



@UTAHSENIORPLANNING



EMPLOYEE SPOTLIGHT

Each quarter we will shine a spotlight on one of our favorite team members at Utah Senior Planning to have some fun and help you get to know us better. This quarter we have chosen to get up-close and personal with caseworker, Amberlee Smith.

What have you gained from working at Utah Senior Planning?

I've gained a better understanding of Medicaid and long-term care planning. I have also been able to work through difficult cases and remained resilient when obtaining information from families.

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USP SUMMER UPDATE

Hello and welcome to the quarterly Utah Senior Planning newsletter, where each quarter we plan to provide you with up-to-date information about long term care, financial planning, investments, tax planning and estate planning. In addition to keeping you informed, we also hope to get you more acquainted with our team of long term care planning experts and the many services we provide.

This quarter, we will be focusing on summer safety tips for seniors. Due to bodily changes that come with aging, individuals over the age of 60 have a more difficult time regulating their body temperature and are at higher risk of developing heat-related illnesses, such as dehydration, heat exhaustion, or heat stroke. Assisted Living facilities can help seniors stay cool and active by providing revolving activities such as gardening, arts and crafts, ice cream parties, and water aerobics or swimming. Many Assisted Living facilities also provide meals with hydration in mind by including water-rich fruits and vegetables, lean proteins, and cool beverages.



HOW SENIORS CAN BEAT THE HEAT

Here are some tips on how to stay hydrated and keep cool during the hot summer months:

Drink Plenty of Fluids

- Having a drink with each meal is one way to help make sure that you're getting enough liquids.
- Carry a water bottle with you when leaving the house or going outdoors. Electrolyte drops may also be a great additive to keep you hydrated.
- Don't wait until you feel thirsty to drink.
- Avoid alcoholic and caffeinated beverages. Stick to water, juice, sports drinks with electrolytes, or herbal teas.

Eat Foods with High Water Content

- Incorporate hydrating foods such as watermelon, cucumber, celery, and citrus fruits into your diet.
- Consider trying smoothies or gazpacho.
- Opt for lean proteins such as chicken, salmon, or tofu with fresh green salads for a balanced and satisfying meal.

Dress for the Weather

- Wear light-weight and loose-fitting clothing.
- Opt for lighter colors.
- Natural fabrics, like cotton, may feel cooler than synthetic fibers.
- Hats and sunglasses can provide additional protection from the sun.



Time Outdoor Activities Wisely

- Plan outdoor activities for early morning and late evening when the temperatures are lower.
- If it is necessary to go out during the hottest part of the day, do so for a short period of time, wear sunscreen, and bring your water bottle.

Create or Find a Cool Environment

- Limit use of the oven.
- Keep shades and blinds closed during the hottest part of the day and open windows at night.
- If your home is hot, consider going to the movies or visiting the local library, a shopping mall, or a friend's house during the hottest part of the day.
- Consider utilizing portable neck fans to keep cool.
- Take cool showers or baths.

FEATURED REVIEW



Brian Johnson

3 reviews

★★★★★ 4 months ago

Reasonable price

Utah Senior planning was recommended to us by a coworker. So glad I listened and we reached out to them. There is a time in your life when things change all around you and you need some peace of mind. Spending the time we needed with Kendall provided that for my wife and I. Helping us with the transition for my Dad from Medicare to Medicaid and finding the right facility took such a tremendous load off of us to help get things done in the time frame we needed.

Thank you Kendall and Utah Senior Planning.

Brian and Marcie Johnson.



What drew you to Utah Senior Planning originally?

I've worked at Utah Senior Planning for 10 months.

What drew you to Utah Senior Planning originally?

My dad, Jason Smith, from Lindquist Mortuaries and Cemeteries, collaborates with Landon and they discussed an available job. I was drawn to Utah Senior Planning because I was looking for something new to pursue. I wanted to learn more about this field as I am still figuring out what career I want to pursue.

What do you like most about the work you do?

I like that I get to organize information and documents. It is fulfilling when we get approval for a resident. Since this process can be overwhelming, I am glad I can help families through it.

What does your job entail?

I handle Nursing Home Medicaid casework, which involves getting information from the advisors, gathering and compiling documentation, and completing the Medicaid application process. I communicate with state caseworkers and residents' families to ensure the process moves forward.

What do you like to do when you aren't working?

When I am not working I enjoy reading (romance), being outdoors, watching movies, traveling, and spending time with my family and friends.

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INDUSTRY NEWS

- Utah Senior Planning will be closed on Independence Day (Observed July 3rd) & Pioneer Day (July 24th).
- The Department of Workforce Services is closed on Independence Day (Observed July 3rd) & Pioneer Day (July 24th).



AMERICAN REVOLUTION TRIVIA

In honor of the 250th anniversary of the United States, see how well you know the history of the American Revolution:

Q: What group of women organized boycotts of British products and provided homespun clothing to support the Patriot cause?

A: The Daughters of Liberty.

Q: How many African Americans fought for the Continental Army?

A: Between 5,000 - 8,000

Q: Which founder, who was an immigrant from the Caribbean, became George Washington's right-hand man and first Secretary of the Treasury?

A: Alexander Hamilton

Q: What song did soldiers play during the Revolutionary War?

A: "Yankee Doodle"

Q: What year was the first time fireworks were used during 4th of July celebrations?

A: 1777

What are three words that describe you?

Organized, hardworking, and loving.

What is a fun fact that not many people know about you?

My birthday is two days before Christmas.

What would you eat if you only had to eat one meal every day for the rest of your life?

Tacos, because you can change it up.

What is something on your bucket list?

I would love to visit France and Italy.

FRIENDS OF UTAH SENIOR PLANNING

We would like to shine a spotlight on one of our friends in the industry who we enjoy working with, and that is Senior Compass. Senior Compass is your guide for moving to an independent living, assisted living, or skilled nursing community. Their care advisors will assess your lifestyle, level of care, budget, and preferences to help you find the best fit for your situation. They will guide you step-by-step, saving you time and money in the process.

If you are looking for guidance or have questions regarding senior living communities, contact Ashli Zeigler at 801-726-8440 or ashli@utahseniorcompass.com.

