quality of life and care of residents.. ~ *Bill Engle , LTC Ombudsman & SHIP Coordinator, Southeastern Utah Association of Governements*



Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**There is no charge for this conference.**

**Space is limited. Deadline for registration is April 7<sup>th</sup>.**

## Activities & Events

### Carbon & Emery Counties

Please call 435-637-4950 for more details & to RSVP.

<b>Wii Bowling Tournament</b> Lunch provided - space is limited.	Apr. 5	10:30 AM-2:30 PM
<b>Chris Manwaring Art Exhibit @ Gallery East</b>	Mar. 30	1:30 PM
<b>Low Vision Clinic</b> No charge. *Please plan on having your eye exam report released by your eye care provider. Call Laurey at 435-637-4950 to set up an appointment.	Apr. 6	By appointment
<b>Lunch @ China Buffet</b> Prices will vary, please plan to pay for your own meal.	Apr. 7	11:45 AM-1:00 PM
<b>Senior Conference</b> See page 5 for full details and registration form.	Apr. 8	8:00 AM - 11:45 AM
<b>USU Extension Cooking Class @ USU Extension Office</b>	Apr. 12	10:30 AM-11:30 AM
<b>Crafts with Shirley @ Active Re-Entry</b>	Apr. 28	2:00 PM
<b>Cooking Class and a Movie @ Active Re-Entry</b>	May 3	11:00 AM
<b>Day Trip to Green River State Park</b> Leaving Price at around 11:00 AM. Bring your own lunch, dinner will be provided. We will be joining the Salt Lake City, Provo and Logan Centers. Space is limited.	May 10	11:00 AM
<b>Crafts with Shirley @ Active Re-Entry</b>	May 20	1:30 PM
<b>Support Groups</b>		
<b>Grief Support Group</b>	Mar. 9 Apr. 13 May 11	1:30 PM
<b>Caregivers Support Group</b>	Mar. 30 Apr. 8 - Conference May 25	1:30 PM
<b>Low Vision Support Group - Emery County</b>		
<b>Trip to Gallery East Art Center @ USU Eastern, Price, UT</b>	Mar. 30	1:30 PM
<b>Lunch Meeting</b> - Call Laurey for location 435-637-4950	Apr. 21	11:00 AM
<b>Regular Group Meeting</b> - Call Laurey for info 435-637-4950	May 19	2:00 PM-3:30 PM
<b>Low Vision Support Group - Carbon County</b>		
<b>Trip to Gallery East Art Center @ USU Eastern, Price, UT</b>	Mar. 30	1:30 PM
<b>Crafts with Shirley</b>	Apr. 28	2:00 PM
<b>Lunch Meeting</b> - Call Laurey for location 435-637-4950	May 20	11:00 AM
<b>Community Events</b>		
<b>Warm Meal for Those in Need @ the Methodist church</b> Dinner will be served the last Friday of every month for those in need. The meals are free; however donations are accepted.	Last Friday of each month	6:00 PM

## Activities & Events Grand County

Please call 435-259-0245 for more details & to RSVP.

<b>Congressman Chaffetz Staff Presentation @ Moab Regional Hospital</b> Learn about Veteran's Choice issues and assistance for veterans regarding matters such as SSDI, Medicare and Medicaid.	Mar. 29	9:00 AM
<b>Low Vision Clinic with the DSVBI</b> Please call Yordy at 435-259-0245 for appointments.	Apr. 5	By appointment
<b>Blood Pressure Check</b>	Apr. 13	9:00 AM-11:00 AM
<b>Lunch in La Sal</b> Bus leaves Active Re-Entry at 10:30 AM - sign up in office.	Apr. 15	10:30 AM
<b>Blood Pressure Check</b>	May 11	9:00 AM-11:00 AM
<b>Lunch in La Sal</b> Bus leaves Active Re-Entry at 10:30 AM - sign up in office.	May 13	10:30 AM
<b>'Exploring Your County'</b> Road trip to 'see the sights'	May 19	Call for Time

### Support Groups

<b>Caregiver Support Group</b> Held in the Grand Center Conference Room. Please contact Yordy with any questions at 435-259-0245.	Apr. 7 May 5	4:00 PM
<b>Bereavement Support Group</b> Held the 1st and 3rd Wednesdays of each month at the Grand County Library.	Apr. 6, 20 May 4, 18	6:00 PM

### Weekly Exercise Classes


<b>Walking Aerobics</b>	Monday, Wednesday, Friday	8:20 AM
<b>Strong Women Stay Young</b>	Monday, Wednesday, Friday	9:00 AM
<b>Tai Chi</b>	Tuesday, Wednesday, Friday	10:00 AM

### Weekly Group Activities

<b>Wii in the Game Room</b>	Monday, Tuesday, Wednesday	10:30 AM
<b>Bingo</b>	Monday, Friday	After lunch
<b>Card Day, Canasta, Pinochle, Panguingue and more!</b>	Wednesday	After lunch
<b>Mah Jong</b>	Tuesday	After lunch

## Activities & Events Vernal/Roosevelt

Please call 435-789-4020 for more details & to RSVP.

<b>Tech Tuesdays @ The Golden Age Center</b>	Tuesdays	11:00 AM-12:00 PM
 <b>Support Groups</b>		
<b>Active Access Support Group</b> Held the 3rd Wednesday of each month @ Golden Age Senior Center in Vernal	3rd Wednesday each month	2:00 PM-4:00 PM

## MAIN OFFICE

Active Re-Entry  
10 South Fairgrounds Road  
Price, Utah 84501  
435-637-4950 Voice/TTY  
www.arecil.org



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[www.facebook.com/ActiveReEntryVernal](http://www.facebook.com/ActiveReEntryVernal)**

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### **ACTIVE RE-ENTRY SATELLITE OFFICES**

#### VERNAL OFFICE

P.O. Box 580  
Vernal, Utah 84078  
Bonnie - 435-789-4020 Voice/TTY  
Joan - 435-789-4021 Voice/TTY

#### MOAB OFFICE

P.O. Box 122  
182 North 500 West  
Moab, Utah 84532  
435-259-0245 Voice/TTY

Nancy Bentley	Executive Director - Price Office
Lisa Martinez	Program Coordinator/Fiscal Officer - Price Office
Louie Santillanes	AT/ADA Specialist - Price Office
Richard Jewkes	Senior Advocate/Nursing Home Transition Coordinator - Price Office
Laurey Herzog	IL/Older Blind Coordinator - Price Office
Kellie Criswell	Volunteer Advocate - Price Office
Chris Haycock	CIP/Youth/Transportation Coordinator - Price Office
Kathryn Kilbourne	Friendly Visitor and PAWS Coordinator - Price Office
Pat Martinez	Carbon County PERKIE Driver - Price Office
Staci Moss	Youth IL Staff and Driver - Price Office
Beverly Elms	Emery County PERKIE Driver - Price Office
Larry Heaton	Emery County PERKIE Driver - Price Office
Joey Allred	IL Coordinator - Moab Office
Yordy Eastwood	Older Blind Coordinator/IL Technician - Moab Office
Bonnie Wooley	LTC Ombudsman/OB Coordinator/IL Technician - Uintah Basin Office
Joan Janes	IL Coordinator/LTC Ombudsman - Uintah Basin Office