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ADVOCATES For Seniors

Corbett Paralegal Services, LLC

Law
Health
Finance
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Supporting You in Making Choices You Can Live With

Still Celebrating 23 Years of Advocating For Seniors



Dear ,

Everything's coming up May flowers even though the rain waited until this month! Life continues to be just a little off, and we're all learning how to adjust to things we'd always taken for granted before. So, with mask restrictions lifting and vaccinations increasing, it's time to venture out and see what our new normal lives look like.

Thanks to those who participated in the drawing for Royals tickets. We're looking forward to celebrating our 23rd anniversary at the game next Friday.

This issue addresses some mobility issues: driving to rehab, vaccines that come to you, and transportation resources from the Johnson County Seniors Resource Guide.

We also feature an article from our friends at Northland Elder Law that addresses the eligibility status of Medicaid recipients who received stimulus checks from the CARES Act. Limitations have been loosened regarding the spend down of these funds, which will be very helpful to recipients.

Finally, our blog this month is contributed by Christina Wilkins, MSW, CDP on the subject of boundaries. It has some insights we can all use. Saying No is powerful and healthy, don't you know.

Marcia Corbett
Founder, General Manager



Medicaid Recipients Have a Little More Time to Spend Down Their Stimulus Money

Borrowed from our friends at: *Northland Elder Law*

The one-year deadline for nursing home residents on Medicaid to spend down their first round of stimulus checks is here, but they may have a little extra time.

In March 2020, the Coronavirus Aid, Relief, and Economic Security (CARES) Act authorized \$1,200 stimulus checks to most Americans, including Medicaid recipients. Another round of \$600 checks was authorized in December 2020, and \$1,400 checks were ordered in February 2021. The stimulus checks are not considered income for Medicaid recipients, and the payments have been excluded from Medicaid's strict resource limits for 12 months.

[Continue Article Here!](#)



Transportation Resources

Seniors Resource Guide

Transportation programs can be fee-based, discounted or free depending on your age, income



They Haven't Gone for a Shot. So Shots Are Coming to Them.

The New York Times
By Christine Hauser and Ruth Fremson

From the East Coast to the West, health officials are taking the Covid-19 vaccines on the road.

Across the country, nurses, technicians, emergency medical workers and community partners

or if you are disabled. Transportation can be provided by the government entities such as local city transit authorities, for-profit and non-profit organizations providing small regional bus or van services, or by volunteers serving the community through non-profit organizations.

- **Call 2-1-1 or visit their website**

2-1-1 is a free and confidential service provided by United Way and funded by community foundations, Federal, state and local governments.

- **Your Local Area Agency on Aging**

Eldercare Locator: 1-800-677-1116

- **Helpful Hints**

When calling to ask for assistance have a notebook handy and take notes on the information you are given.

- **Look at the Organization's Website**

If you have Internet access, go to the organization's website and check out their resources online.

- **Access to the Internet**

More and more it is important to have Internet access to look at organizations' websites. If you do not have a computer at home and Internet access, then you can often find computer and Internet access at libraries, senior centers, and some non-profit organizations offer assistance with Internet access.

[Full Article Here!](#)

are rolling up to the doorsteps, streets and churches of people who are homeless, who live in areas without reliable transportation or who have no internet access.

[Find More Info Here!](#)



Does Your Family Member Need Driving Rehab?

Aging Care

By Joan Fox Roads

Dad calls and lets you know that, instead of you driving him, he wants to drive you to a family event. You cringe, aware that, when Dad's in the driver's seat, you may be in for a harrowing ride. When the day comes, you reluctantly open the passenger door, fasten your seat belt and say a quick prayer.

Dad turns up the volume on the radio, which is playing a painfully off-key country song. You try to tell him he's hogging the road, but he doesn't hear you. He's entirely unaware that he's incurred significant hearing loss as he's aged.

What's a concerned son, daughter or spouse to do?

[Full Article Here!](#)



Covid: US backs waiver on vaccine patents to boost supply

BBC

The US has thrown its support behind a move at the World Trade Organization (WTO) to temporarily lift patent protections for coronavirus vaccines.

Advocates of the move say it would increase global vaccine production, but drug manufacturers argue it will not have the desired effect.

Critics say it strips financial rewards from cutting-edge drug developers.

The decision by US President Joe Biden comes amid pressure from Democrats in his party to remove patent protections.

In announcing the new policy, US Trade Representative Katherine Tai said that "extraordinary times call for extraordinary measures".

[Continue Article Here!](#)



50 Plus Superstars!

Johnson County Park & Recreation District

JCPRD's 50 Plus Program provides unique opportunities



Find a COVID-19 vaccine near you!

We recommend contacting your primary care physician and/or specialists directly if you have trouble getting an appointment elsewhere.

Your medical portal such as [MySaintLukes](#), [AdventHealth](#) or [MyHealthOne](#) can also help you set an appointment with ease!

[Vaccine Finder](#)



Rooting on our Royals
June 4th

**CONGRATULATIONS TO
OUR WINNERS!**

We are happy to be celebrating our 23rd anniversary with some of our valued friends!

and lifelong memories that inspire a healthier community. Since 1971 we've been the area's leading provider of recreation and leisure opportunities for active adults. More than 15,000 participate each year in the hundreds of programs we offer.

[Learn More Here!](#)



It's Ok to "Just Say No"

By Christina Wilkins



From very early on in my social work studies, it was drilled into my head that in order to uphold the National Association of Social Workers Code of Ethics, it was imperative that I maintain appropriate boundaries with clients. They teach you how to manage those boundaries and navigate issues should they arise. Perfect! Easy peasy! Got that down pat.

So, one would assume after 15 years in the field, I could be considered an "expert" in establishing and maintaining boundaries. Professionally? Yes! Personally? Not so much! I'll admit that I struggle at times with saying no when I really don't want to do something. The guilt that is associated with not helping when asked can be quite overwhelming for me. I have said yes countless times when I'm exhausted, both physically and emotionally, when what I really should have been doing was recharging my own battery to help ward off burnout. But it's not that easy. I still have the desire to be "everything to everyone" and that is just not realistic.

As I sit here writing this article, I can't help but fast forward to August, when I will have a new addition to my family, a sweet baby girl. Life will ultimately change in many ways, and I believe it will be more important than ever to prioritize and eventually teach my daughter how important boundaries are. So, what do we do? I have found the following tips to be very helpful. Hang them on your fridge, keep them in your purse or wallet, and practice them regularly.

1. **Know your limits**-You can't identify your boundaries if you don't know your limits. They can be different for everyone based on upbringing, current life/work situations, and your own emotional state. Know where you stand and stand firm.
2. **Be honest with your feelings**-That gut feeling you get when you do something against what your body is telling you to do? Listen to it! Your intuition is powerful, and we need to listen to it more.
3. **Practice self-care often**-In my last blog in February, I spoke a lot about the importance of self-care. Our motivation to set appropriate boundaries

increases when we put ourselves first. It gives us more clarity, energy, and a positive outlook on where we want to be. Remember, you can't fill from an empty cup.

4. **Be Direct**-This can be a tough one for folks. But you can be direct without being hurtful or disrespectful. Sometimes people can't "take the hint," so being direct is the only way to go. As you practice it more, it will get easier.

5. **If you need help, get it!** - There is nothing wrong with accepting help from a professional.

I'll leave you with a quote I learned from a client when I first started at Advocates For Seniors, and I'll never forget it. It reads "You can be a good person with a kind heart and still say no to people." -Tracy Malone

With Love,
Christina



Thanks again for sharing the time with us. We hope you get vaccinated if you haven't already. Until next month, stay safe and enjoy—all at the same time! It's the new normal, now, remember?

Sincerely,
Team Advocates
Jessica Ashley, Editor

[Visit us at www.Advocates4Seniors.com](http://www.Advocates4Seniors.com)

Send comments and suggestions to info@advocates4seniors.com

