



WEEKLY E-MAILING

December 7, 2021

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Helpful Links

ACL News & Information

Here is a link to news & information from the Administration for Community Living (ACL):

<https://acl.gov/>

ADvancing States (NASUAD) Information

Here is a link to state technical assistance from ADvancing States:

<http://www.advancingstates.org/state-technical-assistance/enhancedtechnical-assistance>



Caregiver Corner

December 2021

Articles, tips and helpful information for family caregivers
and professionals.

Medicare Open Enrollment Ends December 7

Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease). **To learn more about enrollment, please visit <https://www.medicare.gov/>**

AARP Virtual Events

- [CAREversations: A Free Online Event for Family Caregivers](#) (Online Workshop - Virginia) Thursday, Dec 9, 2021 from 6:00 p.m. to 7:00 p.m. Eastern Time.

- Discover five key steps to aid you in your caregiving journey
- Connect and exchange tips with fellow caregivers
- Explore local caregiving resources available in your community

[Register now!](#)

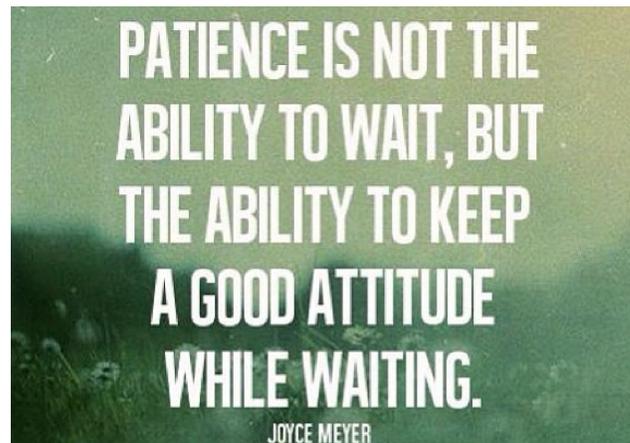
[Holiday Scams to Watch Out For](#) Thursday, Dec 9, 2021 from 7:00 p.m. to 8:00 p.m. Eastern Time. This webinar will also be offered on December 9, 2021, at 10:00 p.m. ET | 9:00 p.m. CT | 8:00 p.m. MT | 7:00 p.m. PT.

This will come in handy with the holidays around the corner since the holiday season is a scammer's dream. We'll discuss these common scams and more:

- Online shopping
- Zero value gift cards
- Charitable giving
- Delivery scams and more

[Register Now!](#)

For more events, visit [AARP Events for Virginia](#)



LGBTQ elders face 'caregiving crisis'

by Meghan Holohan

"Nearly 21% of LGBTQ people provide care to elderly friends compared to only 6% of non-LGBTQ adults because, in part, LGBTQ elders are four times less likely to have children, according to Sage, a nonprofit dedicated to advocacy and services for older LGBTQ people. This leads to tremendous problems.

"Older LGBTQ folks are among some of the most vulnerable elders in our country," Michael Adams, CEO of Sage told TODAY. "We live in a country where 85% of caregiving comes from adult children and partners. So when you remove adult children from the mix all together and there is a reduced presence of partners, by definition you're creating a caregiving crisis."

"Research indicates that there are higher levels of poverty among LGBTQ older people and that's especially true among older lesbians, among transgender elders and among LGBTQ elders of color." Adams said. **For the full article, [visit Today news](#)**

Today news

Note: LGBTQ stands for Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning

Simple Steps in Supporting Older LGBTQ Friends and Loved Ones PDF attached below

Simple Steps in Supporting Older LGBTQ Friends and Loved Ones at End of Life

National Resource Center
on LGBT Aging
National Headquarters
c/o Services & Advocacy
for GLBT Elders (SAGE)
305 Seventh Avenue
6th Floor
New York, NY 10001

212-741-2247 phone
212-366-1947 fax

info@lgbtagingcenter.org
lgbtagingcenter.org

This project was supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$373,636.85 with 72% percentage funded by ACL/HHS and \$104,878.85 amount and 28% percentage funded by non-governmental source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor are an endorsement, by ACL/HHS, or the U.S. Government. All Right Reserved.

Being present with our LGBTQ friends and loved ones during the end of life is often an emotional, yet rewarding journey. Offering support is the first step, but knowing what and how to offer this support can be overwhelming. The author of this tip sheet accompanied a dear friend during his end-of-life and offers these simple steps to consider:

- Hear their fears and concerns.
- Remind them of what a difference they have made for you.
- Validate their life stories.
- Ask if there are any partners, family, friends and caregivers with whom they would like to connect or reconnect. You can be a bridge to help with these connections.
- Tell them specific reasons why you love them and how important they have been to your life.
- Share a meal or their favorite snack.
- Suggest reducing background noise when you go to visit. Loud TV and music can be distracting. Ask if there is a private place where you can visit.
- Don't feel pressured to fill the silence. Hold their hand and simply be.
- If your friend or loved is out as LGBTQ, support them in addressing homophobia and transphobia with their permission. One way is to suggest LGBTQ cultural competency training such as that offered by SAGECare at sageusa.care.
- Offer to look through photos together. Encourage stories. Record them if they give you permission. You are likely to yearn to hear their voice again after they are gone. (Do not share the recordings with others unless given permission from your friend or loved one.)
- Laugh with them. This does not negate that they are dying. It furthers your connection with them.
- Allow them as much time as they need to get out their thoughts.
- Try to stay as present and focused as possible.
- Support your friend or loved one in reporting concerns related to abuse and neglect related to their care.

See resources on next page for more information.

Resources

Reporting Elder Abuse and Neglect: If your friend or loved one is living in an assisted living or skilled nursing community, you can contact the local Ombudsman Office with any concerns. The National Long-Term Care Ombudsman Resource Center has searchable database for locating the nearest Ombudsman Office found online at [National Consumer Voice \(theconsumervoice.org\)](https://www.theconsumervoice.org).

If your friend or loved one is living in their own home, apartment, or independent senior living community, you can report suspected abuse and neglect to the local Adult Protective Services office. The national Elder Care Locator will be able to connect you with local Adult Protective Services and other needed resources by calling 1-800-677-1116 or searching their website at: eldercare.acl.gov/

The National Resource Center on LGBT Aging provides additional resources that may be of support to you including:

LGBTQ Resident Rights - lgbtagingcenter.org/housing

Caregiving Supports - lgbtagingcenter.org/caregiving

End of Life – lgbtagingcenter.org/endoflife

Elder Justice – lgbtagingcenter.org/elderjustice

The NRC is grateful to Sue Van Zante-Peiser for sharing these useful suggestions for others who are supporting a friend or loved one during their end of life.

Sue Van Zante-Peiser is a radically grateful Jewish lesbian mother, wife, and agent of social change. She is a funny, soulful creative non-fiction writer. You can check out her blog at [bakethreecakes | some recipes for joy \(wordpress.com\)](https://bakethreecakes.wordpress.com). She dedicates this fact sheet to her dear friend, Ed.

No Wrong Door Newsletter

Wendy Boggs, MS/G, No Wrong Door Expansion Coordinator

The November 29 edition of the No Wrong Door COVID-19 newsletter has been published and can be viewed [here](#).

Mapping Medicare Disparities Tool Now Includes COVID-19 Data

Charlotte Arbogast, MS, Policy Analyst

The Centers for Medicare & Medicaid Services' Office of Minority Health (CMS OMH) recently made multiple data and visual enhancements to the [Mapping Medicare Disparities \(MMD\) Tool](#). Enhancements include the addition of preliminary 2020 Medicare FFS data, COVID-19 hospitalization and prevalence rates, and an updated map legend to improve visualization.

Our MMD Tool, which is also available in [Spanish](#), is an interactive map designed to identify areas of disparities between subgroups of Medicare beneficiaries (e.g., racial and ethnic groups) in health outcomes, utilization, and spending. The tool can be used to inform policy decisions and to target populations and geographies for potential interventions.

The MMD Tool provides two components, the Population View and the Hospital View. The Population View identifies differences between sub-groups in health outcomes, utilization, and spending. The Hospital View identifies disparities in selected health outcome and quality measures between hospitals.

Data enhancements to the MMD Tool include:

- Refreshed preliminary 2019 data with final 2019 data
- Added preliminary 2020 data, including COVID-19 hospitalization and prevalence rates
- Added smoothed rates to 2019 and 2020 data
- Added the most recent Hospital Compare data to the Hospital View

Visual enhancements to the MMD Tool include:

- Addition of a Spanish translation button in the mapping area
- Improved visualization through the updated map legend
- Addition of "COVID-19" as a new drop-down menu option under "Domain" and hospitalization and prevalence rates under "Measure"

For questions or feedback regarding these and other updates, please contact HealthEquityTA@cms.hhs.gov.

SCC Encourages Virginians to Check Mobile Devices Ahead of 3G Cellular Network Phaseouts

Charlotte Arbogast, MS, Policy Analyst

December 2, 2021

Contact: Ford Carson

Email: Ford.Carson@scc.virginia.gov

Telephone: 804-371-9141

RICHMOND – As early as January 1, mobile carriers may begin shutting down their 3G networks, making many older cell phones unable to receive calls and texts – including calls to 911 – or use data services. As such, the State Corporation Commission (SCC) encourages Virginians to begin preparing for 3G retirement now.

Mobile carriers are dropping 3G to make room for more advanced network services, including 5G. In addition to 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE (VoLTE or HD Voice), this update will affect other products using 3G network services, including certain medical devices, tablets, smart watches, vehicle SOS services, and home security systems.

- AT&T announced that it will finish shutting down its 3G network by February 2022.
- Verizon announced that will finish shutting down its 3G network by December 31, 2022.
- T-Mobile announced that it will finish shutting down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. It also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022 but has not yet announced a shutdown date for its 2G network.

Keep in mind that – even if your carrier is not listed above – you may still be affected. Many carriers, such as Cricket, Boost, Straight Talk and several Lifeline mobile service providers utilize AT&T's, Verizon's and T-Mobile's networks.

Some carrier websites provide lists of devices that will no longer be supported after 3G networks are shut down. You may need to upgrade to a newer device to ensure that you can stay connected, and carriers may be offering discounted or free upgrades to help consumers who need to upgrade their phones.

If unsure about the status of your device, contact your mobile provider or consult your provider's website for more information about their 3G retirement plan. If you purchased your phone independent of a mobile provider, you should be able to check whether your device is 4G LTE enabled (with VoLTE or HD Voice) by checking your phone's settings or user manual, or by searching your phone's model number on the internet, to determine whether you need to purchase a new device or install a software update.

In addition, although they do not cover the cost of new devices, other FCC programs may be able to assist eligible consumers with the cost of phone or internet services:

- The FCC's Lifeline program may be able to assist eligible consumers in getting connected to phone and internet services. The program provides a discount on phone service for qualifying low-income consumers to ensure that all Americans have the opportunities and security that phone service brings, including being able to connect to jobs, family and emergency services.
- In addition, the FCC's Emergency Broadband Benefit Program provides a temporary discount of up to \$50 per month toward broadband service for eligible households during the COVID-19 pandemic.

AARP Membership Helps Support Free Resources from the AARP Fraud Watch Network

Charlotte Arbogast, MS, Policy Analyst

Scammers change their methods all the time, and the holiday season is no different. Make sure you're staying safe this time of year with helpful resources from the AARP Fraud Watch Network. The [Scam-Tracking Map](#) provides real-time reports of scams happening in your area when you enter your ZIP code.

Be on the lookout for these common holiday scams.



[Gift card scams](#) ›

5 ways to spot a fake gift card



[Package delivery scams](#) ›

3 ways to avoid being targeted



[Charity scams](#) ›

Know the do's and don'ts of giving



[Online shopping scams](#) ›

Know the warning signs

[See how AARP Fraud Watch Network's resources can help you stay safer](#) ›

Join our free webinar, **[Holiday Scams to Watch Out For](#)**, to learn how to better protect yourself from common holiday scams.

Get guidance you can trust from trained fraud specialists. Call the **[Fraud Watch Network Helpline](#)** at **[877-908-3360](#)**, toll-free, Monday—Friday, 7 a.m. to 11 p.m. ET.

AARP in Action

Local Atlanta National Public Radio (NPR) journalist, Rose Scott, interviewed [Kathy Stokes, director of AARP Fraud Prevention Programs](#), about the challenges surrounding combating illegal robocalls, the new STIR/SHAKEN rules adopted by the Federal Trade Commission (FTC) for phone service providers, and why talking to scammers—even to “waste” their time—is a bad idea.

[Listen now >](#)

AARP: Despite Pandemic, Percentage of Older Adults Who Want to Age in Place Stays Steady

Charlotte Arbogast, MS, Policy Analyst

A new survey by AARP shows most Americans during the pandemic were able to adjust their lifestyles, stay connected to their communities, and maintain their

health. And while older adults were more concerned about the impact of COVID-19, they reported feeling less isolated than younger respondents did.

Read the report [here](#) and [here](#).

CMS Releases New Medicare Telemedicine Data Snapshot that Highlights Increase of Telemedicine Use During the COVID-19 Pandemic

12/03/2021

Today, the Centers for Medicare & Medicaid Services (CMS) released a new Medicare Telemedicine Data Snapshot with information on Medicare beneficiaries who utilized telemedicine services during the pandemic period (between March 1, 2020 and February 28, 2021). According to the snapshot, 28 million Medicare beneficiaries utilized telemedicine services during this time period, over 30 times the number of users as the prior year (March 2019 to February 2020). The data for the Snapshot comes from Medicare Fee-for-Service (FFS) claims data, Medicare Advantage (MA) encounter data, and Medicare enrollment information.

Telemedicine is the exchange of medical information from one site to another through electronic communication to improve a patient's health. Prior to March 2020, Medicare paid for these services under limited circumstances, with telemedicine services restricted to rural or health professional shortage areas, established patients, and certain types of providers. In response to the COVID-19 public health emergency, CMS greatly expanded telemedicine services to increase access to care. While these expansions lead to large increases in telemedicine use, the extent of the increase varied across geographic and demographic groups. These differences may be driven by a number of factors, including access to broadband internet, varying state-level policies on the delivery of telemedicine across state lines and the timing and degree to which the pandemic affected geographic areas differently.

To view the new Medicare Telemedicine Data Snapshot visit: <https://www.cms.gov/medicare-telemedicine-snapshot>.

For additional details on Medicare telemedicine expansions, please visit <https://telehealth.hhs.gov>.

Resilient American Communities: Protect the Ones You Love and Who Love You

Kathy B. Miller, Director of Aging Programs and Services

Resilient American Communities (RAC) is launching a campaign called *Protect The Ones You Love and Who Love You*. The campaign and messages are designed to unite everyone around a shared cause and provide essential facts about COVID risks and how to mitigate them. Our primary focus on “why” not “what” people need to do to keep their older loved ones safe.

RAC developed fact sheets in consultation with many experts and community partners from around the country. The messages and facts were informed by key learnings from BellAge’s CV-19 CheckUp, which helped 74,000 consumers in collaboration with state aging departments in New York, Michigan, Florida, Washington and Los Angeles from August 2020-March 2021 and documented the importance of risk education as a key to changing consumer behavior.

There is no cost involved to you in using any of these materials. The fact sheets are currently available in English, Spanish and Russian in “as is” and “customizable” versions from the [RAC website](#).

If you have any questions, please e-mail Jan Booher from RAC at jlbooher@comcast.net or james@bellage.org

James Firman, Ed.D.

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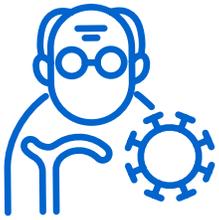
Protect the Ones You Love, and Who Love You

Keep Older Adults Safe from COVID-19 During the Winter Holidays



This winter is an especially dangerous time for older people because of the COVID-19 virus.

- **Did you know?** 94% of the 770,000+ U.S. residents who have died from COVID-19 were over the age of fifty, including more than 250,000 who died last winter.¹



If older adults get COVID-19, they are much more likely than younger people to be hospitalized or die.

- **Did you know?** Adults 65–74 are 65 times more likely to die, if they get COVID-19, than are young adults (ages 18–29). Adults over 85 are 370 times more likely.
- Adults 65–74 are roughly 5 times more likely to be hospitalized, if they get COVID-19 than are young adults (ages 18–29). Adults over 85 are roughly 10 times more likely.²



Vaccines greatly reduce an older person's risks of getting a severe case of COVID-19.

- **Did you know?** By being fully vaccinated, older adults reduce their chances of being hospitalized³ by 94% and of dying⁴ by 91% if they get COVID-19.



The greatest risk of infection comes from family members and friends who visit indoors and don't know they have COVID-19.

- **Did you know?** Even if you are fully vaccinated, it is still possible, but less likely for you to get and transmit COVID-19 to family and friends. The virus is spread primarily through the air. Therefore, everyone needs to be especially careful around unvaccinated older adults.



Protect the ones you love, and who love you!

- Recommend and help your family and older friends to get vaccinated or get a booster shot.
- If you visit with family, friends, and other people, it is safest to do so in open air spaces or well-ventilated spaces.
- Wear masks indoors, especially if you are around unvaccinated people.
- If you are not fully vaccinated, don't endanger your loved ones: avoid close contact indoors unless you wear masks.

ORGANIZATION

PHONE

WEBSITE

 RESILIENT AMERICAN COMMUNITIES

 BellAge

¹ <https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm>

² <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html>

³ <https://www.cdc.gov/media/releases/2021/p0428-vaccinated-adults-less-hospitalized.html>

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/index.html>

¡Proteja a sus seres queridos y a los que lo aman!

Protéjalos del COVID-19 durante el invierno



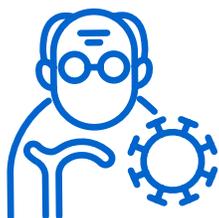
El invierno es una época especialmente peligrosa para las personas mayores de edad.

- **¿Sabía qué?** El COVID-19 se transmite por el aire que respira. Desde que empezó la pandemia han muerto más de 777,000 personas por COVID-19 en Estados Unidos. **El 94% eran personas mayores de 50 años.**¹

Si los adultos mayores contraen el COVID-19, tienen una probabilidad mucho mayor que los más jóvenes de morir y/o ser hospitalizados.

- **¿Sabía qué?** En comparación con los adultos jóvenes (de 18 a 29 años):
- Los adultos de 50 a 64 años tienen una probabilidad 25 veces mayor de morir si contraen COVID-19. Los adultos de 65 a 74 años tienen una probabilidad 65 veces mayor de morir y los adultos de 85 años o más tienen una probabilidad 370 veces mayor de morir de COVID-19.
- Los adultos de 50 a 64 años tienen una probabilidad 4 veces más alta de ser hospitalizados si contraen COVID-19 y los adultos de 85 años o más tienen una probabilidad 10 veces más alta de ser hospitalizados.²

Es muy clara la importancia de proteger a nuestros familiares, sobre todo a los mayores.



Las vacunas disminuyen en gran medida el riesgo que un adulto mayor pueda enfermarse de gravedad del COVID-19.

- **¿Sabía qué?** Al estar completamente vacunados, los adultos mayores que contraen COVID-19, reducen la **probabilidad de ser hospitalizados en un 94%**³ y **la probabilidad de morir en un 91%**⁴.



El mayor riesgo de contagiarse con el virus proviene de familiares y amigos que visitan en espacios cerrados y que no saben que tienen COVID-19.

- **¿Sabía qué?** Incluso si está completamente vacunado, aún es posible, pero menos probable que contraiga y transmita el COVID-19 a familiares y amigos. Por lo tanto, todos debemos de tener mucho más cuidado con los adultos mayores no vacunados.

¡De nuevo, proteja a sus seres queridos y a los que lo aman!

- Recomiende y ayude a su familia y amigos mayores de edad para que se vacunen o se pongan las vacunas de refuerzo.
- Cuando visite a sus familiares, amigos y otras personas, trate de hacerlo en espacios al aire libre o en lugares bien ventilados.
- Use cubrebocas en lugares cerrados, especialmente si está cerca de personas que aún no se han vacunado.
- Si usted aún no se ha vacunado, no ponga en peligro a sus seres queridos: evite el contacto cercano en lugares cerrados a menos que use cubreboca y guarde distancia física.



ORGANIZACIÓN

TELÉFONO

PÁGINA WEB

RESILIENT AMERICAN
COMMUNITIES

BellAge

¹ <https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm>

² <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html>

³ <https://www.cdc.gov/media/releases/2021/p0428-vaccinated-adults-less-hospitalized.html>

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/index.html>

Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving 2021-2022

A joint project of [The Lindsay Institute for Innovations in Caregiving](#), VirginiaNavigator and [The Daily Progress](#), the 2021/2022 edition of Senior Navigator features insights and advice from thought leaders in aging and caregiving.

In these pages, you'll learn about:

- Caregiving and social determinants of health
- How we can support every generation of military caregivers
- Expert answers to your COVID-19 questions
- What we learned about the impact of the pandemic on nursing homes
- What everyone should know about advance care planning
- How to build a dementia-friendly community
- Reducing the financial burden of long-term care
- Uncovering our "hidden caregivers"
- Tips for planning a multigenerational vacation
- Creative caregiving supports and home-based services
- Health issues such as sleep apnea, and hearing loss
- How to prevent falls and age safely at home.
- And much more!

<https://seniornavigator.org/article/73424/senior-navigator-central-virginias-guide-aging-well-2021-2022>

Link to DARS Independent Living Monthly Newsletter

Kevin Koziol, Director of Independent Living

The current issue of IL Impact is available here:

<https://conta.cc/2ZFMRVS>