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**Region 6 Area Agency on Aging**  
**4<sup>th</sup> Annual Conference on Aging**

**AGING TOGETHER**  
**THE POWER OF COMMUNITY**



**Featuring The Virtual Dementia Tour**



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alzheimer's association®

Desert Southwest Chapter

THE LEGACY FOUNDATION OF SOUTHEAST ARIZONA



Knowledge is power,  
 community is  
 strength  
 and positive attitude  
 is  
 everything.  
 'Lance Armstrong'



## AGING WELL IN ARIZONA

September 20-21, 2018

[www.regonline.com/az4a2018](http://www.regonline.com/az4a2018)

## 2018 AGING SUMMIT

### Keynote Speakers

**Sandy Markwood**, CEO, n4a

**Fernando Torres-Gil**, Director, UCLA  
 Center for Policy Research on Aging

**Enid Borden**, Founder, President and  
 CEO, National Foundation to End  
 Senior Hunger

### Sponsors



GOVERNOR'S ADVISORY COUNCIL ON AGING



Hosted by the Arizona Association  
 of Area Agencies on Aging



advocacy | action | answers on aging

Sheraton Mesa at Wrigleyville West  
 860 N. Riverview, Mesa, AZ 85201

Early registration \$169 paid by 7/16/2018  
 Regular registration \$185 paid after 7/17/2018

[www.regonline.com/az4a2018](http://www.regonline.com/az4a2018)

Questions? 888-783-7500

# JUNE IS ELDER ABUSE AWARENESS MONTH

## ELDER ABUSE AWARENESS

BY 2030, PEOPLE AGES 65+ WILL BE 19% OF THE US POPULATION. COMPARED TO 12.4% IN 2000.<sup>1</sup>

Elder Abuse includes:

- Neglect
- Emotional or psychological abuse
- Physical abuse
- Sexual abuse
- Abandonment
- Financial or material abuse and exploitation<sup>2</sup>

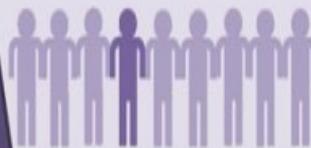
DID YOU KNOW...

Elder Abuse Affects Almost 6  
Million Americans Every Year<sup>5</sup>



2 out of 3 elder abuse victims are women, and  
more than 2 in 5 are 80 or older.<sup>2</sup> Older women  
outnumber older men 23.4 million to 17.9 million.<sup>1</sup>

For every one reported  
case of elder abuse, 23  
go unreported.<sup>3</sup>



1 in 9 Americans age  
60+ have suffered  
elder abuse in the  
past year.<sup>2</sup>

## AGENDA

- 8:00 AM ... Registration
- 8:30 AM.... Welcome to Conference/Virtual Dementia Tour
- 8:45 AM... SEAGO Staff and Ambassadors
- 9:00 AM... Dr. Monica Vandivort: Team Care; Impacting Community Health
- 10:00 AM... Break
- 10:10 AM... Firefighters/Paramedics Community Programs Panel
- 11:00 AM ...Toni Leo: Relieving Caregiver Stress
- 12:00..... Lunch
- 1:00 PM... ..Sandra Severson: End of Life Care
- 2:00 PM... . Morgen Hartford—Desert Southwest Chapter; Alzheimer's Association; Dementia Friends
- 2:50 PM... Break
- 3:00 PM... Nathan Hutchins Veteran's Benefits Counselor ; VA Benefits
- 4:00 PM... Q & A Panel:  
SEAGO-AAA Staff  
Cochise Connections  
Guest Speakers



SEAGO Area Agency on Aging Area Agencies on Aging (AAA) were established through the Older Americans Act (AOA) amendments of 1973 in order to provide a local structure for addressing the needs and concerns of older persons. Nationwide there are 629 Area Agencies on Aging, 57 State Units on Aging and innumerable local service providers which together with the federal Administration on Aging constitute the National Aging Network.



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**Patagonia Assisted Care Agency**



When one neighbor helps another, we strengthen our communities.

*jennifer pahlka*

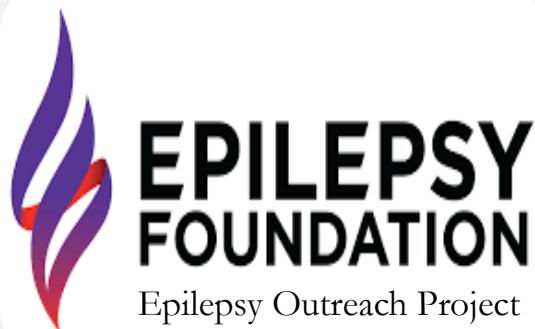
# Thank you to all of our Conference Vendors



**Arizona Talking Book Library**

*That All May Read*

**Cochise Family Advocacy Center, Inc.**



# Thank You!

SEAGO Area Agency On Aging  
would like to give a big Thank You to our Advisory Council  
On Aging!

Each of these Volunteers give their time and their hearts to helping  
the elderly and disabled in our community.

ACOA Members serve as advocates for the elderly; exploring  
potential resources at the local, regional, state, and national levels;  
disseminating information with respect to the needs, problems and  
concerns of older adults; and advising SEAGO on matters relating  
to the development and administration of the Area Plan on Aging.





**Sandy Severson, BSN, MBA, CPHQ, CPPS, CENP, FACHE.** serves as the Vice President, Care Improvement for the Arizona Hospital and Healthcare Association. She currently leads collaboratives to reduce preventable harm in hospitals and an initiative to improve advance care planning and reduce suffering, called Thoughtful Life Conversations. Thoughtful Life Conversations' focus is to improve professional communication skills for serious illness conversations, to educate and activate Arizonans in advance care planning and to improve state and federal policies and resources around advance care planning. Sandy has been a nurse for more than 37 years and has served in numerous healthcare roles at Banner Health, Providence Health System and Hawaii Pacific Health.



**Morgen Hartford** is the Southern Arizona Regional Director for the Alzheimer's Association Desert Southwest Chapter, overseeing a team that provides dementia education throughout Southern Arizona and works one on one with families facing Alzheimer's disease. They coordinate 28 different support groups across seven counties and implement unique programs for care partners and people with dementia. The Alzheimer's Association Desert Southwest Chapter is an independent 501(c)3 organization that provides programs and services designed to support individuals and families living with Alzheimer's and related forms of dementia throughout Arizona and Southern Nevada. In affiliation with the National Alzheimer's Association, the Desert Southwest Chapter is part of the world's leading voluntary health organization in Alzheimer's care, support and research.

*PLATINUM SPONSOR*



AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

Enhancing the quality of life for all as we age—not just serving our nearly 38 million members—is our mission. At its heart, the work that AARP and its affiliates do can be summed up in just 12 words: “We fight for and equip each individual to live their best life.” It’s all about real possibilities.

AARP fights for age 50 and over individuals and their families at the local, state and national levels. We work on important issues, such as:

- Leading efforts to update Social Security and promote other retirement savings efforts to help everyone achieve lifetime financial security
- Promoting adequate, affordable health care, including prescription drugs and long-term care
- Fostering communities with affordable and appropriate housing, as well as supportive community features and options for getting around

Recent advocacy victories include passage of family caregiver-support bills in dozens of states and saving residential consumers billions of dollars on utility bills in recent years.

Toll-Free Nationwide: 1-888-OUR-AARP ([1-888-687-2277](tel:1-888-687-2277))

Toll-Free Spanish: [1-877-342-2277](tel:1-877-342-2277)

## SILVER SPONSOR



### Banner University Health Plans Banner – University Family Care

University Family Care is a health plan for participants in the Arizona Health Care Cost Containment System (AHCCCS), which is Arizona's Medicaid program.

Our health plan is available to individuals who are enrolled in AHCCCS and live in the service areas of Cochise, Gila, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yavapai and Yuma Counties in Arizona.

**Customer Care Center**  
Toll Free: (800) 582-8686  
TTY users should call 711  
8 a.m. - 8 p.m., 7 days a week

## SILVER SPONSOR



### Life Care of Sierra Vista

Focusing on **inpatient** and **outpatient rehabilitation** with 24-hour **skilled nursing care**, Life Care Center at Sierra Vista's in-house rehabilitation and nursing team create personalized treatment plans for each patient and resident, focusing on individual needs and goals.

Life Care Centers of America is committed to being a premier provider of long-term health care. It is our desire to be the facility of choice in any community in which we operate. Our programs, services and facilities must be designed and operated with superior quality in order to satisfy the needs of our customers.

2305 E Wilcox Dr. Sierra Vista, AZ 85635 Ph.: 520-458-1050



**Sierra Vista Fire & Medical Services** is an "all-hazards" emergency service provider that responds to a variety of situations including fires, medical emergencies, motor vehicle accidents, hazardous materials incidents, and specialized rescues. All personnel are trained Emergency Medical Technicians at the basic Level (EMT-B), and more than half are trained as Certified Emergency Paramedics.

Fire and Medical Services Fire Station #1 1295 E. Fry Boulevard Sierra Vista, AZ 85635 (520) 458-3319	Fire Station #2 4127 Avenida Cochise Sierra Vista, AZ 85635 (520) 452-7075	Fire Station #3 675 Giulio Cesare Sierra Vista, AZ 85635 (520) 417-4400
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**The Fry Fire District** was first established as a fire district in 1965, but our history goes back into the early 50's when the fire district was an all-volunteer agency. We are a full service, all hazard organization dedicated to the protection and welfare of our citizens and the surrounding community. Every day our firefighters and paramedics strive to provide you with the best emergency services possible. Fry Fire District employees collaborate closely with the Sierra Vista Fire and Medical Services Department and the Palominas Fire District.

Fire Station #1 207 N. Second St. (520) 458-6755	Fire Station #2 4817 S. Apache Ave. 520) 378-2222	Fire Station #3 5019 S. Arabian Ave. (520) 378-2361
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**Rio Rico Medical & Fire District** provides fire protection, emergency medical services, rescue, public education and fire prevention to all its residents; as well as most interfacility transports out of Santa Cruz County.

STATION 1 (520) 281-0255 1194 Pendleton Rd Rio Rico, AZ 85648	STATION 2 (520) 281-8137 957 Calle Calabasas Rio Rico, AZ 85648	STATION 3 ADMINISTRATIVE OFFICE (520) 281-8421 ext. 7403 822 Pendleton Dr Rio Rico, AZ 85648
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**The Nogales Fire Department** was incorporated in 1910. From the humble fire hose carts and volunteer firefighter beginnings, the Department has progressed to modern fire engines and two fire stations manned 24 hours a day. The Department proudly protects over 20,878 people living in an area of 20 square miles along with the thousands of people who visit Nogales every day.

Fire Station #1 777 N Grand Ave Nogales, AZ 85621 520-287-6571	Fire Station #2 2751 N Grand Ave Nogales, AZ 85621 520-761-1567
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**Monica Vandivort, MD** is an Assistant Professor of Medicine in the Division of Geriatrics, General Internal Medicine and Palliative Medicine in the College of Medicine at the University of Arizona, Tucson. Dr. Vandivort is a board certified internal and geriatric medicine physician and a certified medical director in long-term care. As a physician in Banner University Medical Group, she has over 20 years experience in providing primary care in a clinic settings, nursing home and assisted living sites, and at home primarily in Cochise County. She is a leader and champion for the development of home-care programs and guiding health system change. Since 2017, Dr. Vandivort has participated as a faculty member for the Home-Centered Care Institute (HCCI) Center of Excellence for Home-Based Primary Care, at the University of Arizona Center on Aging; teaching the first-ever comprehensive home-based primary care curriculum.



**Toni Leo, Ph.D.**, is a licensed Clinical and Medical Psychologist who began practice in Arizona in 1999. She has worked as Director of the Family Conciliation Court of the Superior Court of Cochise County, and currently is in private practice. She also operates a 501c3 nonprofit that received a very generous grant from the Legacy Foundation of Southeastern AZ to provide Caregiver Workshops and Respite Services. She has many years of experience both being a caregiver and working with caregivers, and understands the challenges from many perspectives.



## Honoring A Life: Advance Care Planning

When it comes to end-of-life care, one conversation can make all the difference. This 2-hour workshop helps people begin the conversation and outlines a clear process for them to ensure that their priorities and preferences for end-of-life care are known, documented and honored. Objectives are to reduce fear and stigma around talking about dying and to allow people to consider what's important to them; learn how to talk to others about their wishes; review healthcare planning decisions, resources and documents; learn with whom to share their healthcare planning documents; and discuss when to review and update these documents.

### Target Audience:

The general public, anyone 18 years or older but with special focus on the elderly or those with serious illness.

If you have any questions, please contact us at

520-432-2528 or email [lvilla@seago.org](mailto:lvilla@seago.org)





## Virtual Dementia Tour®

A window into the world of dementia through individualized, experiential learning

*"I had no idea."*

*"Everyone on the planet needs to experience this!"*

*"You are an active learner... you walk in the shoes of someone with dementia."*

*"It's a true head-to-toe experience."*

*"There is an immediate and lasting change of perception."*

*"It will touch your heart."*

These are just some of the quotes we've heard about the Virtual Dementia Tour (VDT), the original, ground-breaking, evidence-based, and scientifically proven method of building a greater understanding of dementia. The VDT uses patented sensory tools and instruction based on research conducted by P.K. Beville, M.S., a specialist in geriatrics and the founder of Second Wind Dreams®. During a Virtual Dementia Tour experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care.

<https://www.secondwind.org>

Call us directly at 678.624.0500.

Our fax number is 855.666.1279.

alzheimer's  association®

## Desert Southwest Chapter

The Alzheimer's Association Desert Southwest Chapter is an independent 501 (c)3 organization that provides programs and services designed to support individuals and families living with Alzheimer's and related forms of dementia throughout Arizona and Southern Nevada. In affiliation with the National Alzheimer's Association, the Desert Southwest Chapter is part of the world's leading voluntary health organization in Alzheimer's care, support and research.

**Our Mission** To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

**Our Vision** A world without Alzheimer's disease.

**Our Purpose** To empower and support individuals, families, care partners and communities affected by dementia in Arizona and southern Nevada.

**24 Hour Helpline: 1-800-272-3900**

**Tucson**

Southern Arizona Regional Office

1159 N Craycroft Road

Tucson, AZ 85712

520.322.6601