



SEAGO Area Agency on Aging

Serving Cochise • Graham • Greenlee • Santa Cruz Counties
Quarterly Newsletter Winter 2020

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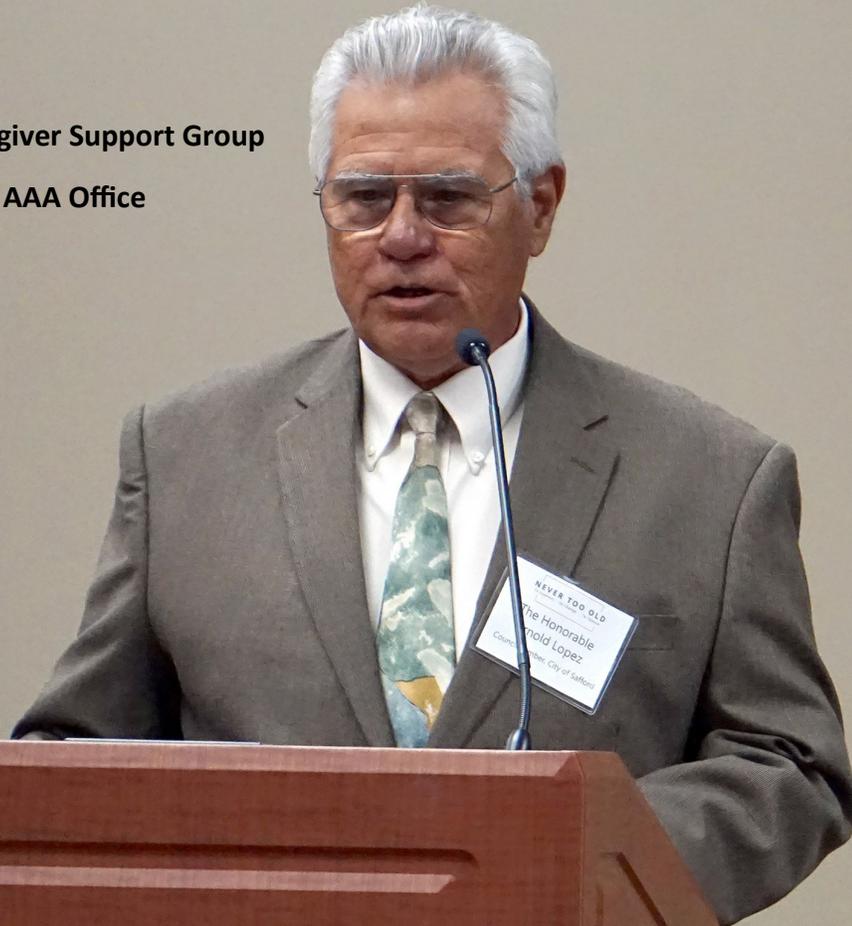
We Love Our Volunteers!

Join Our New Family Caregiver Support Group

There's a New Face in the AAA Office

Census 2020 is Coming!

You're Never Too Old





Happy New Year!

Happy 2020 to our clients and providers! We hope your holiday celebrations provided some calming respite surrounded by loved ones and helped ready you for the exciting changes ahead in our new year.

SEAGO AAA's part-time Office Specialist, Heather Glenn, has accepted a full-time Administrative Assistant position with SEAGO's Administrative office. Heather's knowledge and experience helped AAA grow tremendously: she initiated an email marketing system to announce upcoming events and reminders about AAA activities and those of our partners; most importantly, Heather made my dream of a quarterly AAA newsletter a reality. It is a tool that is distributed and shared with clients and peers throughout our 4-county region and the state. Although we will miss Heather, she is not going far and she will continue to be involved in the AAA.

I want to welcome Amalia "Mali" Marin who has been hired as our full-time Office Specialist. Amalia is bilingual, which is a much-needed plus for our office. Amalia's background is in Liberal Arts/Social Work, administration, finance and legal. We are happy to have her on board and hope that she will enjoy her job as much as the rest of her team does. Please stop in and introduce yourselves to help make Mali feel welcome!

December is the month SEAGO AAA celebrates its volunteers at an annual training session, followed by a delicious holiday luncheon. This year, we presented awards and special recognition to those volunteers who have gone 'above and beyond' in their roles. See page 11 for details and photos.

There are two major projects being worked on this quarter and we urge everyone to become involved: our Area Agency on Aging Area Aging Plan update and the 2020 Census. The Area Aging Plan helps us reach out to our communities in order to gather information on their pressing needs. Details can be found on page 5. Census 2020 collects data for every household in our nation. Each person counted equals \$2000 towards public services. These funds are critical to assisting our aging and specific needs population. Citizenship is NOT a factor. Please stand up and be counted! You can become involved in AAA's Complete Count Committee or join one in your own community. Please see pages 7 & 8 for more information.

Thank you for your continued participation and support!

Laura Villa

AAA Program Director



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.

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www.seago.org/area-agency-on-aging

Family Caregiver Corner



Karen Enriquez

Join Our Family Caregiver Support Group!

Recent statistics predict the state of Arizona will have the highest number of Dementia and Alzheimer's cases in the country by the year 2025. As these cases increase, so will the number of family members taking on the role

of primary caregiver.

In an effort to get out ahead of these changes in our community, Cochise County Health & Social Services offered a 10-week course for caregivers. The course was designed to help caregivers manage stress, develop coping skills, and increase resiliency. At the conclusion of the course, SEAGO was presented with the unique opportunity to begin a caregiver support group. The hope is that the peer lead group will be able to create a much needed network of support for family care givers

in the community, as well as ensure access to needed information about county and state programs that are available.

Cochise County resident Cindy Meyers participated in the 10-week course provided by the county and will assist SEAGO in facilitating the Thursday 4 PM support group. Ms. Meyers left the work force over 3 years ago to care for her aging father-in-law, who is now in the beginning phases of age onset dementia. Cindy gained several new coping tools as a result of the 10-week course and looks forward to continuing the network of support for community caregivers. Ms. Meyers has a background in behavioral psychology and spent over 25 years working in the field of health and wellness, before leaving the workforce to become a full-time caregiver.

The Family Caregiver Support Group meets on Thursdays from 4-5 PM at the Thrive Center, 5750 E Hwy 90 Ste 180 Bldg 2, Sierra Vista; connected to the Canyon Vista Medical Center.

Cover Story

Never Too Old. . .

TO CONNECT - TO CHANGE - TO CHOOSE

Featured on our cover is SEAGO AAA's Advisory Council on Aging member, Arnold Lopez, who was invited to introduce the Mayor of Phoenix at the Never Too Old Conference hosted by the Maricopa Association of Governments (MAG) held October 29, 2019.

Everyone interested in building a healthier Arizona for people of all ages were invited to attend the conference whose focus was on novel strategies to help Arizona communities become more livable for older residents and people of all ages.

It centered around the 8 Domains of Livability developed by the World Health Organization and used by many of the towns, cities and counties in the AARP Network of Age-Friendly Communities to organize and prioritize their work to improve livability for older Arizonans by weaving together health care system, public health and community age-friendly efforts to improve quality of life for Arizonans of all ages.

Among the topics explored were approaches and best practices to provide more transportation access for older adults including community approaches for connecting transportation and caregiver networks.



Arnold Lopez and SEAGO AAA Program Director Laura Villa



Arizona Family Caregiver Reimbursement Program

Starting January 1, 2020, family caregivers can receive a **50% reimbursement up to \$1,000 for home modifications and assistive care technology**. The family member must be 18 years or older, and requires help with one (1) or more daily tasks.



Important: <<

- Home modifications and assistive care technology purchases must occur on or after **January 1, 2020**.
- Applications are reviewed on a first-come, first serve basis due to limited funding.
- Family caregivers who receive reimbursement are *not* eligible to apply again for three (3) consecutive calendar years.
- For reimbursement over \$600 a 1099 tax form will be provided.

Applications and program details are available starting January 1, 2020 by speaking with a Caregiver Resource Specialist at (888) 737-7494.

Visit azcaregiver.org for more details.



DEPARTMENT OF ECONOMIC SECURITY
Your Partner For A Stronger Arizona



Arizona Caregiver Coalition
Serving the Needs of Arizona Caregivers

Equal Opportunity Employer / Program • Auxiliary aids and services are available upon request to individuals with disabilities • To request this document in alternative format or for further information about this policy, contact the Division of Aging and Adult Services at 602-542-4446; TTY/TDD Services 7-1-1 • Español al reverso

AAA-1340A FLY (12-19)

It's time to Update Our Area Plan on Aging

SEAGO Area Agency on Aging is preparing for this important task where we reach out to our communities in order to obtain information on their pressing needs. To focus on the commonalities that already exist among the goals and objectives of the Administration for Community Living, Administration on Aging Strategic Plan, State Plan on Aging, and the eight Area Plans on Aging, the following three goals are to be incorporated into the 2022-2025 Area Plans on Aging:

- Streamline access for all eligible adult Arizonans to the integrated array of quality care available by all state aging services and promote resources for individuals that are physically and sensory challenged. Access and Promotion of Statewide
- Increase awareness and understanding of aging issues and help prepare Arizona for an aging population.
- Increase the ability of older adults to remain active, healthy and living independently in their communities.
- Strengthen Arizona's economy by fostering an integrated and well-trained informal, paraprofessional and professional workforce.



Santa Cruz Council on Aging has a New Van!

SEAGO staff recently spied a shiny new van bearing the SCCOA logo on its doors and needed to get the scoop! Nogales Senior Center Manager Marco Lozoya announced that SCCOA received several grants towards the purchase of a new 15-passenger van acquired from their local Ford dealership in the latter half of 2019. The new vehicle allows SCCOA to serve more clients in their transportation program. Marco shared that the new van makes their clients feel safer and more secure. We wish them many happy travels!



Meet Amalia "Mali" Marin AAA's New Office Specialist

I was born in Phoenix, AZ at a time when the "Valley of the Sun" boasted a mere 354,000 inhabitants (excluding snowbirds). By the 8th grade I knew I wanted to serve in the Peace Corps, in the jungles of Africa. But I went south and in 1997 I signed up to serve for 10 years as a missionary in the Amazon Basin of Peru. It's a jungle, right?!

I am blessed to be the wife of a godly man, the mother of 5 kids and the grandmother of 11 healthy grandkids. I also have 3 handsome stepsons and 5 more grandkids.

My passion is serving; anyone, anywhere, in any way that I can. But I also enjoy gardening, reading, home decorating and my furry friends, Smokey and Nacho.

"Caregiving often calls us to lean into love we didn't know possible."
- Tia Walker





By Shi Martin

Long Term Care Ombudsman and Health & Nutrition Program

This quarter, we're concentrating on Nutrition. Older adults are at an increased risk for developing malnutrition. Causes include not having

enough food to eat, not eating enough healthy foods, or being unable to use the food that you have. Eating a well-balanced diet is important to stay healthy as we age. Proper nutrition helps maintain a healthy weight and provides the energy our bodies need to stay active. Healthy eating also lowers the risk of certain chronic health problems.

- **Malnutrition is a leading cause of morbidity and mortality among older adults.**
- **According to the Centers for Medicaid and Medicare Services, 33 to 54 percent of older adults are malnourished, yet only about 7 percent are diagnosed.**
- **Older adults experiencing food insecurity suffer from higher rates of chronic disease, including diabetes, heart disease and depression.**
- **Older adults who have limited access to nutritious food have a lower quality of life and limitations on activities of daily living comparable to individuals 14 years older.**

There are a number of resources in our area that can help; here are a few:

Cochise EFNEP

Expanded Food and Nutrition Education Program

Adults in EFNEP programs learn to select more nutritional foods and gain skills in food production, preparation, storage, safety and sanitation. Adults also learn better methods to manage their food budgets and related resources like Food Stamps. The programs are delivered as a series of lessons taught by paraprofessionals and volunteers, many of whom are indigenous to the target population and are trained and supervised by County Extension Home Economists.

Contact information Cynthia Aspengren 520-458-8278 Ext.2219 caspengr@email.arizona.edu



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA



The Community Food Bank of Southern Arizona, located in Tucson, responds to the root causes of hunger and seeks to restore dignity, health, opportunity and hope to people living in poverty. Their mission is to change lives in the communities they serve by feeding the hungry today, and building a healthy, hunger-free tomorrow. Contact: 520-622-0525

AAA—Sponsored Senior Centers with Congregate Meals

Senior centers are designed to be a social hub for the seniors of every community. Centers offer fun events and activities. There are educational classes for those looking to learn something new after retirement, and exercise programs to help everyone stay in shape! These centers also offers a hot, nutritious lunch to help seniors maintain a well-balanced diet:

Douglas ARC Patagonia Tombstone

Santa Cruz Council on Aging SEACUS

Contact Shi Martin for more information:

520-432-2528 ext. 206.

The 2020 Census and Confidentiality

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics—they cannot be used against you in any way. By law, all responses to U.S. Census Bureau household and business surveys are kept completely confidential.

Respond to the 2020 Census to shape the future.

Responding to the census helps communities get the funding they need and helps businesses make data-driven decisions that grow the economy. Census data impact our daily lives, informing important decisions about funding for services and infrastructure in your community, including health care, senior centers, jobs, political representation, roads, schools, and businesses. More than \$675 billion in federal funding flows back to states and local communities each year based on census data.



Your census responses are safe and secure.

The Census Bureau is required by law to protect any personal information we collect and keep it strictly confidential. The Census Bureau can only use your answers to produce statistics. In fact, every Census Bureau employee takes an oath to protect your personal information for life. Your answers cannot be used for law enforcement purposes or to determine your personal eligibility for government benefits.

By law, your responses cannot be used against you.

By law, your census responses cannot be used against you by any government agency or court in any way—not by the Federal Bureau of Investigation (FBI), not by the Central Intelligence Agency (CIA), not by the Department of Homeland Security (DHS), and not by U.S. Immigration and Customs Enforcement (ICE). The law requires the Census Bureau to keep your information confidential and use your responses only to produce statistics.



The law is clear—no personal information can be shared.

Under Title 13 of the U.S. Code, the Census Bureau cannot release any identifiable information about individuals, households, or businesses, even to law enforcement agencies.

The law states that the information collected may only be used for statistical purposes and no other purpose.

To support historical research, Title 44 of the U.S. Code allows the National Archives and Records Administration to release census records only after 72 years.

All Census Bureau staff take a lifetime oath to protect your personal information, and any violation comes with a penalty of up to \$250,000 and/or up to 5 years in prison.

There are no exceptions.

The law requires the Census Bureau to keep everyone’s information confidential. By law, your responses cannot be used against you by any government agency or court in any way. The Census Bureau will not share an individual’s responses with immigration enforcement agencies, law enforcement agencies, or allow that information to be used to determine eligibility for government benefits. Title 13 makes it very clear that the data we collect can only be used for statistical purposes—we cannot allow it to be used for anything else, including law enforcement.

It’s your choice: you can respond securely online, by mail, or by phone.

You will have the option of responding online, by mail, or by phone. Households that don’t respond in one of these ways will be visited by a census taker to collect the information in person. Regardless of how you respond, your personal information is protected by law.

Your online responses are safe from hacking and other cyberthreats.

The Census Bureau takes strong precautions to keep online responses secure. All data submitted online are encrypted to protect personal privacy, and our cybersecurity program meets the highest and most recent standards for protecting personal information. Once the data are received, they are no longer online. From the moment the Census Bureau collects responses, our focus and legal obligation is to keep them safe.

We are committed to confidentiality.

At the U.S. Census Bureau, we are absolutely committed to keeping your responses confidential. This commitment means it is safe to provide your answers and know that they will only be used to paint a statistical portrait of our nation and communities.

Learn more about the Census Bureau’s data protection and privacy program at www.census.gov/privacy.



Laws protecting personal census information have withstood challenges.

In 1982, the U.S. Supreme Court confirmed that even addresses are confidential and cannot be disclosed through legal discovery or the Freedom of Information Act (FOIA). In 2010, the U.S. Justice Department determined that the Patriot Act does not override the law that protects the confidentiality of individual census responses. No court of law can subpoena census responses.

Together, we can ensure that our community receives the resources it needs.



Learn more at 2020census.gov.



Country roads don’t build themselves

Lay the groundwork for better roads in your community by taking the census. Your response can impact funding for things like maintaining local roads, bridges, public transportation, and more each year.

2020CENSUS.GOV

D-HP-RU-EN-025

Shape your future
START HERE >



Advance Care Planning Matters

Our End of Life Care Matters Program has been quite busy in the last few months. Our expansion into Santa Cruz County was kicked off by a presentation at the Balancing Aging Conference in Nogales – the attendees were very receptive and took home advance directives to complete (healthcare power of attorney, living will, etc., many in Spanish). We followed that up with a Train the Trainer Workshop in Rio Rico in November that trained 8 people to become facilitators of our “Thoughtful Life Conversations” (TLC) workshops. We thank the Mariposa Community Health Center for their support and providing us with a great meeting room for the training. In Graham County, we presented “Thoughtful Life Conversations” (TLC) at their Senior Expo held in Safford in October. A shout out to Royce Hunt at SEACUS who organized the Expo and is involved in our End of Life Care Matters Program. Greenlee County will be coming onboard soon. TLC workshops are provided free of charge to the community.

In Cochise County, 7 TLC workshops have been held throughout the area, including in Portal where there was a great turnout. We received many positive comments about how informative the workshops are and how people feel motivated and able to complete their advance directives. Thanks to the Cochise County Library District for being so supportive of us, letting us use their libraries throughout the county and continuing to provide copies of advance directives for their patrons. Way to go! We continue to provide TLC’s at the Ethel Berger Center in Sierra Vista on a quarterly basis – next one is in March 2020.

Cochise College Nursing Department invited us to attend a faculty meeting; next thing you know, we were presenting a TLC to a class of their first-year nurses (over 90 of them)! The nurses commented that they did not realize how important this information was for all adults and not just older adults; they also felt it would help them in their careers. We

will be working with Cochise College further in providing more advance care planning information for their program. A big thank you to Jennifer Lakosil, Dean at Cochise College for bringing us in!



By Ronnie Squyres

We have extended our 1 on 1 Help Sessions for Advance Care Planning at Thrive Wellness Center in Sierra Vista to twice per month since they have proved popular. Help is provided by trained instructors and is by appointment only. To make an appointment, please contact: Ericka Sulins at 520-263-3293, Thrive Wellness Center (next to Canyon Vista Medical Center). Northern Cochise Community Hospital (NCCH) in Willcox expressed an interest in partnering with us and so we now provide 1 on 1 Help Sessions for Advance Care Planning there twice a month. Candace Weingart Selleck is providing the help there. Contact Ainslee Wittig at 520-766-6514 to make an appointment. NCCH also asked us to talk about Advance Care Planning at 2 Senior Breakfasts which we were glad to do in Sunsites and Willcox. We are finding that people are wanting to have more control of their healthcare decisions and are eager to find out more about this topic.

We are also eager to continue learning about advances being made on End of Life Care. Ronnie attended a conference called End Well in San Francisco. There were many speakers from all walks of life sharing their stories. From Rylie Kearns, an 8th grader talking about how we can help youngsters in their grieving to Barbara Beskind, a 95-year-old “Uber Elder” who continues to push the envelope in living a purposeful, fulfilling life. Her motto is to stay vertical, move forward with a sense of humor and inquisitive mind. We were also moved by words of Tim McGraw (country singer who has become involved with Narus Health, a palliative care company) and Senator John McCain’s daughter, Meghan. The conference was a reminder of why we believe advance care planning is so important and was a great chance to talk with other professionals in the field.

Self-Care for Caregivers

Caregiving is an emotionally and physically draining task that leaves many feeling overwhelmed, under-supported and pulled in too many directions.

According to a 2015 AARP report, caregivers spend an average of 24.4 hours a week providing care. They help with dressing, bathing, shopping and other activities of daily living, as well as managing finances and coordinating doctors' appointments. About 57 percent of caregivers also perform nursing duties such as injections and catheter maintenance.

Many caregivers feel isolated, yet there are about 43.5 million of us out there, AARP reports. Sharing your experiences and feelings with like-minded people helps you feel less alone. Your local Area

Agency on Aging, Family Caregiver Alliance and the Alzheimer's Association provide information on caregiver support groups near you. You can find additional support through AARP's online community as well as on Facebook groups.

Balancing responsibilities as a parent, grandparent, employee and caregiver takes immense strength and patience. You don't have to go it alone. Build a network of trusted family members, friends and neighbors to help out when you're swamped. Mom gets her needs met, you get a break and you have a list of backups for times when you can't get away. When balancing work, family and caregiving, it's easy to put off hobbies, exercise, friend time and alone time. Don't. It's not selfish. It's practical. We need to have ourselves in good shape so we have energy to care for others. Schedule date nights and family outings as you would doctors' appointments and business meetings. And remember it's about quality time instead of quantity time.



Tai Chi for Health

Evidence based programs accredited by the *Arthritis Foundation* and the *Centers for Disease Control and Prevention (CDC)*

What is Tai Chi?

- ✓ A gentle exercise that combines breathing, slow movement, and mental focus.
- ✓ Proven to reduce falls, increase overall wellness, quality of life.

Rio Rico Community Center	Tubac Community Center	Desert Shadows Middle School (NOGALES)
391 Avenida Coatimundi	50 Bridge Rd	340 Boulevard Del Rey David
Mon & Wed 3:00-4:00	Mon & Wed 1:00-2:00	Mon & Wed 5:30-6:30
Mon 2/17 thru Wed 4/22	Mon 2/17 thru Wed 4/22	Mon 2/17 thru Wed 4/22

Ann Peschka

Certified Instructor

AnnPeschka@gmail.com



Bill Peschka

Certified Instructor

BillPeschka@gmail.com

Facebook Group: SANTA CRUZ COUNTY TAI CHI COMMUNITY

SEAGO AAA's Annual Volunteer Training and Appreciation Luncheon

The Area Agency on Aging could not accomplish its mission if we did not have the dedicated, enthusiastic and generous volunteers who give their time to our different programs. The Advisory Council on Aging, Family Caregiver Support, Long Term Care Ombudsman, State Health Insurance Program and Health and Nutrition programs all rely on volunteers. Words are not enough to show our gratitude to all their efforts and time they have invested this year to our programs. Our program coordinators presented an award to the volunteers who go **above and beyond** and this year these awards went to:



State Health Insurance Program: Lisa Conley, assists in updating the resource directories for Cochise County and is also a SHIP volunteer and counsels at Thrive in Sierra Vista. During Open Enrollment period which is the busiest time of the year Lisa, saw our needs when trying to cover the schedule of events arranged by our SHIP Coordinator and jumped on board and took over. She came to the AAA office daily and counseled clients who needed assistance.



The Health and Nutrition Program: Ann Peschka, who has worked diligently in order to increase participation of Tai Chi for Arthritis in Santa Cruz County, is bringing the program to a new level. Ann attended a National Conference and brings back to our region information and Ideas that are relevant to the work we do.



AAA presented a plaque of appreciation to Ed and Bernice Bagnaschi who are retiring and relocating after 9 years of dedicated service to our **Long Term Care Ombudsman Program**. Ed and Bernice visited residents of Long Term Care facilities in Cochise County. Ed was also a member on AAA's Advisory Council on Aging where he served for two terms. While a member, Ed would bring issues to the table, be an advocate for those we serve and they both participated in many of the events the AAA put together. We are sad to bid them farewell and will miss them; however we wish them the very best in Pima County.

All of our volunteers deserve these awards as every minute they dedicate to the AAA is so valuable. Unfortunately, funding does not allow for us to give everyone a plaque. We do want them to know that our office is blessed in having them on board and be part of our family and stay with us for years to come. **THANK YOU to all of our volunteers!**

Heartfelt
THANKS
TO OUR VOLUNTEERS!



95 year-old “Uber Elder,” Barbara Beskind and country singing star, Tim McGraw, shared their time and experiences at the End Well Conference in San Francisco. See Ronnie Squyres’ Advance Care Planning article on page 9.

SEAGO Area Agency on Aging

Providing services to empower our seniors in
Southeastern Arizona



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Bisbee, Arizona 85603

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Caregiver Support: ext. 221

LTC Ombudsman/Health & Nutrition: ext. 206

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www.seago.org/area-agency-on-aging

Connect with us!

