



Utah Aging & Disability Resource Connection Newsletter

October Newsletter 2011

There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt. -- Author Unknown

Utah's ADRC can help you find the information you need to access community resources and services for seniors and persons with disabilities of all ages. To learn more about the ADRC, visit our [website](#)!

On October 3rd, President Obama issued a proclamation declaring October 2011 National Disability Employment Awareness Month. Observed each October, NDEAM is a national campaign that raises awareness about disability employment issues and celebrates the many skills that people with disabilities bring to the nation's workforce.

http://www.nasuad.org/documentation/newsroom/friday_updates/October%207,%202011.pdf

Employment-Related Personal Assistant Services (EPAS) is a Medicaid service under the Utah Department of Health for individual's with disabilities who work. EPAS provides personal assistance to help maintain employment. For an application or to learn more please visit: <http://www.workabilityutah.org/healthcare/epas.php>. For additional information or questions please contact Patricia Wilkinson at 801-538-6955 or pwilkinson@utah.gov.

Upcoming Events:

The Mountainland Aging & Family Services Department is sponsoring the **27th Annual Health & Wellness Extravaganza** on **October 20, 2011** from 8:00 AM to 1:00 PM at the Provo Eldred Senior Center located at 270 West 500 North, Provo, Utah. This event is **FREE** and is a perfect opportunity for both seniors and caregivers in Utah County to access valuable information, community resources, and education on the many aspects of aging. Various health screenings including bone density, glucose, vision assessments, hearing and Venus Reflux Ultrasound screening will be provided at **NO COST!**

ADRC Steering Committee Meeting - Wednesday, **October 26**, 2011 1:00 PM - 3:00 PM, DLC, Disability Law Center, 205 North 400 West, Salt Lake City, Utah 84113.

Commission on Aging Steering Committee Meeting - Thursday, **October 27**, 2011 9:00- 11:00 AM at the AARP Utah State Office, 6975 Union Park Ctr Ste 320, Midvale, UT 84047

information go to www.namiut.org or call 1-800-323-9900 toll-free. Register online today: <http://www.namiut.org/news-and-events/nami-utah-state-conference>.

Keen Minds - AARP Utah will sponsor two "Staying Sharp" forums in November to help Utahns maintain mental and financial fitness. Kevin Duff, associate professor of neurology at the University of Utah, will offer tips for brain health and memory retention. An expert from the Utah Securities Division will discuss the latest scams and how to avoid them. An AARP survey earlier this year showed 96% of state residents age 50 + are concerned about staying mentally sharp, and 91% are concerned about meeting daily expenses. * Slated for Provo on **November 5, 2011** and Ogden on **November 19, 2011** the event is free, but **pre-registration is required**. For details, go to aarp.org/ut or call 1-866-233-2068 toll-free.

Caring Connections: A Hope & Comfort in Grief Program - Grief and the Holidays: Finding Light in Darkness on **November 8, 2011** at 7:00 PM. Located at the University of Utah College of Nursing, Annette Poulson Cumming Building, Second Floor Auditorium, 10 South 2000 East, Salt Lake City, Utah 84112. Please call 1-801-585-9522 Caring Connections with any questions. Please see this link for more information: <http://nursing.utah.edu/practice/caringconnections/>.

2011 Caregiver Conference -CAREGIVING: You're Not Alone: A Day For You - Education, rejuvenation, & support. **November 9, 2011** from 8:00 AM to 7:00 PM. Take a day to relax and find the support you need to manage your care situation! Listen to renowned author and speaker Raymond Moody Jr., author of "Life after Life" and "Reunions". Located at Larry H Miller Campus 9750 South 300 West, Sandy, Utah 84070. Call 1-801-538-3926 with questions.

"Preventing Elder Investment Fraud: Assessing Your Patients for Vulnerability to Financial Exploitation" The Utah Geriatrics Society (UGS) and the Utah Division of Securities invite you to attend a Category 1 CME program: Dinner and Continuing Education Presentation on **November 16, 2011** at 6:00 PM at Little America Hotel, Arizona Room. Please call or email Jill Driesel for registration information or any other questions at 1-801-359-0050 ext 114 or jill_driesel@hotmail.com, **deadline for registration is November 7, 2011**.

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