



# SEAGO Area Agency on Aging

Serving Cochise • Graham • Greenlee • Santa Cruz Counties

Quarterly Newsletter

Fall 2019



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## Welcome to our Fall Newsletter!



This time of year, our AAA staff and volunteers are preparing for Medicare's annual Open Enrollment period which begins October 15 and ends December 7. Ramona, our State Health Insurance Program (SHIP) Coordinator, will be touring our four county region assisting our seniors in navigating the best Medicare options for their situation. Read up on the latest SHIP news contained on pages 6-12 and 15.

Shi Martin, who oversees AAA's Long Term Care Ombudsman and Health and Nutrition Programs, and Carrie Gibbons, our Management Analyst, spent several 12-hour-long days learning and sharing as much information as possible during their brief visit at the n4a Conference in New Orleans so that they could return and share the latest news and activities from all over the nation. See the cover story on page 3.

Our Family Caregiver and Support Program led by Karen Enriquez has recruited our two newest volunteers and is building partnerships within our community to help our clients remain safely in their homes. See details on pages 5 and 8.

We are also excited to announce on page 14 that our popular End of Life and Advance Care Planning workshops with Ronnie Squyres are expanding throughout our region! These classes teach families how to lovingly communicate their wishes as they prepare for their final days. Don't wait until it's too late to do this! Watch for our email and Facebook posts announcing upcoming workshops!

One of SEAGO AAA's longtime providers, VICAP, is holding a fundraiser at Outback Steakhouse in Sierra Vista on October 24. VICAP provides essential transportation services for our seniors and disabled residents residing in Cochise County. We encourage you to enjoy a hearty meal while contributing to a vital service in our communities. Detailed information on the event can be found on page 12, along with other activities happening in our region.

We are excited to announce that Huachuca City Senior Center is reopening this month and they are holding an open house to celebrate! See the back cover for details. We hope to see you there!

This is also the time of year where we gather together with loved ones to celebrate the seasons and count our blessings. However you bring this year to a close, we want to thank you for your interest and involvement in the important work SEAGO AAA provides.

Happy holidays!

*Heather Glenn*

AAA Office Specialist



### OUR MISSION STATEMENT:

To provide services that empower individual choice, independence & dignity for our aging & disabled population & their caregivers.

### OUR VISION:

To create age-friendly communities in Southeastern Arizona that encourage & support individuals to live with dignity & choice.

This program was funded through a Contract with the Arizona Department of Economic Security. "Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and Title VII) and the Americans Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, SEAGO Area Agency on Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex national origin, age, and disability. The SEAGO Area Agency on Aging must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity.

Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, the SEAGO Area Agency on Aging must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the SEAGO Area Agency on Aging will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in an alternative format or for further information about this policy please contact: SEAGO Area Agency on Aging at 520-432-2528." Para obtener este documento en otro formato u obtener informacion adicional sobre esta politica, SEAGO Area Agency on Aging 520-432-2528. This program was funded through a Contract with the Arizona Department of Economic Security.

SEAGO Area Agency on Aging  
300 Collins Road  
Bisbee, AZ 85603

Phone: 520-432-2528  
Fax: 520-432-9168

[www.seago.org/area-agency-on-aging](http://www.seago.org/area-agency-on-aging)



## Cover Story

# SEAGO AAA Storms New Orleans

By Carrie Gibbons

The n4a Conference on Aging's 2019 "Answer on Aging" was anything but business as usual. When Carrie Gibbons and Shi Martin landed in New Orleans, they were immediately welcomed by the sound track of the city. Music was everywhere. Their days in New Orleans were long, 12 hour days fueled by coffee and beignets, jam-packed with knowledge and information they brought back to share. This included enthusiastic ideas for new programs in our region and best practices shared by AAAs around the nation to help us polish the programs we already have in place. The knowledge they gained from this annual conference is immeasurable.

During the Conference, aging professionals and experts from across the country led a variety of insightful panels, sessions and workshops exploring issues ranging from population health, to policy developments, to new contracting opportunities for AAAs with Medicare Advantage plans.

After several Pre-Conference Intensives including trainings for new directors and I&R (information and referral) professionals, the Conference kicked off on Sunday with *A Generation's Work: Reframing Aging Together*, a General Session keynote presentation from James Appleby, CEO of The Gerontological Society of America, who described the Reframing Aging initiative and the reasons the Aging Network should take steps to change the "conventional wisdom" about aging. Following the General Session, n4a hosted a Welcome Reception in the Tradeshow to provide attendees with an opportunity to make new connections with exhibitors and Aging Network colleagues.

Monday's General Session, *Moving the Aging Network Forward: Strengthening Our Pillars and Partnerships*, led by Lance Robertson, Assistant Secretary for Aging and Administrator, Administration for Community Living, focused on five critical issues facing the Aging Network, including enhancing capacity, ensuring consumer's access to much-needed services, responding to elder abuse, caregiving and workforce challenges.

Tuesday kicked off with a General Session address by Rani Snyder, Vice President, Program of The John A. Hartford Foundation who led attendees through a discussion of how addressing the social determinants of health can

enhance quality of life for older adults—and how both the health care and aging sectors are looking for new ways to bridge medical and social services.

The Conference's closing General Session focused on innovative ways AAAs are addressing population health. After a keynote address from Alexis Skoufalos of the Jefferson College of Population Health, AAA leaders took the stage for an interactive discussion on how they are addressing population health in their communities.

Throughout the Conference, attendees enjoyed access to more than 130 workshops and special sessions on a wide range of topics pertinent to aging professionals. Carrie and Shi were able to attend several of the offered workshops including 2 mobile workshops. One Mobile Workshop was the Pontchartrain Park Community Center. This Community was founded in 1950 in the 1<sup>st</sup> residential neighborhood for African Americans before integration. The Members of the center educated us on how they promote the physical, emotional, and economic well-being of their diverse group of older adults. The elders concluded their presentation by inviting us to participate in their daily line dance (to hip hop music!!) and shared some sandwiches and cake with us in celebration of our visit to the center.

They were also lucky enough to visit Lake Lawn Metairie Cemetery and Funeral Home where the workshop highlighted the importance of advance care planning. Area Agencies on Aging are in a unique position to provide education and support to individuals and families regarding advance care planning. SEAGO AAA has already stepped into this arena and is providing our region with excellent advance care planning resources.

All in all this was an amazing experience that energized and impassioned Shi and Carrie to brave new ventures and think outside of the box when it comes to solving issues for seniors in our region. We look forward to participating again next year in Portland, Oregon for the n4a's 45<sup>th</sup> Annual Conference on Aging.



## Family Caregiver Corner



Karen Enriquez

Since Karen Enriquez started on July 8<sup>th</sup>, she has been busy meeting with partners, peers, and making those crucial and important connections which are the foundation of a successful program.

July was a month of learning for Karen. She embraced her program and has spent her time attending community events,

meetings, trainings, and identifying new opportunities for partnership and collaboration throughout the region. She has focused on increasing the visibility of SEAGO AAA, the Family Caregiver Support Program, and identifying herself as a point of contact for information and assistance.

In August, Karen participated in several outreach events to include a Banner presentation in Sierra Vista, an End of Life, “Thoughtful Conversation” workshop in Bisbee, the Mariposa Health Fair in Nogales and the Veterans Resource Fair in Sierra Vista, promoting the FSCP. She traveled to Flagstaff and spent an afternoon with the Program Manager, NACOG, attended the Program Managers Meeting hosted by NACOG, and on the way home attended a meeting at DES in Phoenix, the Program Manager of Elder Rights and Benefits, DES/

Division of Aging and Adult Services. She has taken advantage of every opportunity to gather information and

ideas to promote and grow her program. On August 21<sup>st</sup>, Karen conducted her first Caregiver Workshop, “Who Cares, We Do”, in Bisbee which provided an overview of the Area Agency on Aging services to enhance awareness and increase participation in the FCSP, which was well attended. Her goal is to gather input from caregivers in each region allowing her to provide customized and valued future trainings.

Karen is excited to begin her plans for outreach to the hospitals and health care providers in her region; to assist in the discharge planning and care transitions efforts to facilitate patient transitions back to their home. She has partnered with Cochise Health and Social Services, Health Educator, Alexandra Rivera, to promote her Duet “Finding Meaning and Hope” peer-led program in anticipation of establishing support groups in her region. Karen was especially thrilled with recruiting a bi-lingual volunteer to assist her with her program. Her upcoming workshops are below.

**IF YOU FEEL SELFISH THINKING  
OF YOURSELF REMEMBER THAT  
YOUR LOVED ONE WANTS TO SEE  
YOU HAPPY AND BALANCED,  
NOT STRESSED, TIRED, AND  
OVERWHELMED. - HARRY CLINE**



Arizona Caregiver Coalition  
Serving the Needs of Arizona Caregivers

## Who Cares? We Do!

### CAREGIVER WORKSHOPS

If you are caring for an elderly or disabled family member, a friend or neighbor, or just considering the Caregiver Role:

Please attend one of our **FREE** Workshops  
for **UNPAID** Caregivers.

You will find it to be a valuable source of information regarding the SEAGO Area Agency on Aging Family Caregiver Support program and services.

**Clifton Senior Nutrition Center**  
122 4th Street

**Tuesday, October 15, 2019**  
11:00 AM — 1:00 PM

**Sierra Vista Community United  
Church of Christ**

240 North Highway 90 Bypass  
**Wednesday, October 23, 2019**  
10:00 AM — 11:00 AM

# Meet Our New Volunteers!



**Sara Bradley** is a Bisbee native who has two sons and family that reside in Bisbee. She recently retired from the Arizona Water Company where she worked for over 30 years. Sara has been a caregiver to very dear family members and knows the challenges being a care-

giver presents.

She is excited to “give back” to the community by using her bi-lingual skills to share caregiving information and resources to, and from, our Spanish speaking attendees while accompanying Karen Enriquez on her Outreach Presentations and Family Caregiver Workshops; a valuable skill that will benefit many people in our four-county region.

**Delcia Acosta** is a mother of two daughters and grandmother to one grandson. She has been married to her husband, John, for 33 years. Delcia retired from the United States Postal Service (USPS) in 2017. Prior to her tenure with the USPS she worked 22 years in the mining industry with Phelps Dodge Mining



Corporation. She is bilingual, fluent in Spanish and English. Delcia has taken care of many elderly family members throughout her life and advocates for the elderly because she believes they are often forgotten. Now that she is retired, she enjoys spending time with her family, volunteering at the Homeless Coalition in Bisbee, and helping those in need.

*Please say hello and help us make them feel welcome when you see them!*



## **An OAA**

**for an**

## **Aging Nation**

The reauthorization of the OAA provides an ideal opportunity for Congress to ensure that the Aging Network can meet the needs of the current and future populations of older adults and caregivers. n4a believes that older adults and caregivers could be better served by programs and services that:

- **Meet Consumers Where They Are:** Protecting the Act’s emphasis on the role of local decision-making and flexibility to best meet the needs of older adults and caregivers.
- **Meet Growing Needs by Increasing Investments:** Providing the long-term investments necessary for Area Agencies on Aging and Title VI Native American aging programs to respond to the growing number of older adults who need critical home and community-based services to remain independent, while also meeting the needs of their caregivers.
- **Foster Innovations in Service Delivery:** Allowing for increased innovation, demonstration and research to seed, evaluate and support the best aging services.



Ramona MacMurtrie

## Ramona's "Ship"

The Arizona Statewide Annual Conference for SHIP, (State health Insurance Assistance Program), SMP (Senior Medicare Patrol) and MIPPA (Medicare Improvements for Patients and Providers Act) was held in Phoenix on September 12<sup>th</sup> and 13<sup>th</sup>. Both days were filled with information for statewide Coordinators to absorb and bring back to their regions. Medicare Annual Enrollment was the main topic on everyone's page.

Vanessa Darrah and Delon Price, Senior insurance Analysts with the Arizona Department of Insurance discussed the Medicare Supplemental Plans or Medigap for 2020.

Medigap plans C and F will no longer be offered to people becoming eligible for Medicare after January 1, 2020 but will remain active for those who already had them. Nothing else has changed for Medigap. Your 6 month Medigap Open Enrollment Period begins the month you turn 65 and you are enrolled in Medicare Part B.

For those of you who have used the Medicare Plan Finder on the Medicare.gov website, there are changes. CMS has linked the Plan Finder with the personalized My Medicare account so that you can build a better drug list, modify your drug list and save the changes, compare benefits and costs in your current plan to other plans available in your area and see prices based on any help you get with drug costs. If you don't wish to create a My Medicare account, you can still do a general search for plans in your area.

Arizona is one of 20 states that have Medicare Advantage plans offering expanded health related extra benefits. Included among these expanded benefits are Adult Day Care Services, Home Based Palliative Care, In – Home Support Services, support for Caregivers of Enrollees, medically approved Non Opioid pain Management, Stand-Alone Memory Fitness Benefits, Home and Bathroom Safety Devices & Modifications, Non-Emergency Transportation and over – the – counter Benefits.

As Medicare Annual Enrollment rolls around, be aware of Marketing guidelines and prohibited Agent/Broker behavior. Remember Agents/Brokers cannot:

- State that they are approved, endorsed, authorized or calling from Medicare.
- Solicit door-to-door in person or via flyers
- Send unsolicited text messages or voicemails
- Approach you in common areas like parking lots, hallways, lobbies and sidewalks.
- Conduct marketing/sales activities in healthcare settings except in common areas. Restricted areas include, but are not limited to exam rooms, hospital patient rooms, dialysis centers and pharmacy counter areas.
- Make unwanted calls contacting you

### For more information about Medicare:

Call: 520-432-2528  
ext. 222

Email: [shiphelp@seago.org](mailto:shiphelp@seago.org)

or follow us on our

Facebook page:

<https://www.facebook.com/seagoareaagencyonaging>

## Lost Medicare Card?



Call 1-800-Medicare or go online to  
access your [MyMedicare.gov](http://MyMedicare.gov) account  
to report it and get a new one.



# Medicare's Annual Enrollment Period is coming!

Medicare's Annual Enrollment or "Open Enrollment" runs from October 15 through December 7 every year. This is the time of year when you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage.

Even if you are happy with your current health and drug coverage, Open Enrollment is the time to review what you have, compare it with all of the other options, and make sure that your current coverage still meets your needs for the coming year. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The changes that you can make include:

## Joining a new Medicare Advantage ("MA") Plan

While the majority of people with Medicare get their health coverage from Original Medicare, some choose to get their benefits from a Medicare Advantage Plan, also known as a Medicare private health plan or Part C. MA Plans contract with the federal government and are paid a fixed amount per person to provide Medicare benefits.

The most common types of MA Plan are:

- Health Maintenance Organizations (HMOs)
- Preferred Provider Organizations (PPOs)
- Private Fee-for-Service (PFFS)

You may also see:

- Special Needs Plans (SNPs)
- Provider Sponsored Organizations (PSOs)
- Medical Savings Accounts (MSAs)

Remember, you still have Medicare if you enroll in an MA Plan. This means that you likely pay a monthly premium for Part B (and a Part A premium, if you have one). If you are enrolled in an MA Plan, you should receive the same benefits offered by Original Medicare. Keep in mind that your MA Plan may apply different rules, costs, and restrictions, which can affect how and when you receive care. They may also offer certain benefits that Medicare does not cover, such as dental and vision care, caregiver counseling and training, and certain in-home support like housekeeping. Not all MA Plans cover additional benefits, so check with a plan directly to learn what benefits it covers.

All Medicare Advantage Plans must include a limit on your

out-of-pocket expenses for Part A and B services. For example, the maximum out-of-pocket cost for HMO plans in 2019 is \$6,700. These limits tend to be high. In addition, while plans cannot charge higher copayments or coinsurances than Original Medicare for certain services, like chemotherapy and dialysis, they can charge higher cost-sharing for other services.

## Joining a new Part D prescription drug plan

Medicare Part D, the prescription drug benefit, is the part of Medicare that covers most outpatient prescription drugs. Part D is offered through private companies either as a stand-alone plan, for those enrolled in Original Medicare, or as a set of benefits included with your Medicare Advantage Plan.

Unless you have creditable drug coverage and will have a Special Enrollment Period, you should enroll in Part D when you first get Medicare. If you delay enrollment, you may face gaps in coverage and enrollment penalties.

Each Part D plan has a list of covered drugs, called its formulary. If your drug is not on the formulary, you may



**5 MOST COMMON PROVIDER FRAUD ACTIVITIES**

**#4: Prescribing unnecessary medications to patients**

[HTTPS://HEALTHPAYERINTELLIGENCE.COM/NEWS/TOP-5-MOST-COMMON-HEALTHCARE-PROVIDER-FRAUD-ACTIVITIES](https://healthpayerintelligence.com/news/top-5-most-common-healthcare-provider-fraud-activities)

**SMP**

have to request an exception, pay out of pocket, or file an appeal.

A drug category is a group of drugs that treat the same symptoms or have similar effects on the body. All Part D plans must include at least two drugs from most categories and must cover all drugs available in the following categories:

HIV/AIDS treatments

Antidepressants

Antipsychotic medications

Anticonvulsive treatments for seizure disorders

Immunosuppressant drugs

Anticancer drugs (unless covered by Part B)

Part D plans must also cover most vaccines, except for vaccines covered by Part B.

Some drugs are explicitly excluded from Medicare coverage by law, including drugs used to treat weight loss or gain, and over-the-counter drugs.

### Switching from Original Medicare to a Medicare Advantage Plan and vice versa

Original Medicare consists of Part A and Part B. If you have Original Medicare, the government pays directly for the health care services you receive. Additionally, enrolling in Original Medicare means:

You will receive a red, white, and blue Medicare card to show to your providers.

Most doctors in the country take your insurance

Medicare limits how much you can be charged if you visit participating and non-participating providers, but it does not limit how much you can be charged if you visit providers who opt out of Medicare

You can see a specialist without prior authorization

You are responsible for Original Medicare cost-sharing, which may include premiums, deductibles, and coinsurances

You are eligible to enroll in a Medigap policy, which can help reduce your out-of-pocket costs

If you sign up for Original Medicare and later decide you would like to try a Medicare Advantage Plan—or vice versa—be aware that there are certain enrollment periods when you are allowed to make coverage changes.

Original Medicare does not include: the prescription drug benefit (Part D), which is only offered through private companies. You should consider signing up for a separate Part D plan to ensure that you have coverage for your prescription drug needs.

The last change you make will take effect on January 1, 2020. Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want to see
- Your access to preferred pharmacies
- Your access to benefits and services you need

The total costs for insurance premiums, deductibles, and cost-sharing amounts

For help in making these changes contact us at 520-432-2528 ext. 222 or via email at [shiphelp@seago.org](mailto:shiphelp@seago.org).

Appointment slots fill up fast. Make your Medicare Annual Enrollment Period appointment today.

## “Ramping” Up Our Partnerships

SEAGO-Area Agency on Aging is partnering with Servants at Work, Inc. (SAWs), a 501 C(3) organization that helps by installing wheelchair ramps to those permanently disabled individuals who meet the financial eligibility of 60% of Area Means Income (AMI). SAWs started in 2003 in Indianapolis and has expanded their efforts in the SEAGO AAA region. SEAGO AAA Case Managers will refer eligible clients to SAWs for consideration. SAWs is a totally volunteer-run organization and their funding comes from grants, donations and gifts. Because SAWs needs a larger volunteer base before they can address referrals in Cochise, Graham, Greenlee and Santa Cruz counties, please help us get the word out. If you are not an AAA client and need assistance or would like to become a volunteer, please connect directly with SAWs at [www.sawsramps.org](http://www.sawsramps.org)



# October 2019

## Medicare Annual Enrollment Sites

Bisbee Senior Center 300 Collins Rd. Bisbee, AZ For appointment call: 520-432-2528

October 14th, 15th, 21st, 22nd, 28th, 30th, and 31st

Bisbee Senior Center Arts and Crafts Fair 300 Collins Rd. Bisbee, AZ

Walk ins welcome: Saturday, 10/19th 8:00 AM to 2:00 PM

Casitas de Santa Cruz 1769 W Target Range Rd Nogales, AZ For appointment call: 520-287-9133

Friday, October 25th 9:00 AM to 5:00 PM

Clifton Public Library 588 Turner Ave Clifton, AZ For Appointment call 928-865-2461

10:00 AM to 2:00 PM Friday, October 18th

Copper Queen Library #6 Main St. Bisbee, AZ For appointment call: 520-432-4232

Wednesday, October 30th

Huachuca City Library 506 N Gonzales 520-456-1063

Walk ins welcome from 11:00 AM to 1:00 PM October 3rd, 24th and 31st

Patagonia Fall Festival at Town Park

Walk ins Welcome 8:00 AM to 3:00 PM Sunday, October 13th

Patagonia Public Library 346 Duquesne For Appointment call 520-394-2010

Thursday, October 24th

SEACUS Senior Expo Manor House Convention Center Safford, AZ

Wednesday, October 16th 9:00 AM to 3:30 PM

SEACUS 1124 W Thatcher Blvd. Safford, AZ For appointment call 928-428-3229

October 17th, 24th and 31st

THRIVE 5750 E Hwy 90 Ste. 180 Bldg. 2 Sierra Vista, AZ For Appointments call: 520-263-3293

October 16th, 23rd and 30th

Winterhaven 2851 Stonehenge Dr. Sierra Vista, AZ For Appointment call 520-378-2265

Wednesday, October 25th



# November 2019

## Medicare Annual Enrollment Sites

Bisbee Senior Center 300 Collins Rd. Bisbee, AZ For appointment call: 520-432-2528

November 4th, 5th, 12th, 14th, 19th, 25th, 26th, and 27th

Casitas de Santa Cruz 1769 W Target Range Rd Nogales, AZ For appointment call: 520-287-9133

Friday, November 22nd 9:00 AM to 5:00 PM

Clifton Public Library 588 Turner Ave Clifton, AZ For Appointment call 928-865-2461

10:00 AM to 2:00 PM Friday, November 8th

Copper Queen Library #6 Main St. Bisbee, AZ For appointment call: 520-432-4232

Monday, November 18th

Huachuca City Library 506 N Gonzales 520-456-1063

Walk ins welcome from 11:00 AM to 1:00 PM November 5th and 26th

Patagonia Public Library 346 Duquesne For Appointment call 520-394-2010

Thursday, November 21st

SEACUS 1124 W Thatcher Blvd. Safford, AZ For appointment call 928-428-3229

November 7th, 14th and 21st

THRIVE 5750 E Hwy 90 Ste. 180 Bldg. 2 Sierra Vista, AZ For Appointments call: 520-263-3293

November 6th, 13th and 20th

Winterhaven 2851 Stonehenge Dr. Sierra Vista, AZ For Appointment call 520-378-2265

Wednesday, November 20th



# December 2019

## Medicare Annual Enrollment Sites

Bisbee Senior Center 300 Collins Rd. Bisbee, AZ For appointment call: 520-432-2528

December 2nd, 4th, 6th and 7th

Copper Queen Library #6 Main St. Bisbee, AZ For appointment call: 520-432-4232

Tuesday, December 3rd

Huachuca City Library 506 N Gonzales 520-456-1063

Walk ins welcome from 11:00 AM to 1:00 PM December 5th

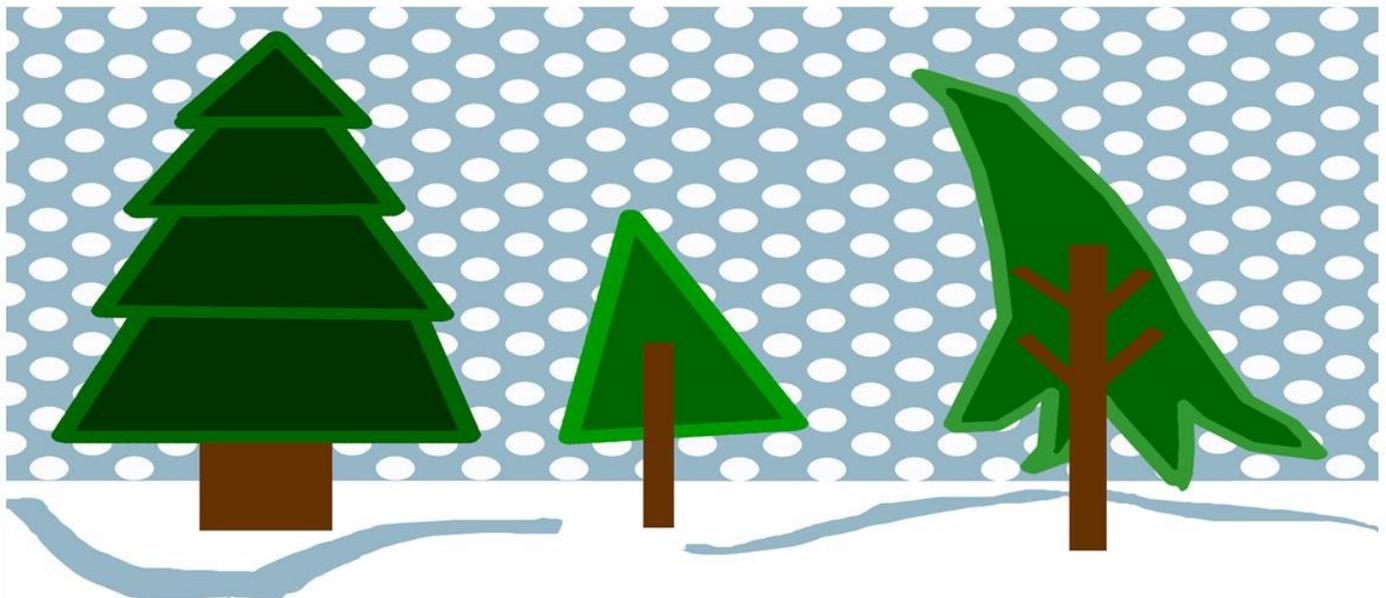
Scam Jam: Protect Yourself Against Fraud and Scams Saturday, December 14th

SEACUS 1124 W Thatcher Blvd. Safford, AZ For appointment call 928-428-3229

December 5th

THRIVE 5750 E Hwy 90 Ste. 180 Bldg. 2 Sierra Vista, AZ For Appointments call: 520-263-3293

December 4th



## Quarterly Senior Breakfast

With a panel presentation by Dan Douglas and Ronnie Squyres on advance planning and hospice care.

Friday, Oct. 18, at the VFW in Sunsites/  
Pearce at 8:30 a.m., 114 Ford St.



RSVP to Ainslee Wittig by Oct. 17, at 520-766-6514.

Sponsored by:



## FREE FLU VACCINATION CLINIC

### WHEN

Tuesday, Oct 22nd, 2019  
10 AM - 2 PM

### WHERE

**Tombstone Senior Center**  
507 E Toughnut St., Tombstone

*"The number one priority of Cochise Health and Social Services is the health and safety of everyone in the county"*

For more information call 520 432 9400 or visit  
<https://www.cochise.az.gov/health-and-social-services/home>

**NO  
APPOINTMENT  
NEEDED**

**PROTECT YOUR  
FAMILY AGAINST  
THE FLU!**



SPONSORED BY  
COCHISE HEALTH  
AND SOCIAL  
SERVICES

## GIVE BACK WITH OUTBACK

Join us for a VICaP fundraiser dinner!

Thursday, October 24, 2019

4:00-8:00 PM

Sierra Vista Outback Steakhouse

Tickets are \$20/each and include your choice of the following entrees (plus side): 6 oz sirloin, grilled chicken, grilled salmon or 1/2 rack of ribs

Tickets available at the VICaP office in the  
Cochise College Downtown Center:  
2600 E. Wilcox Dr., Ste. H-107.



## Quarterly Senior Breakfast

With a panel presentation by Dan Douglas and Ronnie Squyres on advance planning and hospice care.

At Rose C. Allan Senior Learning Center  
in Willcox (990 W. Scott St.),  
on Friday, Oct. 25, at 8 a.m.



Please RSVP to Ainslee Wittig by Oct. 24, at 520-766-6514.

Sponsored by:





By Shi Martin

## Long Term Care Ombudsman and Health & Nutrition Program

Our Ombudsman program suffered a great loss this summer with the passing of our beloved volunteer, Cindy Donahue. Cindy began as a volunteer in our program in 2012 and visited many of our long term care facilities bringing happiness and laughter to the residents throughout the years. She will be missed by all who knew her.

The Department of Economic Security-Department of Adult and Aging Services (“DES-DAAS”) is making changes to their DAARS reporting system which is used to report activity done by both the Regional and Volunteer Ombudsmen. The Regional Ombudsman will receive training to use the new system which goes live on October 1. This new reporting system will make it easier to collect data that can be used by DES and the Area Agency on Aging when preparing reports.

In the last quarter, our Health and Nutrition Program (HPR) completed one Aging Mastery Program (“AMP”) in Benson with great participation. Because the feedback from participants was so positive, Southwest Gas has generously agreed to sponsor our next Aging Mastery Program class in Willcox. AMP will be hosted by our Family Caregiver Support Program coordinator, Karen Enriquez, and offered to ten (10) unpaid family caregivers at the end of January in 2020. Stay tuned as event details will be posted on the SEAGO AAA website, Facebook page and email marketing soon.

SEAGO AAA’s Tai Chi for Arthritis classes continue in their popularity. A class was held in Sierra Vista and two in Benson. September offered two Tai Chi classes in Nogales and one at the VFW. The VFW is a new venue for Tai Chi and we are excited to work with our veterans. In Safford, we welcome a new lead certified coach, Jessie Rogers, who will begin Tai Chi for Arthritis efforts for Graham County. Sierra Vista’s Tai Chi coach had to pull out of the program, so we are recruiting for new and interested individuals in joining the team. Interested? Call me at 520-432-2528, ext. 206.

## What is ALTCS?

ALTCS is the State of Arizona’s Medicaid program that provides long term care services, at little or no cost, to financially and medically eligible Arizona residents who are aged, blind, disabled, or have a developmental disability.

To qualify for ALTCS in 2019, you must have a face-to-face interview with a registered nurse or social worker who will determine if you are at immediate risk of institutionalization in a nursing facility or intermediate care facility for individuals with intellectual disabilities (you must require that level of care but you do not necessarily need to reside in a facility). Then you must meet the financial qualifications, which change each year. The financial qualifications of income and resources for 2019:

Income limit for individual.....	2313.00
Assets limit for individual.....	2000.00
Income limit for married Individual .....	2313.00
Income limit for both married.....	4626.00
Assets limit for married.....	25,284.00

If your income is over the limit, you may still be able to qualify by setting up a special type of trust.

**Countable Assets** are checking, savings, and credit union accounts, real property that you do not live in, cash value of some life insurance policies, cash, stocks, bonds, certificates of deposit. **Not Counted Assets** are the home that you live in, unless it is held in a trust, one vehicle, burial plots and irrevocable burial plans and personal property. Assets can be spent down. If married, they also can be split to qualify.

Once you have been determined eligible for ALTCS, a calculation will be made to determine if, or how much, you will need to pay towards the cost of your nursing home or home and community based services. This amount is called the Share of Cost. Your monthly gross income will be totaled and then the following deductions may be allowed:

A personal needs allowance; A Community Spouse allowance for the needs of your spouse still living in the home; A family allowance for any dependents living in your home; A home maintenance allowance if you are in a nursing home but will go home within 6 months; Your medical insurance premiums, and medical expenses that ALTCS does not pay for like hearing aids, eye glasses and dental care.

If you have additional questions, contact ALTCS toll-free at 888-621-6880.

## Advance Care Planning Matters

Planning – we do it for so many things in our lives. How about for the end of our lives? Choosing someone to speak for you if you are ill and not able to speak for yourself (healthcare power of attorney) is a way to plan for something we do not necessarily like to think about. Also, completing a Living Will is important to ensure your wishes are honored. Having these conversations and sharing these documents brings peace of mind. We at the Area Agency on Aging, started using the “Thoughtful Life Conversations” talks (developed by Arizona Healthcare and Hospital Association) in April 2018. Funding by the Legacy Foundation of Southeast Arizona, helped us bring these sessions free of charge, to help people think about and have conversations about healthcare planning. Ultimately the goal is for people to complete these forms and share them with family and healthcare providers.



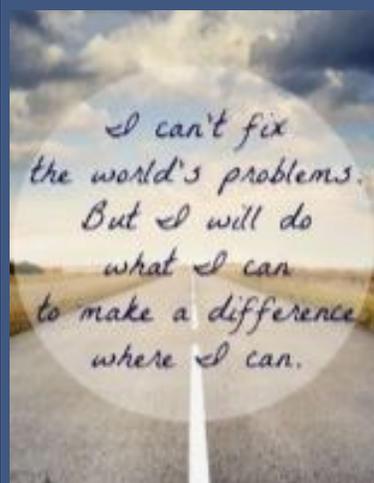
By Ronnie Squyres

Since receiving our new grant in February 2019 from David and Lura Lovell Foundation, we have expanded our program, Advance Care Planning Matters, to Graham County with 2 “Thoughtful Life Conversations” in Safford in August. Santa Cruz County is slated to start before the end of this year and Greenlee County will ramp up in early 2020. We have gone to many rural areas throughout Cochise County and Patagonia to bring these free sessions to churches, libraries, community centers, Cochise College and other locations. Many people have commented that it has brought a sense of peace, knowing that their wishes have been discussed and advance directives completed (healthcare power of attorney, living will, etc.). Family members also feel a sense of relief as they now have a clue as to what is wanted rather than having to guess which can create family conflict. Give that gift. Don’t wait.

### ***Who will speak for you?***

We have exciting news – we are now able to expand our services by not only bringing “Thoughtful Life Conversations” (1 or 2-hour programs free of charge) to Cochise and Graham Counties, Patagonia and soon to surrounding counties, but we will also reach more people through free classes to be held at the City of Sierra Vista’s Ethel Berger Center (starting September 20) and Cochise College’s Center for Lifelong Learning (November 8). Another free service which is now being offered is “Help Sessions for Advance Care Planning” at Thrive Wellness Center in Sierra Vista. These will be for people who would like one-on-one help with completing healthcare advance directives. Help is provided by trained instructors and is by appointment only. This service will be once a month starting September 11, 2019. To make an appointment, please contact: Ericka Sullins at 520-263-3293, Thrive Wellness Center (next to Canyon Vista Medical Center).

Want more info about Advance Care Planning Matters? Contact “Ronnie” Squyres, Area Agency on Aging Community Education Coordinator, Cochise County at [feelwellsleepwell@gmail.com](mailto:feelwellsleepwell@gmail.com) or 520-355-5226. Go to our website to see resources and all upcoming events (for example, Oct 8 – Willcox Library, Nov 9 – Portal Library, Dec 13 – Bisbee Premier Alliances). You can register for events as well: <https://www.seago.org/advance-care-planning>.



## YOU Can Make a Difference!

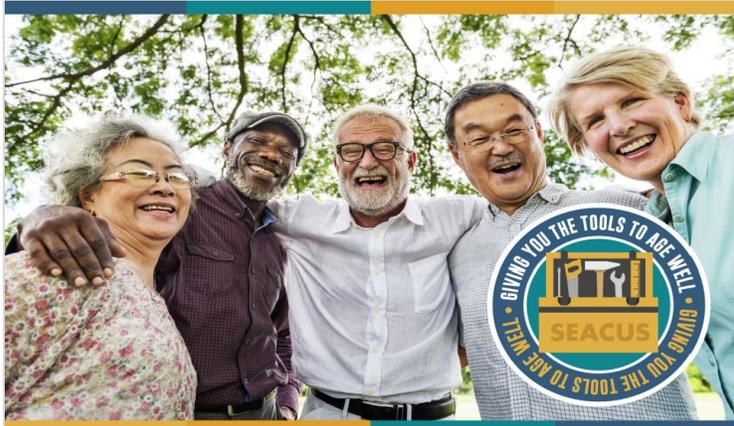
Interested in helping our senior and disabled residents? AAA has volunteer opportunities to teach classes like Matter of Balance and Tai Chi for Fall Prevention; providing Medicare Counseling; conducting outreach and education at many community events throughout our four-county region; serving on our Advisory Council on Aging or even helping in the AAA office. We can also connect you to other organizations seeking volunteers such as SAWs, who build ramps for our elderly which provide safe access to and from their homes. Call us at 520-432-2528, ext. 220.

# SEAGO AAA'S Open Enrollment Calendar

Medicare Annual Enrollment Period is from October 15<sup>th</sup> through December 7<sup>th</sup>. Make sure you set up an appointment at a location near you to do your yearly Medicare Plan Review. Each year, there are new health plan and prescription drug coverage choices. Remember, during Medicare Annual Enrollment you can decide to stay in original Medicare or join a Medicare Advantage Plan. If you're already in a Medicare Advantage Plan you can use Annual Enrollment to switch back to Original Medicare or switch to a different Medicare Advantage Plan. Make sure you are on the best plan for you. Medicare Counselors will be available to help you at the following sites throughout Open Enrollment. Please call and set up your appointment today as dates fill up quickly.

DATE	SITE	ADDRESS	City	PHONE
10/15/2019	Bisbee Sr. Ctr	300 Collins Rd	Bisbee	(520) 432-2528
10/16/2019	SEACUS Senior Expo	Manor House	Safford	
10/16/2019	THRIVE	5750 E Hwy 90 Stee 180 Bldg 2	Sierra Vista	(520) 263-3293
10/17/2019	SEACUS	1124 W Thatcher Blvd	Safford	928-428-3229
10/18/2019	Clifton Pub Library	588 Turner Ave	Clifton	(928) 865-2461
10/19/2019	Bisbee Sr. Ctr Arts & Craft Fair	300 Collins Rd	Bisbee	(520) 432-2528
10/21/2019	Bisbee Sr. Ctr	300 Collins Rd	Bisbee	(520) 432-2528
10/22/2019	Bisbee Sr. Ctr	300 Collins Rd	Bisbee	(520) 432-2528
10/23/2019	THRIVE	5750 E Hwy 90 Stee 180 Bldg 2	Sierra Vista	(520) 263-3293
10/23/2019	Winterhaven	2851 Stonehenge Dr.	Sierra Vista	(520) 378-2265
10/24/2019	Huachuca City Library	506 N Gonzales	Huachuca City	(520) 456-1063
10/24/2019	Patagonia Public Library	346 Duquesne	Patagonia	(520) 394-2010
10/24/2019	SEACUS	1124 W Thatcher Blvd	Safford	928-428-3229
10/25/2019	Casitas de Santa Cruz	1769 W Target Range Rd.	Nogales	(520) 287-9133
10/28/2019	Bisbee Sr. Ctr	300 Collins Rd	Bisbee	(520) 432-2528
10/30/2019	Copper Queen Library	#6 Main St	Bisbee	(520) 432-4232
10/30/2019	THRIVE	5750 E Hwy 90 Stee 180 Bldg 2	Sierra Vista	(520) 263-3293
10/31/2019	Bisbee Sr. Ctr	300 Collins Rd	Bisbee	(520) 432-2528
10/31/2019	Huachuca City Library	506 N Gonzales	Huachuca City	(520) 456-1063
10/31/2019	SEACUS	1124 W Thatcher Blvd	Safford	928-428-3229
11/4/2019	Bisbee Sr. Ctr	300 Collins Rd	Bisbee	(520) 432-2528
11/5/2019	Huachuca City Library	506 N Gonzales	Huachuca City	(520) 456-1063
11/6/2019	THRIVE	5750 E Hwy 90 Stee 180 Bldg 2	Sierra Vista	(520) 263-3293
11/7/2019	SEACUS	1124 W Thatcher Blvd	Safford	928-428-3229
11/8/2019	Clifton Pub Library	588 Turner Ave	Clifton	(928) 865-2461
11/11/2019	<b>HOLIDAY</b>			
11/13/2019	Ethel Berger Center	2950 e Tacoma	Sierra Vista	(520) 417-6980
11/13/2019	THRIVE	5750 E Hwy 90 Stee 180 Bldg 2	Sierra Vista	(520) 263-3293
11/14/2019	SEACUS	1124 W Thatcher Blvd	Safford	928-428-3229
11/18/2019	Copper Queen Library	#6 Main St	Bisbee	(520) 432-4232
<b>11/20/2019</b>	<b>THRIVE</b>	<b>5750 E Hwy 90 Stee 180 Bldg 2</b>	<b>Sierra Vista</b>	<b>(520) 263-3293</b>
11/20/2019	Winterhaven	2851 Stonehenge Dr.	Sierra Vista	(520) 378-2265
11/21/2019	Patagonia Public Library	346 Duquesne	Patagonia	(520) 394-2010
11/21/2019	SEACUS	1124 W Thatcher Blvd	Safford	928-428-3229
11/22/2019	Casitas de Santa Cruz	1769 W Target Range Rd.	Nogales	(520) 287-9133
11/26/2019	Huachuca City Library	506 N Gonzales	Huachuca City	(520) 456-1063
11/28/2019	<b>HOLIDAY</b>			
11/29/2019	<b>HOLIDAY</b>			
12/2/2019	Bisbee Senior Center	300 Collins Rd	Bisbee	520-432-2528
12/3/2019	Copper Queen Library	#6 Main St	Bisbee	(520) 432-4232
12/4/2019	THRIVE	5750 E Hwy 90 Stee 180 Bldg 2	Sierra Vista	(520) 263-3293
12/5/2019	Huachuca City Library	506 N Gonzales	Huachuca City	(520) 456-1063
12/5/2019	SEACUS	1124 W Thatcher Blvd	Safford	928-428-3229
12/6/2019	Bisbee Sr Ctr	300 Collins Rd	Bisbee	(520) 432-2528
12/7/2019	Bisbee Sr Ctr	300 Collins Rd	Bisbee	(520) 432-2528





Congratulations to 2019 Summit host SEAGO for breaking the attendance record for the annual Rural Transportation Summit happening October 16-18 in Tucson!

The Summit is a signature event for Rural Arizona, in which elected and appointed officials, transportation planners, service providers, engineers, and other dignified guests convene. The event provides unprecedented opportunities to connect directly with Rural Arizona's transportation decision-makers. This is a unique opportunity to network with those working to improve and enhance transportation needs in Arizona. Additional information can be found at [www.azrs.org](http://www.azrs.org).



# SENIOR EXPO & CAREGIVER CONFERENCE

**WEDNESDAY, OCTOBER 16**  
9:00AM - 3:30PM | MANOR HOUSE CONVENTION CENTER

## TOPICS INCLUDE:

- How to Access Services
- Maximize your Medicare Benefits
- Social Security
- Investment Scams Targeting Seniors
- Managing Medications
- and more!**



CALL 428-3229 TO REGISTER



## Huachuca City Senior Center ReOpens!

**Come Celebrate at their Open House**

**Friday, October 25, 2019**

**3—6 pm**

**504 N. Gonzales Blvd.**

**Huachuca City**



## SEAGO Area Agency on Aging

Providing services to empower our seniors in Southeastern Arizona



300 Collins Road  
Bisbee, Arizona 85603

520.432.2528 ph

Office: ext. 220/223

SHIP: ext. 222

Caregiver Support: ext. 221

LTC Ombudsman/Health & Nutrition: ext. 206

520.432.9168 fax

[www.seago.org/area-agency-on-aging](http://www.seago.org/area-agency-on-aging)

Connect with us!

