



# SEAGO Area Agency on Aging

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

## BOOTS ON THE GROUND WITH OUR CASE MANAGERS

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## To Our SEAGO AAA Community:

On behalf of the SEAGO Area Agency on Aging, I wish to assure you that the public’s health and safety remain our highest priority. This newsletter was under construction as the coronavirus pandemic began to grow. Many previously scheduled events were cancelled and future events depend on how the pandemic continues to unfold. With that in mind, if there are events listed in this newsletter that you are interested in attending, we encourage you to reach out to the hosting agency to determine status.

SEAGO AAA will continue to monitor COVID-19 updates and work to keep you informed about resources; please visit our [website](#). Other resources for infection prevention guidance and information are [CHSS](#), [Arizona Department of Health Services](#), or the [CDC](#).

We apologize for any inconvenience. We are committed to providing a safe, healthy environment for each one of you. Let us know if you have any questions.

Sincerely,

*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.

## COCHISE LEADERSHIP ACADEMY



SEAGO AAA’s Management Analyst, Carrie Gibbons, is participating in the Cochise Leadership Academy. As part of the Healthy Cochise Initiative, the course focuses on empowering leadership skills that mobilize participants to take positive action in their communities. The curriculum emphasizes leadership as an action rather than a title. Class discussions revolve around values, ethics, communication skills and more. Carrie will be applying all that she learns to help the SEAGO Area Agency on Aging grow as an organization.

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

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



**Ramona MacMurtrie**

## I'm on Medicare; What Can I Do About the Coronavirus?

As of March 3<sup>rd</sup>, the Centers for Medicare & Medicaid Services (CMS) have stated that coronavirus testing will be covered under Medicare Part B as a clinical diagnostic laboratory test, for which beneficiaries usually pay nothing. The coverage is retroactive to February 4, 2020, but providers will have to wait until April 1 to submit claims to Medicare. This means that testing done as far back as February 4, 2020 can be submitted in a claim to Medicare but, not until April 1, 2020 when Medicare can start processing them.

CMS is also taking several actions focused on limiting the spread of coronavirus:

- All non-emergency inspections of nursing facilities have been suspended and CMS' 8,200 inspectors have been instructed to temporarily focus on infection control and other serious health threats. This includes ensuring that effective infection control procedures are being implemented in hospitals and nursing homes. Priority will be given to locations where coronavirus has been identified among patients or in the community.
- Guidance has been issued to assist nursing homes and hospitals in addressing the outbreak. Memos outlining how to screen patients, staff, and visitors for infections and determining when hospitalization is called for over self-isolation have been distributed. Patient transfers between facilities and provider precautionary measures have also been addressed.

Congress has also taken action, passing an \$8.3 billion emergency funding bill for improving readiness and response issues.

The bill will support:

- Vaccine research and development
- Federal, state, and local public health agency efforts
- Loans for small businesses affected by the outbreak
- Temporarily waiving Medicare's geographic telehealth restrictions for peoples in areas where coronavirus has been documented including nationwide if a national public health emergency is declared. This

## Ramona's S.H.I.P.

would allow qualifying beneficiaries in urban and rural areas to access benefits from their own homes.

Patients who are exhibiting these symptoms and who are in any of the following high – risk groups should immediately seek medical help and be tested:

### Symptoms

Fever...dry cough...excessive mucus...shortness of breath... sore throat...headache...upset stomach...diarrhea

### High-risk Groups

Over 60 years old...Hypertensive...Pre-existing breathing problems...patients being treated for cancer...people who have lived in or traveled to an area with a coronavirus outbreak ... people who have had close contact with an infected person.

### Everyday Prevention

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask. CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

*Information comes directly from CMS.gov*

<https://www.cms.gov/newsroom>  
and CDC.gov <https://www.cdc.gov/media/>

For more information on where to find the facts about current health issues, please contact

**SEAGO – AAA 520-432-2528**  
or email us at [shiphelp@seago.org](mailto:shiphelp@seago.org)

## COVID-19 IMPACTS TO AAA SERVICES

The SEAGO Area Agency on Aging (SEAGO-AAA) is concerned about the impact a significant outbreak of the novel coronavirus disease (COVID-19) could have on older adults in Cochise, Graham, Greenlee and Santa Cruz Counties. We are closely monitoring the news and available resources from the Centers on Disease Control (CDC), and further direction from the Administration on Community Living (ACL) and the Arizona Department of Economic Security (ADES), and are taking action to protect the health of older adults, our staff and volunteers, and our community.

The fact that older adults face higher risks of contracting COVID-19 and/or experiencing complications, particularly if they also have chronic medical conditions is driving us to implement extraordinary measures to protect this vulnerable population. CDC recommends that everyone, regardless of age, take the same precautions to avoid illness such as washing hands frequently with soap and water or using hand sanitizer when handwashing is not available, keeping hands away from faces, covering coughs or sneezes with sleeves or tissues, cleaning and disinfecting objects and surfaces, avoiding sick people, and staying home if sick. In addition, older adults are advised to avoid crowds.

SEAGO-AAA will continue to assess spread of COVID-19, the needs of our community and adjust our planning and service delivery accordingly. Meanwhile below are some of the measures we are implementing and expect to remain in place until March 31, 2020 or until further notice from ACL and ADES.

### **Nutrition Programs**

In response to COVID-19, as of Monday, March 16, 2020 the nutrition sites operated by South Eastern Community Unique Services in Graham and Greenlee Counties have suspended the congregate meals programs. Clients that rely on the congregate program for their daily nutritional needs will be provided a two-week supply of home delivered meals from SEACUS and they will be issuing drive-by meals from their sites only. During this two-week period, SEACUS will continue evaluating the COVID-19 outbreak and determine if extending the closure of these sites will be necessary. Santa Cruz Council on Aging (SCCOA) is working with the City of Nogales and NUSD to allow congregate

meals participants to receive home delivered meals during the next two weeks. SCCOA closed the senior center but has a record of those clients who will be requiring a meal and are making arrangements for them. Senior Citizens of Patagonia and DARC have seen a decline in participation and are closing their doors but will be allowing participants to drive by and pick up their meal. All our congregate sites will issue to their most vulnerable clients and those who do not have additional support with frozen meals for up to two weeks. AAA has strongly encouraged the congregate meals site in Tombstone to monitor participants for symptoms of illness and to consider converting their participants who are most at-risk to home delivered meals. We are in the process of determining exactly how that conversion will be handled and will be reaching out to Tombstone directly.

### **Other SEAGO-AAA Services**

Until further notice, we are taking precautions to limit SEAGO-AAA staff contact with our walk-in clients seeking in-house services such as counseling through the State Health Insurance Program or information and referral services. While the SEAGO-AAA offices will remain open, a table will block the entrance from the Bisbee Senior Center to the AAA office. We will place handouts of current and updated COVID-19 information on the table along with hand sanitizer and a bell to call for AAA staff if needed. A sign will inform site participants of the reasons why site-control measures are being implemented and ask those needing one-on-one assistance to please call our office and schedule an appointment. If feasible we will work to resolve client needs over the phone.

The Family Caregiver Support Program and Health and Nutrition Program services will reschedule trainings workshops, presentations and suspend evidence based programs such as A Matter of Balance and Thai Chi for Arthritis until further notice. While we do anticipate certain services continuing in person on a limited basis, we are also exploring delivering many services in alternative formats, such as via webinar and telephonically whenever possible.

Programmatic monitoring of SEAGO-AAA services offered through subawards to service providers in the region will rescheduled until mid-April while we continue to assess COVID-19 guidance from CDC, ACL, and ADES.

**Impacts to AAA Services Cont'd**

SEAGO-AAA case managers will be instructed to suspend in-home visits and perform determinations and redeterminations telephonically as ADES has authorized us to waive the client signature requirement during this time. SEAGO-AAA will host a conference call with all case managers to address changes to client intake procedures. Home and Community Based service providers are also taking precautions by providing care workers with protective garments and, prior to any visit, obtaining authorization from the client to visit as well as asking questions about symptoms the client may be experiencing. Supervisory visits have been authorized to be performed over the phone instead of a one on one visit.

The Long Term Care (LTC) Ombudsman Program has completed all visits for the month of March and will connect with LTC facilities over the phone in order to be informed the status of each site. If site visits become necessary, LTC Ombudsmen and/or volunteers will wear appropriate protective devices and exercise precautionary measures when interviewing or investigating complaints from clients in long term care or assisted living facilities to prevent potential exposure to COVID-19 or other illnesses.

We are currently working with providers of SEAGO-AAA funded transportation services to develop operational guidelines to limit exposure to clients using public transportation in the SEAGO region. We expect to have a set of best practices ready for distribution by the evening of Thursday, March 19<sup>th</sup> that we will share with our providers. In addition, SEAGO AAA staff is preparing to self-isolate or self-quarantine if presenting symptoms of

colds, flu, or COVID-19. Persons presenting symptoms of colds or flu are required to work alternative schedules or work from their homes until such time as they are feeling better. In the event one of the SEAGO-AAA team comes in contact with a friend, family member, or anyone who has travelled to a high-risk area for COVID-19, they will immediately self-quarantine and will not return from the office until they are cleared by a qualified medical professional. If they are presenting COVID-19 symptoms, they will contact their medical provider to seek testing and will remain quarantined until cleared by a qualified medical professional.

**Advocacy**

Along with the Arizona Association of Area Agencies on Aging (Az4A), SEAGO-AAA is working with Senators and our Congressional delegation to expedite emergency funding to Area Agencies on Aging and relax certain restrictions within the Older Americans Act to ensure we can meet the needs of our region's older adults. In addition, the SEAGO-AAA is following the lead of our national and local partners in urging people to remain calm, prepare, and practice common-sense precautions during these challenging times.

We encourage public private service providers to develop specific prevention and response initiatives focused on the programs they operate through SEAGO-AAA subawards and the needs of older adults in our region, and to include the SEAGO-AAA in their individual planning and implementation efforts. The older adults we serve and those who serve them remain our utmost concern. Together, we can work in partnership to ensure the continued health and well-being of older adults in the SEAGO region.

**SEAGO AREA PLAN ON AGING**

The SEAGO Area Agency on Aging is in the process of developing a four year Area Plan on Aging for fiscal years 2022-2025. The new Area Plan will go into effect on **July 1, 2021**. The Area Plan serves as the planning document which identifies priority needs, goals, objectives, funding and advocacy efforts that will be undertaken by the Region 6 Area Agency on Aging and our provider network in developing, implementing and building collaborations and programs for seniors in Cochise, Graham, Greenlee, and Santa Cruz Counties for the next four years. The Area Plan describes the manner in which the Area Agency on Aging plans to utilize state and federal funds, and how it will carry out its administrative responsibilities. The Area Plan is viewed as "the blueprint for action" which represents a commitment by the Area Agency on Aging that it will fulfill its role as the planner/catalyst/advocate on behalf of older persons in Region 6 as required under the Older Americans Act.

SEAGO-Area Agency on Aging has distributed boxes and surveys addressing the needs throughout the region. Numerous partners have allowed us to set these boxes in their locations in order to allow visibility in their communities and provide adequate services for the older and disabled population in our region.

**You** as an AAA client, family member or friend of one we encourage you to complete the survey and send those back to the Area Agency on Aging or reach our office at **300 Collins Rd ., Bisbee, AZ 85603** or **520-432-2528** and we will make sure to Include it in our count.

## Family Caregiver Corner



Karen Enriquez

### A New Perspective

Understanding the role of a care recipient was a recent learning experience for Karen. An unfortunate car accident requiring a stay in a hospital, and a subsequent rehabilitation facility stay, provided her a bird's eye view of the

care recipient's challenges. Learning transition procedures for moving from a bed to wheelchair, being aware of the home modifications required for accessibility and accommodating basic everyday activities were eye opening.

In a temporary state of functional dependency, Karen took the opportunity to research the challenges of care recipients. She learned that informal family care dynamics are challenging and care can be seen on two different perspectives; the caregiver's and the

recipient's. Thoughts of being considered a burden and feeling vulnerable by the care recipient and worries that the care being provided is not sufficient or correct by the caregiver are real. For a care recipient, fears of dependency and loss of control are the biggest challenge. Asking for help can be so difficult for both.

Caregiving needs have grown as efforts to contain costs have shortened hospital stays and shifted greater responsibilities outside of hospital walls and into homes. Through her circumstances and through research, Karen learned that most families have amazing resiliency, and flexible adjustment to challenges. Cultivating these family strengths is critical. For Karen, the importance of accepting care with grace and focusing on self-care were valuable lessons. Caring was a mutually beneficial experience which increased the love and closeness for both her and her caregivers.

## Upcoming Caregiver Event—**RESCHEDULED**

AGING MASTERY PROGRAM COMES TO WILLCOX!

SEAGO Area Agency on Aging's popular **Aging Mastery Program (AMP)** returns in April – this time in Willcox! The Aging Mastery Program empowers older adults to make and maintain small but impactful changes in their behaviors. AMP offers an innovative approach to help individuals successfully navigate this phase of life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and contributing actively to society.

Thanks to a generous donation from Southwest Gas, the class will provide materials for 10 individuals, including unpaid family caregivers, that focus on topics

such as Exercise and You, Sleep, Healthy Eating and Hydration, Medication Management and more.

The class is limited to 10 registered participants.

**The course meets every Tuesday and Friday**

**1-3 p.m. for ten sessions**

**beginning on a date to be determined**

**at the**

**Rose C Allan Senior Learning Center**

**901 W Rex Allen Dr.**

**Willcox, AZ 85643.**

Please contact Karen Enriquez, SEAGO Family Caregiver Support Program Coordinator, at 520-432-2528 Ext. 221 or email [kenriquez@seago.org](mailto:kenriquez@seago.org) to register.



# 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](http://azcaregiver.org) for more details.



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)



## Programa de reembolso para cuidadores familiares de Arizona

A partir del 1 de enero de 2020, los cuidadores familiares pueden recibir un reembolso del **50% hasta \$1,000 por adaptaciones en el hogar y tecnología de asistencia**. El miembro de la familia debe tener 18 o más años y requiere la ayuda con una (1) o más tareas diarias.



### Importante: <<

- Las adaptaciones en el hogar y las compras de tecnología de asistencia deben ocurrir a partir o después del 1 de enero de 2020.
- Las solicitudes se revisan por orden de llegada debido a la escasez de fondos.
- Los cuidadores familiares que reciben reembolso *no* podrán solicitar de nuevo por tres (3) años calendario consecutivos.
- Se proporcionará un formulario fiscal 1099 para reembolsos de más de \$600.

Las solicitudes y los detalles del programa están disponibles a partir del 1 de enero de 2020 al hablar con un especialista en recursos para el cuidador al (888) 737-7494.

Visite [azcaregiver.org](http://azcaregiver.org) para más detalles.



Programa y Empleador con Igualdad de Oportunidades • Servicios y ayudantes auxiliares para personas con discapacidades están disponibles a petición • Para obtener este documento en otro formato u obtener información adicional sobre esta política, comuníquese con el División de Servicios para Adultos y Personas de la Tercera Edad al 602-542-4446; Servicios de TTY/TDD: 7-1-1 • English on the reverse

AAA-1340A FLY (12-19)

## Patagonia Senior Center Guest Chef Dinners a Huge Success!

The Senior Citizens of Patagonia recently held the first of four Guest Chef Dinners with funds they received from two grants totaling \$3000. The dinners are an innovative fundraising idea with the money raised being used to purchase new table linens, dishes and silverware for the Senior Center.

The first guest chef was Ron Robinson, Town of Patagonia Manager, who owned and operated several restaurants in the past. He featured tenderloin filets, baked sweet potatoes, sautéed greens, brownies and an extensive salad bar.

The dinner was so successful it completely sold out and organizers had to refuse the Town's Mayor, as there wasn't another ticket to give her!!

Their next dinner will be German night and the German-born Guest Chef is well known in the local community, having been a Sonoita restaurateur for many years.

Future Guest Chef offerings include Hawaiian, Mexican and Moroccan and the Center is scouting around for chefs to provide Italian, French and Greek, too! As you can see, the community prefers cultural cuisines, if possible.

The dinners are held at 5 pm on Saturdays 4 to 6 weeks apart. Tickets are \$25 per person.

The kitchen operations for these meal events are overseen by the Senior Center's cook in order to align with Health Department regulations.

The Senior Center also recently hosted a community breakfast sponsored by a nearby church. It was a free event and open to everyone.

As Chuck Kelly, Secretary/Treasurer of the Senior Center, enthusiastically commented, "It's a lot of work but worth it!"



## Huachuca City Senior Center Scam Jam

On Friday, March 13, 2020, a small group of Huachuca City residents got together to learn about Arizona Senior Medicare Patrol (SMP) and what we do to combat fraud and abuse. Ramona MacMurtrie, SEAGO Area Agency on Aging's SHIP/SMP Coordinator met with the group to conduct a "Scam Jam" and to do a little volunteer recruiting for the SMP program. SMP Volunteers help Medicare and Medicaid beneficiaries prevent, detect and report health care fraud and identity theft through face-to-face contact at group presentations and one-on-one interactions that may involve individual cases of Medicare fraud, waste, and abuse.

The group discussed several different types of scams, the best methods to avoid scams and steps to take once a fraud has been committed. Resources for help in these situations include the Arizona Senior Medicare Patrol: 1-800-432-4040 and placing a fraud alert and getting your credit report from one of the 3 credit monitoring companies:

**Experian.com/help** 888EXPERION (888-397-3742)  
**TransUnion.com/credit-help** 888-909-8872  
**Equifax.com/personal/credit-report-services**  
 800-685-1111

If your group, club or organization would like a free Fraud Prevention presentation, or you suspect you may be a victim of Medicare fraud, call us at 520-432-2528 or email us at [shiphelp@seago.org](mailto:shiphelp@seago.org).



**By Shi Martin**

We all know to stay healthy we need to eat right and exercise go see your doctor and you need to take your medications that are prescribed, but what about brain health? How do we keep our minds sharp as

we age? Well according to global counsel on brain health, mental sharpness has a lot to do with dietary patterns and food choices. Nutrition plays a huge part brain health.

According to the 2017 AARP brain health and nutrition survey they found that people who often eat well balanced and nutritious meals also reported better Brain health among individuals age 50 and older 3/4 who say they ate well 5 to 7 days per week reported their brain health and mental sharpness as excellent or very good only about 40% of those who said they rarely never ate well reported their brain health as good

Experts agree that foods and diets that are good for your heart health are also good for your brain health. Here are some good tips for good brain health according to Global Council on Brain Health.:

Diet Impacts brain health.

What's good for your heart is good for your brain.

Long term healthy eating habits promote good brain health.

You can benefit from changing to a healthy diet at any age.

The typical contemporary Western diet high in salt sugar excess calories and saturated fat is not good for the brain .

The combination of different types of food and nutrition together in our diet likely determines health benefits.

A plant-based diet that is rich in A variety of fruits and vegetables particularly green leafy vegetables and berries is associated with better brain health.

Multiple studies like high levels of saturated fat with

## BRAIN NUTRITION

cognitive decline.

Excessive alcohol is bad for brain health.

So what what we know is making wise choices about your diet is something you can do to provide a better brain health and choosing healthier options more often can have long-term benefits nutritional value type of food quality quality setting convenience and cost. No single food is key to good brain health but rather a combination of healthy foods is likely to help protect the brain. Consider vitamins and minerals the micro nutri-

### Expert recommendations from GCBH

#### ENCOURAGE

**Berries not juice**

**Fresh vegetables in particular Leafy greens**

**Healthy fats such as those found in oil's including extra-virgin olive oil**

**Nuts a high calorie foods so limit to moderate amounts**

**Fish and seafood**

#### INCLUDE

**Beans and other legumes**

**Fruits in addition to berries previously mentioned**

**Low-fat dairy**

**Poultry**

**Greens**

#### LIMIT

**Fried food**

**Pastries**

**Processed**

**Red meat / Red meat products**

**Whole fat dairy such as cheese and butter**

**Salt**

# Boots on the Ground

Every year, the SEAGO Area Agency on Aging offers training with case managers who work for the agencies subcontracting with us to provide those services to over 800 clients in our 4 county-region. Our seven case managers are the AAA's boots on the ground and are responsible for providing clients in their area with services, resources, and Information. They put in long selfless hours advocating for their clients' needs and develop trusting relationships with them.

This year, AAA wanted to do something differ-

ent. In addition to our regular full 8-hour work day of training where important topics relevant to program changes or ways of improving skills were discussed, we treated our case managers to an overnight retreat at Whispers Ranch in Elgin, Arizona. Dr. Tony Leo provided the case managers with useful stress management skills and relaxation tips. AAA case managers also got to experience the Equine Assisted Therapy facilitated by Dr. Leo that developed the group's trust through team building. Our intention is to work closely with our case managers and show them how valuable they are for what they do in our communities. We will continue to provide similar, valuable training experiences in the future.



## 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

391 Avenida Coatimundi

Mon & Wed 3:00-4:00

Mon 2/17 thru Wed 4/22

#### Tubac Community Center

50 Bridge Rd

Mon & Wed 1:00-2:00

Mon 2/17 thru Wed 4/22

#### Desert Shadows Middle School (NOGALES)

340 Boulevard Del Rey David

Mon & Wed 5:30-6:30

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**

## Tombstone Old Firehouse Senior Center Offers Free Tax Help Again

The VITA (Volunteer Income Tax Assistance) program is back this year and will be helping with everyone's taxes. Volunteers started January 27<sup>th</sup> and will be at the Center Mondays from 1-3 PM throughout March and April until the 13<sup>th</sup>. For more information, contact the Senior Center at 520-457-2525 or email:

[seniorcenter.tombstone@gmail.com](mailto:seniorcenter.tombstone@gmail.com).

### Coming up in Tombstone:

**Tombstone Rose Festival – Downtown Tombstone**  
April 10, 5 PM to April 12, 4 PM

**Wyatt Earp Days – Downtown Tombstone**

**8<sup>th</sup> Annual**  
**Funding Our Future**  
"Making the Best Better"

**Admission**  
2 Canned or Non-Perishable food items per person  
Donations will benefit Our Neighbors Farm & Pantry

# AUCTION

**Families, Food, & Fun**

**Friday, April 24<sup>th</sup> 2020**

Graham County Fairgrounds Ag. Building

**SILENT AUCTION 4:30 TO 6:15 PM**

**LIVE AUCTION: 6:45 PM**



Our Lady of Guadalupe  
Concession opens  
at 4:00 pm



  
Lori Knight  
428-2611

  
Ron Glaspie  
965-3706

**Proceeds to Benefit**

<https://facebook.com/fundingourfutureauction>

Find us on  
**facebook.**

  
Mick Ruiz  
424-2100

  
Royce Hunt  
428-3229

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## Guidelines for the Arizona Charitable Tax Credit

- Must be made by individuals (corporations, foundations, partnerships, etc. do not qualify).
- Must be made in cash (property donations do not qualify, nor do in-kind donations such as toys, books and services).
- Must be made to Qualified Charitable Organizations or qualifying Foster Care Charitable Organizations that have certified by the state of Arizona. Gifts to non-certified charities are not eligible for the AZ Charitable Tax Credit

### How Does the Arizona Charitable Tax Credit Work?

1. Donate to a certified charitable organization (OCO or QFCO)
2. Claim the Arizona Charitable Tax Credit when filing your taxes.
3. Every dollar an individual claims as a tax credit, her tax obligation is reduced by a dollar.

### Limits to the AZ Charitable Tax Credit

- The maximum allowable credit for contributions to OCOs for single taxpayers, married (filing separately) filers or head of households is \$400; for joint taxpayers, the maximum credit is \$800.
- There is no minimum dollar requirement for the Arizona Charitable Tax Credit.
- Arizona state tax credits cannot exceed a taxpayer's current Tax Liability.

## Tax Credit Key Info

  
**APRIL 15**

In 2019, the deadline for making a charitable contribution for the 2018 tax year under the AZ Charitable Tax Credit is April 15, 2019.



As tax credit, the Arizona Charitable Tax Credit reduces an individual's tax liability. This differs from tax deductions, which reduce taxable income.

**\$400** up to \$400 if filing single

**\$800** \$800 max if filing jointly

For single taxpayers, married filing separately filers or heads of household filers, the maximum allowable credit for contributions to OCOs is \$400; for joint taxpayers, the maximum credit for OCO contributions is \$800.



To qualify for the Arizona Charitable Tax Credit, donations must be made to state certified OCOs or QFCOs.

For more information, or to donate log on to:  
[grahamgreenleeetcc.com](http://grahamgreenleeetcc.com)



# SCCOA



The Santa Cruz Council on Aging in Nogales focuses on the future of our seniors. We believe that the key to feeling good is to help our seniors look forward to their future by providing them with music, good nutrition, mental exercises, arts and crafts, and above all, social interaction.



## Advance Healthcare Planning

Our greatest news of late is that the Arizona Community Foundation has given us a grant to help our mission. We intend to expand our services with our faith-based initiative where we will offer support and education on advance care planning and end of life matters to our churches and faith organizations. It is with much joy that we received that grant.

With the start of a new year, our End of Life Care Matters Program continues to provide 1-on-1 help with advance care planning. We are hoping to expand to the Bisbee area soon. Help is provided by trained instructors and is by appointment only. To make an appointment for Sierra Vista, please contact: Ericka Sullins at 520-263-3293, Thrive Wellness Center (next to Canyon Vista Medical Center). Contact Ainslee Wittig at 520-766-6514 to make an appointment for Northern Cochise Community Hospital in Willcox. We also provide “Thoughtful Life Conversations” (TLC) workshops throughout Cochise, Graham and Greenlee Counties, free of charge, however, with the Coronavirus Covid-19, we are postponing our workshops until further notice. Santa Cruz County has had training to provide workshops and is ready to roll. We have been doing quarterly workshops at the Ethel Berger Center – check our website for future ones.

We are quite excited to be working with UA South to provide classes to their Human Services students – both first year students and interns. A big thank you to Dr. Sheena Brown for including us in sharing advance care planning information. We continue to work with Cochise College in their Nursing Program, both first- and second-year students. We have received many comments on how they see where they can apply it personally and professionally. One student said she was going to go talk with her grandmother because she saw how important it was – several others mentioned talking to different family

members, as well as completing advance directives themselves. By working with the College and University, the advance care planning information and experience they

receive will be paid forward throughout their careers. It opens younger people’s eyes to the need; it is not only older adults that need advance care planning. Anyone over 18 years old needs to think about who would make medical decisions for them if they were not able to speak for themselves due to illness or injury.

Plans for celebrating National Healthcare Decisions Day (April 15) have had to be changed. That will have to wait until after the Coronavirus is no longer a threat. What is nice about National Healthcare Decisions Day is that it can give us a goal to work toward such as making a commitment to discuss with our family members what our wishes are or to complete your advance directives by that day. Look at our website for resources that can help you with this (look at videos, download a Conversation Starter Kit from The Conversation Project, or download advance directive forms). Our Community Coalition for Advance Care Planning used the date for our members to get their advance directives (Healthcare Power of Attorney, Living Will, etc.) done and it gave many the push needed to tackle that – it also gave much relief to have it done! It may be easier to do than you think! Human nature is to procrastinate...

Want more info or want to have a free talk at your organization or church? Please 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, upcoming events and to register:

<https://www.seago.org/advance-care-planning>.



By Ronnie Squyres

# Corona Virus Anxiety

The World Health Organization officially declared Covid-19 a pandemic. The virus has infected people globally, impacted financial markets, local economies and resulted in deaths worldwide. The numbers are expected to climb and people have died according to the Centers for Disease.

When survival anxiety is high and you see toilet paper is nowhere to be found, it's easy to become or blame hoarders. We forget that we are all in this together. We have to realize that uncertainty and second-guessing are a natural part of us. There is time to change the course of Covid-19, but it is hard to remember this when we're hand washing, stockpiling and practicing social distancing.

We need to be prepared and balance what we should and shouldn't do; and we need to be vigilant, rather than underreacting. Humans have a strong fight-or-flight response. The greater the anxiety, the more you will see individuals fighting, blaming, or distancing.

Try to identify the cause of your anxiety and get some distance from it to calm down enough to do your best thinking. My advice for coping is, go for the facts! Without information anxiety escalates and your imagination can spin out of control. The U.S. Centers for Disease Control (CDC) is monitoring the situation closely and is the best source of information about COVID-19 (coronavirus). Beware of misinformation and avoid getting caught up in Social Media. Anxiety can be useful when it signals a problem and motivates us to solve it.

Once you have the facts, remember to take breaks from watching, reading, or listening to news stories and social media occasionally. Hearing about the pandemic repeatedly can be upsetting. Don't be afraid to ask for help. Now

is the time to turn toward each other. Don't procrastinate about preparing for the worst. Anxiety can push us to under- or overreact. While we can't ignore our fears, if we make a deliberate effort to hold on to our humanity, it can bring us together.

Put the pandemic in perspective. Everyone is confronting challenges we may not fully recognize or understand. It is normal to feel overwhelmed and the pandemic is not the only stressor most of us are dealing with. Don't let fear and anxiety become pandemics, too. It is easy to feel fear, when you are faced with uncertainty and unpredictability. Anxiety and fear makes us miserable. It comes in waves every time you see the numbers of positive Corona virus tests, the pandemic warnings, and business closures. Don't be hard on yourself when you can't stop those feelings. Fear isn't fun, but it is a normal reaction.

Be sure to Practice self-compassion. We need to not only care for others but to also be gentle with ourselves. By managing our own anxiety, we stop it from spreading to others. Don't skip the self-care. Slow down and try to keep regular routines. Practice other good healthy habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Take deep breaths, stretch, or meditate. Be sure to stay connected. Social distancing and mandates to shelter in place may require us to stay in our homes, but that doesn't mean we have to be totally isolated. Stay in communication with your family and friends. Technology today allows us to Facetime our families, or Skype, or even just talk on the phone. Doing so will promote the feelings of comfort and stability. Be sure to call your primary care doctor, or 911, if your feelings are too overwhelming or grow out of control. We can learn ways to calm ourselves down and find peace of mind. Action is powerful, even if we start with just one thing at a time.

# UPCOMING SHIP EVENTS

Due to the Corona virus Pandemic, AAA Recommends that you call and confirm events prior to attending

## APRIL EVENTS

TH	4/1/2020	Medicare Counseling	CVMC	5750 E Hwy 90 Ste 180 Bld 2	Sierra Vista	(520) 263-3293
F	4/2/2020	Medicare Counseling	Huachuca City Sr. Ctr	504 N Gonzales	Huachuca City	(520) 456-3059
SA	4/4/2020	Health Fair	CQ Comm Hospital	100 E 5th St	Douglas	(520) 805-6800
TH	4/9/2020	Health Fair	NC Comm Hospital	901 W Rex Allen Drive	Wilcox	(520) 384-3541
W	4/15/2020	Medicare Counseling	CVMC	5750 E Hwy 90 Ste 180 Bld 2	Sierra Vista	(520) 263-3293
TH	4/16/2020	Medicare Counseling	SEACUS	1124 W Thatcher Blvd	Safford	(928) 428-3229
W	4/29/2020	Greenlee Cty Sen/Cgr Conf	Greenlee County	To Be Announced	Clifton	(928) 865-2601

## MAY EVENTS

W	5/6/2020	Medicare Counseling	CVMC	5750 E Hwy 90 Ste 180 Bld 2	Sierra Vista	(520) 263-3293
TH	5/7/2020	Medicare Counseling	Huachuca City Sr. Ctr	504 N Gonzales	Huachuca City	(520) 456-3059
W	5/20/2020	Medicare Counseling	CVMC	5750 E Hwy 90 Ste 180 Bld 2	Sierra Vista	(520) 263-3293
W	5/20/2020	Medicare Counseling	Clifton Pub Library	588 Turner Ave	Clifton	(928) 865-2461
TH	5/21/2020	Medicare Counseling	Seacus	1124 W Thatcher Blvd	Safford	(928) 428-3229

## JUNE EVENTS

W	6/3/2020	Medicare Counseling	CVMC	5750 E Hwy 90 Ste 180 Bld 2	Sierra Vista	(520) 263-3293
TH	6/4/2020	Medicare Counseling	Huachuca City Sr. Ctr	504 N Gonzales	Huachuca City	(520) 456-3059
W	6/17/2020	Presentation	Ethel Berger Center	2950 E Tacoma	Sierra Vista	(520) 559-0878
W	6/17/2020	Medicare Counseling	CVMC	5750 E Hwy 90 Ste 180 Bld 2	Sierra Vista	(520) 263-3293
TH	6/18/2020	Medicare Counseling	SEACUS	1124 W Thatcher Blvd	Safford	(928) 428-3229

\* Items highlighted in yellow have been postponed to a future date to be determined

## A Renewed Commitment to our Nation's Older Adults

*By Lance Robertson, Administrator and Assistant Secretary for Aging, ACL.*

March 25, our country affirmed the rights, dignity, independence, and well-being of older adults when President Trump signed [HR4334](#), the Supporting Older Americans Act of 2020 into law.

The law reauthorizes critical Older Americans Act (OAA) programs through 2024. Since 1965, the OAA has provided critical services that have enabled millions of older Americans to stay in their own homes and communities. Services supported by the OAA include congregate and home-delivered meals, case management, specialized transportation services, employment and volunteer programs, adult day care, senior centers and activities, personal care, homemaker and chore services, legal support, health promotion, and disease prevention. OAA programs also support family caregivers, who are the backbone of our nation's long-term care system.

These services are provided by a national aging services network, which today includes 56 state and territorial units on aging (SUAs), 618 area agencies on aging, 274 Tribal and Native Hawaiian organizations, more than 20,000 direct-service providers, and hundreds of thousands of volunteers.

This network represents a nationwide infrastructure that reaches every community in this country. Over the past few weeks, the novel coronavirus has tested this network like never before. I am proud to say that across the country, we have dedicated aging services professionals step up under difficult circumstances to get public health information out and ensure the continuation of critical services, even when it has required some creative problem solving.

HHS and the Administration for Community Living stand with the aging network in this difficult time and we are doing everything we can to support the important work of the network, including by easing some regulations and providing added flexibility to allow programs to continue their work. In fact, earlier this week, ACL awarded grants totaling \$250 million in emergency funding authorized by the Families First Coronavirus Response Act to augment the work the network is doing to ensure older adults have access to the nutritious meals they need to stay healthy.

For more than 50 years, the Older Americans Act has helped people live the lives they want, with the people they choose, throughout their lives. Because of the Older Americans Act, communities across the nation benefit from the wealth of knowledge that comes only with life experience. I am honored to have the opportunity to lead the agency responsible for implementing the majority of this important legislation, and I am so grateful for its reauthorization.



## We keep your data like you keep your kids. Safe and secure.

All 2020 Census responses are kept confidential and private. It's the law. Your responses cannot be shared and cannot be used against you by any government agency or court in any way.

For more information, visit:  
**2020CENSUS.GOV**

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your future  
START HERE >

United States  
Census  
2020



## De la misma manera que mantienes seguros y a salvo a tus hijos, así mantenemos tu información.

Todas las respuestas al Censo del 2020 son confidenciales y privadas. Es la ley. Tus respuestas no se pueden compartir con ninguna otra agencia de gobierno incluyendo ICE, el FBI o la policía.

Para más información, visita:  
**2020CENSUS.GOV/es**

Dale forma  
a tu futuro  
EMPIEZA AQUÍ >

United States  
Census  
2020



Our dedicated Advisory Council on Aging (L to R): President Jaime Aguilar, David Morse, Dr. Arnoldo Montiel, Eva Harper, Gary Clark, Kim Jackson, Valadee Crotts, Linda Huffstetler-Dearing, Royce Hunt, Norma Sullivan, Cheryl Christensen, Kim Burks, Monica Romero, Frank Montoya. We thank you for volunteering to represent your respective regions!

### Connect with us!



## SEAGO Area Agency on Aging

Providing services to empower our seniors  
in Southeastern Arizona



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SHIP: ext. 222  
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[www.seago.org/area-agency-on-aging](http://www.seago.org/area-agency-on-aging)