

FALL 2020 | QUARTERLY NEWSLETTER



# SEAGO

Cochise, Graham, Greenlee, Santa Cruz  
**AREA AGENCY ON AGING**

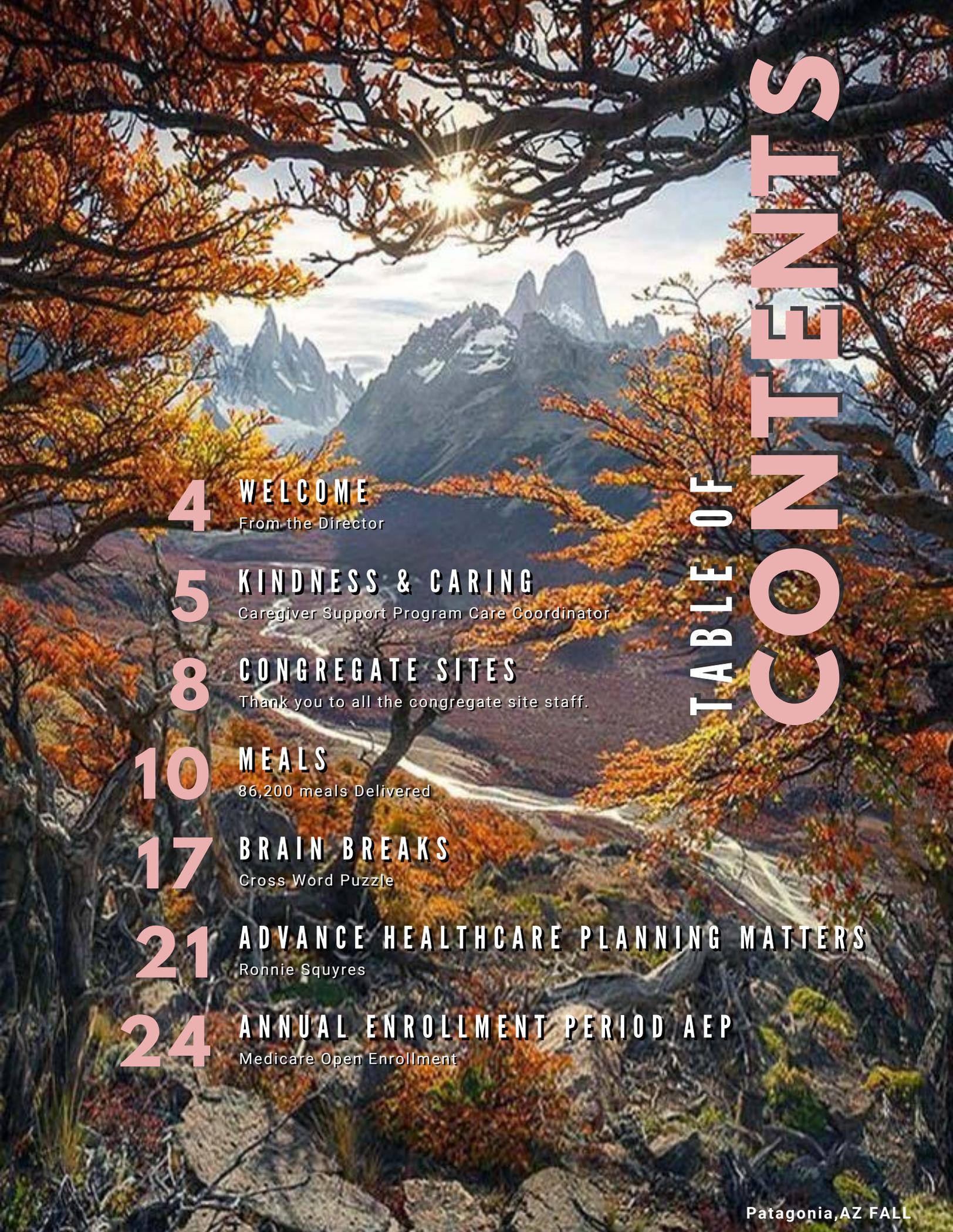


**INSIDE: A LOOK AT  
CONGREGATE SITES**

**SLEEP**

**ANNUAL OPEN  
ENROLLMENT PERIOD**

**NUTRIENT NEEDS OF  
OLDER ADULTS**



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# Our Staff.

**Executive Director**  
Randy Heiss

**Program Director**  
Laura Villa

**Ombudsman/Health Coordinator**  
Shi Martin

**Management Analyst**  
Carrie Gibbons

**State Health Insurance Program Coordinator**  
Ramona MacMurtrie

**Caregiver Support Program Coordinator**  
Karen Enriquez

**Office Specialist II**  
Amalia Marin

**Health Nutrition Program Coordinator II**  
Nubia Romo

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, comuniquese con SEAGO Area Agency on Aging 520432-2528.

This program was funded through a Contract with the Arizona Department of Economic Security



**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.

**SEAGO Area Agency on Aging**  
300 Collins Road  
Bisbee, AZ 85603  
Phone: 520-432-2528  
Fax: 520-432-9168  
<https://www.seago.org/area-agency-on-aging>



## LAURA VILLA, AAA PROGRAM DIRECTOR

300 COLLINS ROAD BISBEE, AZ 85603 (520)432-2528

### *From the Director,*

**There is not much that doesn't seem trivial to me at this time. I mean, we were dealt one of the cruelest and most insensitive situations that any of us have had to face in our lifetimes. I don't even have to articulate the reason for our struggles because unfortunately, it is something we are all too well aware of. This lamentable event has had dire effects on our businesses, our communities, and, most importantly, our people. In truth, we all have been stripped of our welcoming spirit—it seems like not much more than a bad dream. Yet, we cannot stop practicing the effective strategies that protect our communities; it would be irresponsible to resort to a lack of safety and accountability. After all, in this society, I am accountable to you; conversely, you are accountable to me.**

**Despite what is imposed on us as a society, I have a simple message to you all. This message resonates to great degree for me and might cause a comparable effect in your spirit; a spirit immune to pain and in desperate need to indulge itself in the former traits of life. Even though we cannot meet physically, the human spirit is not confined by the hindrances imposed on it.**

**Ponder this; we may think we are alone in the deepest confines of despair at times yet, the world has found ways to keep us as a society, interconnected in new, creative ways that are still unfathomable to me. Our team has been able to produce a change for our communities despite not being able to physically see each other. Only the resilience of the human spirit with the help of the internet and social media have helped our organization to continue to provide services for our communities, unhampered and uninterrupted. For that, I am ever grateful to my team. Our providers have been able to adjust their product to preserve a safe zone at best, while continuing to deliver essential services to our clients and maintain the need for in-person communication. The end result is that our clients don't have to worry about malnutrition or an interruption in the delivery of basic services that they need to survive. For that, I am ever grateful to our providers.**

**Our clients have been extremely patient and cooperative with us, having comprehended the ambivalence that this situation has forced on us. For that, I am ever grateful to our clients.**

**So I ask you: Are you able to fight this thing a few more months? What we currently have discovered in our society and ourselves is one distinct thing that unifies us; we can defer our wants for the greater good of our community. Given the fact that we have already attained this quality, I can adamantly assert that I believe these next few months will be much easier. I know that if we weren't a community before, we are one now, and together we are stronger.**

**Laura Villa  
Director-SEAGO Area Agency on Aging**



**"NO ONE IS USELESS IN THIS WORLD WHO LIGHTENS THE BURDENS OF ANOTHER."**

**— CHARLES DICKENS**

**Karen Enriquez-Family  
Caregiver Support Program Care Coordinator**

## **Kindness & Caring**

To a child, helping others simply means stopping to think about someone else's needs and feelings. Children learn those skills by watching others. They are taught that it's good to help and it's what we're supposed to do.

As an adult we realize it really feels good to help others. When we help others we also feel happy. When we see someone do something kind or thoughtful, or if we are on the receiving end of kindness, it inspires us.

Kindness is choosing to do something that helps others and is motivated by genuine feelings of caring. We have all heard the term "Pay it forward". By paying it forward kindness spreads from one person to the next. Small gestures and random acts of kindness really do make a difference.

Research shows that kindness spreads through others, and that every act has the potential to triple its impact. (Christakis & Fowler, 2017).

We individually have the power to lift other people and make their lives a little better. Every small interaction is an opportunity to have a positive impact on someone else's, life, so why not do something kind? Kindness and caring are contagious!

Volunteering is one intentional activity that people can engage in to make a difference. We can help others by sharing a small amount of our time, ideas and energy. All that is required is an honest intention to do something. So if you want to feel good, do good!

The Family Caregiver Support Program is able to serve our communities and meet our goals because of the service our volunteers have given. Over the past year, I have very gratefully worked with my volunteers utilizing their wonderfully unique and individual skills. Our SEAGO volunteers are the backbone of our success and do so much without expecting anything in return. We sincerely appreciate all of their hard work, compassion, and kindness.



I held my first Caregiver workshop, “Who Cares, We Do!” in Bisbee. I was filled with excitement and nervousness, wondering if I would be successful, and if I could really help someone.

At that first workshop I met Norma Pennell and Delcia Acosta. Still today, both are near and dear to my heart. Through our SEAGO AAA Services we were able to provide respite for Norma and home care services for her mother, Opal. It was the best feeling in the world to know that the AAA could help them!

I also established an immediate friendship with Delcia Acosta, who became my first SEAGO volunteer. Del is compassionate and outgoing. She volunteers her time and assists whenever called upon. Through our Caregiver Reassurance Program, Delcia helps by contacting our caregivers by phone to check on their welfare and needs.

**DEPENDING  
ON WHOM YOU ASK,  
“HELPING OTHERS” CAN  
MEAN SO MANY DIFFERENT  
THINGS.**

Receiving those supportive telephone calls and knowing that someone cares, is pure kindness, especially during this pandemic! Our caregivers are so appreciative.

I met Cindy, Cynthia Meyers, at a Caregiver event that we hosted in Sierra Vista.

It took me all of a second to realize she is an angel walking this earth. Among her many impressive skills, Cynthia Meyer is also a caregiver. As I explained our SEAGO AAA programs and services, my mind was racing, processing ways to entice Cindy to join us. She offered to volunteer almost immediately.

She now facilitates our weekly virtual Caregiver support group, CARE. Cindy’s insights and personal experiences provide a deep and valuable perspective to the caregivers that attend the meetings. She also assists with many of SEAGO AAA’s special projects and has proven herself to be invaluable to all of us at the Area Agency on Aging. ~Karen Enriquez,

In July, 2017

"I moved back to Bisbee to take care of my 77 year old mother. She could no longer live on her own. I was trying to take care of my mother and work full time without any assistance. It became too much for me. I worried about my mother constantly. I was searching and asked at several aging places in Bisbee to see if I could get some help in watching my mother. I had no success.

After two years of having no help at all, I received a pamphlet from St. Patrick's, my mother's church, which told about a class to be given at the Bisbee Public Library for caregivers. At this meeting in August of 2019, I met Karen Enriquez, who is in charge of the program for caregivers at SEAGO Area Agency on Aging. Through SEAGO AAA, Karen was able to arrange help for us a couple of days a week. Karen also put me in touch with The Lutheran Church of Douglas who sent a lady to help us another couple of days a week.

Karen also assisted in putting me in touch with the Step-up Bisbee program, who came and installed wheelchair ramps at my mother's home. Without having met Karen, I would not have received any help and thus she became a lifesaver to me. I could finally feel confident that my mother was safe and cared for while I was at work. I am so thankful for the services we received from the Area Agency on Aging. My mother passed away in May, 2020 and Karen continues to keep in touch with me to be sure that things are going well with me."

-Norma Pennell

KAREN ENRIQUEZ  
FAMILY CAREGIVER SUPPORT  
PROGRAM CARE COORDINATOR

August 2020,

"I'm a volunteer for SEAGO. It's a beautiful honor and blessing to serve our elders and families. I am very grateful that I can share information on caregiver support and resources to help our families. AAA's offers a variety of resources and programs to assist our elderly. We are here to support our communities."

-Delcia Acosta

August 2020,

'Volunteering with the caregiver support group has helped me connect with other members of the community, coping with similar struggles. Sharing our challenges helps combat the isolation often associated with caregiving and provides emotional support. Being able to volunteer my time with the group gives me a renewed sense of purpose and gratitude for the kindness of others."

-Cynthia Meyers



“

It's a beautiful honor and blessing to serve our elders and families.

DELICIA ACOSTA

“

Being able to volunteer my time with the group gives me a renewed sense of purpose and gratitude for the kindness of others.

CYNTHIA MEYERS

“

I am so thankful for the services we received from the Area Agency on Aging.

NORMA PENNELL

# Congregate Sites

Thank you to all the congregate site staff.



Pictured above: Gloria Bejarano and Jannet Chabarria  
(Safford Senior Center)



Pictured above: Lydia Trinidad  
(Douglas ARC)



Pictured above: Deborah Hankerd and Richard Gilbert  
(Tombstone Senior Center)

*"During the month of August 2020. I finally entered congregate sites. The staff members at every site amazed me and everyone did a wonderful job. They are working harder and have adapted extremely well despite all changes."*  
**Nubia Romo**



Pictured above: Charles-Kelly, Roxann Valenzuela and Nubia Romo  
(Senior Citizens of Patagonia)

Thank you to congregate site staff and volunteers assisting seniors through this outbreak.

Nubia L Romo  
Health & Nutrition Program Coordinator II

**T**hank you to all the Congregate sites through this outbreak.

Visualize sheltering in place, every day, isolated, looking at the same four walls day after day. The vulnerable among us are older adults, stuck at home with no relief from boredom. A vehicle pulls up, relief in sight, it's the daily home delivered meals staff!

We are thrown into a pandemic unexpectedly and the phrase "COVID-19" becomes all too familiar. Older adults are reminded, almost endlessly they are at increased risk of complications from this dangerous virus. Adding to that sense of uncertainty, is the loss of the familiar routine, the daily comfort of knowing what comes which is gone with no end in sight.



Pictured above: Lydia Trinidad and Nubia Romo  
(Douglas ARC)

SEAGO Area Agency on Aging services are no longer just routine, but in many ways, more vital than ever. Food is essential. The Congregate nutrition sites in Cochise, Santa Cruz, Graham and Greenlee Counties remain open but with restrictions. And so the new normal begins...

For many years, the Seago Area Agency on Aging has relied on the generosity of countless volunteers and employees to deliver meals to our community's homebound seniors in four Counties. Our congregate sites are the lifeline of the home delivered meals program, delivering a hot meal to lone, frail adults, along with that vital human contact, and that daily reminder that somebody cares more than just a meal!

SEAGO Area Agency on Aging has not missed a step in getting home delivered meals to our community's most vulnerable neighbors. The usual routine — for safety precautions — has changed, but not the congregate staffs and volunteers' unwavering dedication to insuring our seniors are receiving a meal each day. A heartfelt THANK YOU to each and every one of the staff and volunteers for going above and beyond in these unpredictable and difficult times. We simply couldn't do it without you! To learn more about SEAGO Area Agency on Aging programs or to volunteer to deliver meals, please call SEAGO Area Agency on Aging.



Pictured above: Sharon Valencia  
(Clifton Senior Center)



Pictured above: Marco Lozoya and Dr. Marcelino Varona Jr  
(Santa Cruz Council on Aging)



Santa Cruz Council on Aging



Pictured above: Marco Lozoya, Nubia Romo, Brenda Contreras and Olivia Garcia  
(Santa Cruz Council on Aging)



Pictured above: Ramona Ramirez  
(Douglas ARC)

*"Monitoring these sites,  
made me love my job,  
our partners and the  
communities we serve  
even more,"*

*Nubia Romo*

# MEALS

**Carrie Gibbons**  
**Management Analyst**

Since the SEAGO Area Agency on Aging expanded its meal program in response to the coronavirus (COVID-19) pandemic in March, more than 86,200 meals have been delivered to seniors in Cochise, Graham, Greenlee, and Santa Cruz Counties.

In total, nearly 1,450 individual seniors have received nutritious meals as they navigate the unprecedented crisis represented by coronavirus. In the month of June the AAA provided more than 19,600 meals in Southeastern Arizona.

At the beginning of March, the meals program was serving approximately 800 clients providing on average 10,000 meals a month. In the past few months the need for home-delivered meals has grown exponentially, and we have successfully scaled up our operation almost doubling the average monthly meals served.

None of this would be possible without the hard-working men and women at our provider's meal sites. They have been able to meet this challenge head on. If not for their dedication to preparing and delivering these meals each day this simply would not be possible.



Pictured above: SEACUS EMERGENCY STORAGE

**COCHISE COUNTY**  
**DOUGLAS ARC**  
 610 9th Street  
 Douglas, AZ  
**520.364.7473**

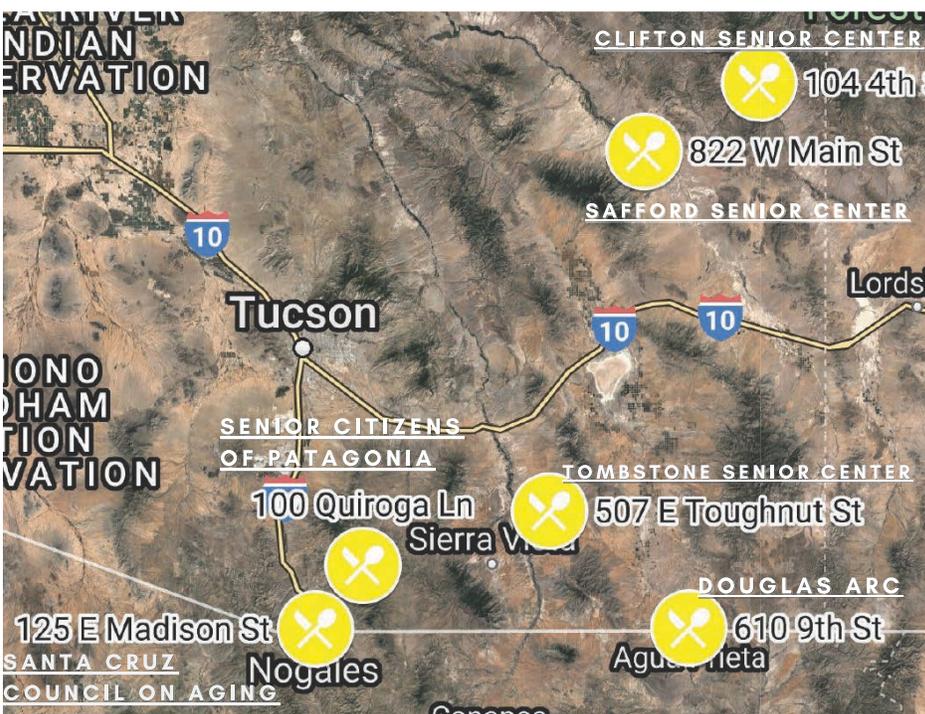
**TOMBSTONE**  
**SENIOR CENTER**  
 507 East Toughnut  
 Tombstone, AZ  
**520.457.2525**

**GRAHAM/GREENLEE COUNTIES**  
**SAFFORD SENIOR CENTER**  
 822 Main Street  
 Safford, AZ  
**928.428.4328**

**CLIFTON SENIOR CENTER**  
 104 4th Street  
 Clifton, AZ  
**928.865.5240**

**SANTA CRUZ COUNTY**  
**SANTA CRUZ COUNCIL ON AGING**  
 125 E. Madison St #4  
 Nogales, AZ  
**520.287.7422**

**SENIOR CITIZENS OF PATAGONIA**  
 100 Quiroga Lane  
 Patagonia, AZ  
**520.394.2494**



# Nutrient Needs of Older Adults

To lower the risks for heart disease and high blood pressure, seniors need more fiber and potassium, and they should have healthier fats in their diet, such as polyunsaturated and monounsaturated fats. For better bone health, they need more calcium and vitamin D. Many older adults don't get enough vitamin B12, which promotes blood cell and nerve health. That may sound complicated, but it's easier than you think to accommodate these needs. Here are some recommendations for a more heart-healthy senior diet.



## Foods to Eat Less of:

- Trans fats or saturated fats or partially hydrogenated fats, typically found in packaged snack foods, fast food and fried food
- Packaged and processed foods high in sugar and sodium
- White breads, refined pastas, white rice and sugary cereals
- Processed meats, such as lunch meats, salami, sausage and bacon
- Processed cheese
- High-fat dairy products, meats and organ meats
- Butter and lard

Packaged foods and pre-made meals can be convenient but be sure to check the nutrition labels for the types of fats and amounts of sugar and sodium. There are healthier options available, but you have to look for them.

## Foods to Eat More of:

- For calcium and vitamin D, choose fortified cereals and fruit juices, dark green leafy vegetables, milk, non-sugary yogurt, and fortified plant-based beverages
- For vitamin B12, fortified cereals, lean meats and poultry (look for cuts with "loin" or "round" in the name), as well as fish and seafood
- To add fiber to their diet, switch to whole-grain breads, cereals and pastas, add beans, peas, fruits and vegetables
- Potassium can come from fruits, vegetables and beans vegetables, milk, non-sugary yogurt, and fortified plant-based beverages

## Toasted Tuna Sandwich

### PREPARATION

### Ingredients

- ½ Cup Drained Tuna Flakes
- 4 Tbsp. Mayonnaise
- 1 Tsp. Minced Onion
- 2 Slices White Bread
- 4 Sliced Cucumbers
- 2 Sliced Tomatoes

### Procedure

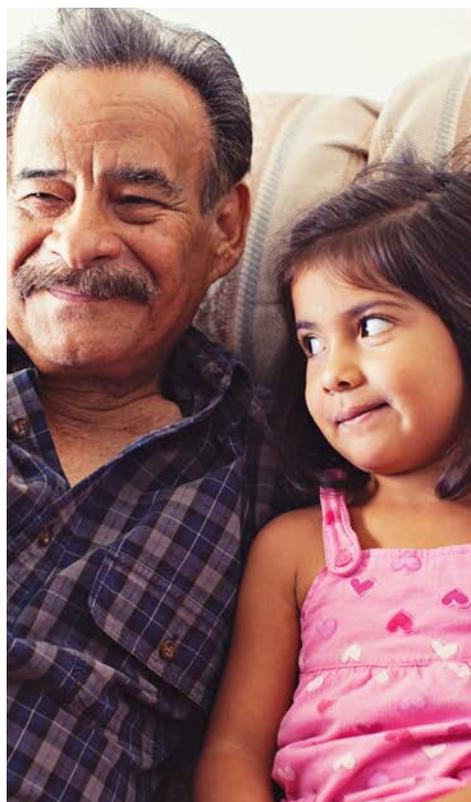
Drain the tuna in a strainer in the sink. Chop the celery to measure 1/2 cup. Peel and chop the onion to measure 1/4 cup. In a medium bowl, mix the tuna, celery, onion, mayonnaise, lemon juice, salt and pepper. Spread tuna mixture on 4 bread. Top with remaining bread slices.



## Keeping Senior's Safe and Entertained During Fall.

### How to Maintain Elderly Loved Ones' Safety in Autumn

Fall can be an extraordinary time for seniors. The leaves are changing colors, the weather is not too hot and not too cold, and the air is brisk and inviting. There are lots of ways for seniors to be entertained in the fall. Unfortunately, there are also lots of ways for seniors to be hurt when the calendar goes into the autumn season. If you are concerned with elder care, because you are in the eldercare industry, working or living in a senior care community, or are caring for an elderly relative, you'll no doubt be looking for ideas to help the seniors in your life enjoy the fall season without getting injured. Here are some key actions you can take to help engage and protect the seniors in your life this autumn.



### Fall Senior Health Precautions

Before enjoying the fall, remember that fall is cold and flu season. Flu and severe colds can be especially difficult for seniors and sometimes dangerous. Make sure your seniors get their vaccinations early and practice adequate hygiene, washing hands regularly, and getting adequate amounts of food and sleep. Commonly, proper hygiene and attention to one's health are important year 'round, but it is during the fall that colds and flu can jeopardize to strike when resistance is low. Once the issue of health safeguards is addressed, there are plenty of ways for seniors and their loved ones to have lots of joy during the autumn months.

### Activities for Seniors to Enjoy at Home During the Fall

There are lots of fun activities seniors can enjoy in the fall, including curling up by a fire with a good friend or a good novel, making apple cider, or watching films or athletics on television. However, it's important to make sure that you're prepared for indoor fall activities. Seniors who live in assisted living arrangements have a staff that can make sure the residence is functioning properly. Those who live at home by themselves may not. Seniors or those who are assisting with their care should check to make sure the home's heating system is fully functional, having any repairs or replacements done right away. A breakdown in the heating system in late fall or winter could be deadly.

### Getting Senior Loved Ones Outdoors in the Fall

Fall is a great time to go outdoors, especially before it gets too cold. You can go on long strolls and watch the leaves change color, attend a fall celebration, or even go pumpkin picking. But once again, safety should be paramount. If possible, seniors should be accompanied on their outdoor activities in case they need assistance and to help prevent falls. Seniors should be adequately dressed for the weather, and if possible, those assisting seniors should first rake the walking paths so they are free of leaves, pinecones, or other debris that could lead to a bad fall for a senior.

### Other Senior Activities to Take Advantage of This Autumn

This only touches the surface of fun and safe activities you and your senior friends and family can participate in during the fall months. It's also a great idea to ask your senior loved ones what they enjoy doing in the fall. They've had plenty of time to figure out what they enjoy about the fall months, so why not see what interests them and if there's a safe way to accommodate those interests? As winter approaches, some seniors may become depressed, or discouraged, as it gets darker early and the climate may be too cold or inclement to do certain activities, especially outdoor ones. By providing alternatives to have fun in the fall, and maintaining close contact with seniors to keep them engaged throughout fall and into winter, you can help the seniors in your life enjoy a positive experience all year long.

## 6 Creative Ways to Communicate While Maintaining Social Distancing with Seniors

#### 1. Phone and video calls

Calling your elderly loved ones a few times a day can help reduce feelings of social isolation. Take time to share stories, tell jokes, solve riddles, play simple games, or read aloud with them. If possible, take advantage of video call apps like FaceTime or Skype and conference in multiple family members. Hearing loved one's voices and seeing their faces will help brighten your beloved senior's day.

#### 2. Send letters

Give your elderly loved one a pleasant surprise by mailing letters. Let them know you are thinking of them and that they are dear to you. Remember to not limit yourself to just a written letter. Receiving pressed flowers, burned CDs, printed photos, or even a grandchild's art project can be a wonderful gift to open.

CONTINUED FROM PAGE 15

**3. Book and movie groups**

Pick a book or movie to read or watch, and then have a discussion about it over the phone or via video chat. Revisit a classic that both you and your loved one have enjoyed in the past or use this opportunity to try out a book or movie neither of you have read or seen before. Also consider finding audio books or podcasts that you can both enjoy. Media is a great escape, and many seniors will relish the opportunity to exercise their minds by having an engaging conversation with their loved ones.

**4. Virtual group meetings, events, or classes**

In recent weeks, many religious organizations, senior centers, exercise studios, and other businesses and community groups have converted to a virtual format and are now hosting classes, events, and meetings using Google Hangouts, Zoom, FaceTime, YouTube, and other Internet-based platforms. Do some research and help your loved one connect virtually with his or her favorite activities or community groups — and consider participating together. In addition to providing some enrichment and entertainment, participating together will give you and your loved one something to discuss afterward. You may need to provide your loved one with verbal instructions over the phone to help them install software or apps, access websites, or get logged on. Although the technology may seem intimidating, it is important to remind your loved one that keeping to normal routines as much as possible and having fun activities to look forward to will help to alleviate stress and promote a feeling of belonging despite not being able to participate in person.

**5. Have supplies delivered**

With many seniors staying home, running out of food or medications can be a real risk. Show your loved one that you are still thinking of them even if you are not able to be together right now by ordering groceries or meal deliveries to their home.

**6. Amazon Alexa and Constant Companion**

To help keep seniors safe and connected to their communities, Visiting Angels® offers Constant Companion, a proprietary system that uses Amazon Alexa to help seniors live a safe and independent life. Constant Companion responds to voice-activated medical alerts and summons help ASAP. It does not require any wearable devices and can even be used to call or send voice messages to loved ones. Constant Companion also includes an optional video chat feature and can read audio books, play games, and give medication reminders to your loved one.



## Family Caregiver Support Program

Serving the Needs of Family Caregivers

The SEAGO Area Agency on Aging Family Caregiver Support Program invites you to join us for:

### CARE- Caregiver Support Group

A Virtual Support Group for Family Caregivers held every week on:  
Wednesday 10:00 AM Arizona

Please register in advance:  
<https://us02web.zoom.us/j/89741454218>

We now have a Call in option for our Caregiver Support Group!

To call in via telephone:  
Dial 1 (346) 248 - 7799  
Meeting ID: 897 4145 4218

# EXERCISE YOUR RIGHT TO VOTE

Arizona  
**2-1-1**  
Get Connected. Get Answers.  
Community Information and Referral Services

**ZOOM INFORMATION**

Are you new to Zoom?

How do you participate in one of our Zoom video or audio events? You will use your computer or smart phone to see and hear the presentation, or you can use your landline phone to hear the presentation.

- Sign-up: Most activities will require registration via an email.
- Find a friend or family member to practice with!
- If you are using your computer or smartphone: Join the activity – one to two days before the event you will receive an email with a link to click on when the class starts – this will bring you to the Zoom meeting.
- If you are using your landline phone: Join the activity by calling the phone number on the Zoom link.
- If all else fails, leave a voicemail and we will try to help!



# CONNECT WITH YOUR GRANDCHILDREN

---

By Ramona MacMurtrie  
State Health Insurance Program Coordinator



September 13th was Grandparent's Day. Many of us are Grandparents and we love celebrating our grandchildren. Everyone who knows me, knows I am absolutely, over-the-moon, crazy about my two grandbabies, 3 and 1 year olds Ashton and James. During the last six months, being the kind of Grandmother I want to be has been extremely hard and frustrating. My older grandson lives with me, so I see him and snuggle him on a daily basis. My younger grand-baby lives 1 ½ hours away and staying in touch with him like I want to is difficult. Thank goodness for modern technology and video calls!

My oldest grandchild loves to hear stories about my childhood as well as stories about their Mama. The youngest grandbaby just gets excited to see his Nana's old face on the video call as he shrieks his newest words at me. Right now "wafus" (waffles) is his most exciting word!

Be a listening ear for your grandchildren. Parents are often so mired in the details of life they may need some help with providing a listening ear to their kids. Sometimes, it's a matter of needing to talk to someone in confidence (someone who is NOT a parent). At any rate, grandparents can even set a good example of how to be a good listener. There is no joy greater than listening to a three year old telling you about the "tall, tall castle" they built with their little board books.

The best thing to do with your grandchildren has got to be spending time with them. My children tell me that their best memory of childhood is when I spent time with them. They remember Mom coloring, playing cards, painting, cooking or baking something, going for walks and telling them stories.

If you have teenage grandchildren, talking to them may help build a lasting relationship and may even prove to be life-saving!



Continued on page 15

Grandparents often have more time to read to and listen to kids read than their parents do. Couple that with the fact that grandparents are often a bit more patient, and you have a successful reading buddy. Reading together helps build a relationship with your grandchildren. As they share their love of books and reading, grandparents can greatly influence their grandchildren.

Sing to your grandbabies, little nursery rhymes and old favorites, sing your songs, their songs, silly songs, anything goes! Let your inhibitions go and have fun with the kids! And of course . . . don't miss a chance to sing them to sleep. Expose your grandchildren to a variety of music types. My children listened to everything from classical, to show tunes, to country, to . . . whatever. As a result, my grandkids are growing up with an appreciation for all kinds of music. The youngest one loves heavy metal and the oldest one is currently fascinated with Mexican Mariachi music.

Playing with our grandchildren is something that they will always remember. They will always know that we care enough to take time out of our busy schedules to be with them. Playing together, we create the very best memories that will last a lifetime for all of us!

Teenagers often think that their parents just don't understand them. As a grandparent, you can share your wisdom and the grandchildren are more likely to take advice from you than their parents did.

Whatever you do, have real conversations with actual eye contact. It can work with a video call. Sometimes just talking/listening to them are the best things to do with grandkids.

Read to them, babies especially benefit from being read to for their language development. It also helps stimulate the imagination. Of course, there's no harm in the cuddling effect either. You should definitely hold your grandchildren if you can, when you read to them. Use a video application like messenger video calls, google meet, or zoom and settle in, get comfortable when you are reading to them. I think we all know by now that there are hundreds of studies that show that reading to children helps improve their reading skills.



Playing with our grandchildren is something that they will always remember



## Empowering you to age with confidence!



Connecting you to services to remain independent



Promoting active aging with health based programs



Providing caregiver support



Enhancing health with nutrition services



Evidence has shown Tai Chi being one of the two effective exercises to prevent falls. Dr Paul Lam's "Tai Chi for Arthritis" program is proven by the world largest study on older adults for fall prevention, and also to improve health and the quality of life.

## VIRTUAL TAI CHI

ARTHRITIS AND FALL PREVENTION



### ENROLL TODAY

Nubia L Romo  
Health & Nutrition Coordinator II  
nromo@seago.org  
(520)432-2528 EXT 206  
SEAGO  
AREA AGENCY ON AGING  
300 Collins Rd  
Bisbee, AZ 85607

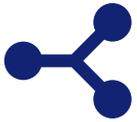
Discover the many physical, mental, and social benefits of Tai Chi for seniors.

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



# SEAGO Area Agency on Aging

## Helping You Age with Confidence!!



When you need a little extra help finding the services you need to remain in your home and community as you age, our experts are here to help, connecting you to the services you need to remain independent.



Being a caregiver is truly a selfless task. This invaluable service that approximately 52 million people provide to a family member of loved one each year is nothing short of amazing. Our caregiving experts provide caregiver support through support groups and resources to help you in your caregiving journey.



It is important to get involved with activities to keep you active, healthy and reduces the risk of falls as you age, exercising both your mind and body! Tai Chi, Matter of Balance, and Aging Mastery Program are a few of the health based programs we offer to promote active aging.



Getting the nutrition you need is a key component to remaining healthy and independent. From nutrition education opportunities to help you in making quick healthy meals and providing meals at a meal site or meals delivered to your door, we help to enhance your health with a variety of nutrition services.

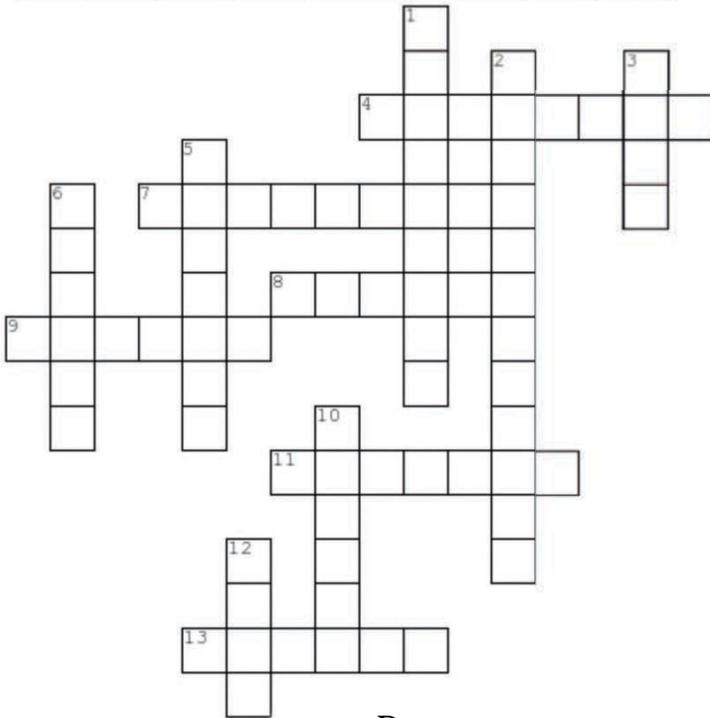
Serving Cochise, Graham, Greenlee, and Santa Cruz Counties  
[seago.org/area-agency-on-aging](http://seago.org/area-agency-on-aging) (520)432-2528



# Sudoku Puzzle

To solve a Sudoku every row, column and square has to contain the numbers 1 through 9 exactly once. It's best to do these kinds in pencil!

6		5	1		4			
	1						6	3
			6		3	4		1
			9	7				6
	8						5	
9				6	2			
1		4	7		6			
8	2						3	
			2		9	1		5



## Across

4. Jewish Holiday, Rosh\_
7. Scary Holiday
8. Fall from oak trees
9. Change colors
11. For carving and pie
13. Color

## Down

1. Used to frighten birds
2. Feast Holiday
3. Tool to clean the grass of leaves
5. Marks the end of the growing season
6. Squirrel
10. Another name for fall
12. Grows on stalks

1. James Monroe
2. James Polk
3. Benjamin Harrison
4. William McKinley
5. Richard Nixon
6. Jimmy Carter
7. Bill Clinton
8. John Tyler
9. George Washington
10. James Madison

6	3	5	1	2	4	9	7	8
8	2	9	4	1	5	6	3	7
1	5	4	7	3	6	8	9	2
9	7	1	5	6	2	3	8	4
2	8	6	3	4	1	7	5	9
5	4	3	9	7	8	2	1	6
7	9	8	6	5	3	4	2	1
4	1	2	8	9	7	5	6	3
6	3	5	1	2	4	9	7	8

ACORNS CORN  
HARVEST  
SCARECROW  
PUMPKIN  
ORANGE  
AUTUMN RAKE  
HALLOWEEN  
THANKSGIVING  
HANSNAH  
LEAVES  
RODENT

# BRAIN BREAKS

Fill in the blanks to spell the names of 10 past U.S. Presidents.

1. J \_\_\_\_\_ R \_\_\_\_\_
2. J \_\_\_\_\_ L \_\_\_\_\_
3. \_\_\_\_\_ J \_\_\_\_\_ I \_\_\_\_\_ A \_\_\_\_\_ N \_\_\_\_\_
4. W \_\_\_\_\_ A \_\_\_\_\_ C \_\_\_\_\_ L \_\_\_\_\_
5. \_\_\_\_\_ I \_\_\_\_\_ X \_\_\_\_\_
6. \_\_\_\_\_ M \_\_\_\_\_ A \_\_\_\_\_ E \_\_\_\_\_
7. \_\_\_\_\_ L \_\_\_\_\_ I \_\_\_\_\_ T \_\_\_\_\_
8. \_\_\_\_\_ H \_\_\_\_\_ Y \_\_\_\_\_
9. G \_\_\_\_\_ S \_\_\_\_\_
10. \_\_\_\_\_ E \_\_\_\_\_ A \_\_\_\_\_ S \_\_\_\_\_

## What Happened in 1940

- Germany invades Denmark, Norway, France, Luxembourg, Belgium, and the Netherlands during World War II.
- Benjamin O. Davis, Sr. is appointed as a General in the United States Army, becoming the first African-American to hold such a position.
- President Roosevelt signs the Selective Training and Service Act, making it the first military draft to be created during a peacetime in the United States.
- Franklin D. Roosevelt is elected for an unprecedented third term as the U.S. president.
- Germany begins bombing London in what was known as "The Blitz" in an attempt to weaken the British Royal Air Force.

## Specialist at Chan School forum says problem is becoming more common, and offers tips for falling, staying asleep

This is part of our Coronavirus Update series in which Harvard specialists in epidemiology, infectious disease, economics, politics, and other disciplines offer insights into what the latest developments in the COVID-19 outbreak may bring.



Sleep is emerging as the latest casualty of the COVID-19 crisis. Too many sleepless nights can aggravate both physical and mental health problems, but a few simple adjustments to our already altered routines may resolve our bedtime issues before they snowball.

"We want to jump on it quickly. Think of it as a risk factor that we want to get on top of lest it spread."

Even in normal times, approximately 30 percent to 35 percent of the population experiences acute, or short-term, insomnia, said Posner, a member of the American Academy of Sleep Medicine and a founding member of the Society of Behavioral Sleep Medicine.

Citing a study by the National Initiative for Tracking and Evaluating Sleeplessness (NITES) at the University of Pennsylvania, Posner noted that in more than 72 percent of cases, short-term insomnia resolves itself. However, recovery was not always complete or final, and 6.8 percent developed full-blown chronic insomnia, defined by the DSM as having sleep issues at least three nights a week for at least three months.

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As new schedules have us resetting or turning off alarm clocks and often getting less outdoor time and exercise, these problems are getting worse.

The actions that we're taking to protect ourselves can not only precipitate problems with sleep, but lead to chronic problems with sleep," Posner said. The implications are severe. In addition to the cognitive consequences — from inability to focus to general irritability — chronic insomnia is correlated with a spectrum of serious health problems, including diabetes, cardiovascular disease, and hypertension. Implicated in obesity, insomnia makes losing weight more difficult, and recent studies also link it to increased risk of Alzheimer's and other forms of dementia.

*Mental health problems are complicated by a lack of sleep. Insomnia lasting two to four weeks increases the risk of depression, Posner said, while lack of sleep is also linked to a poorer response to treatment. "So it interferes with the ability to recover from depression as well," he said.* To nip insomnia in the bud, Posner recommended simple behavioral changes. For example, even though it may seem counterintuitive after a lost night's sleep, avoid napping, or at least cut it short. Likening naps to snacks, he warned that napping for longer than 20 minutes or late in the day ruins our "appetite" for sleep. Likewise, he dispelled the idea that sleeping late on weekends or after a night tossing and turning can make up for lost sleep. "Do not try to compensate for a bad night's sleep," he said; it only further disrupts one's regular rhythms. Posner noted that we do not have to maintain our former sleep and waking times, which may have been set by the necessities of a daily commute.

"Keep a rhythm, even if it's a different time of day than it used to be," he said. Parents of adolescents in particular may want to let their children go to bed and rise later than usual, as their growing bodies are set differently than adults or young children's.

\*Once awake, however, try to get some sunlight, *whether by taking a walk or sitting by a window.*

\*Keeping a regular schedule for meals and exercise helps, as does avoiding stimulants such as caffeine, nicotine, and *electronic devices for several hours before bed.*

\*Finally, if sleeps proves impossible, get out of bed. Do something relaxing — *read or do a puzzle.* Worrying about sleep exacerbates the problem, so try to distract yourself and *keep your bed a place of sanctuary.*

"If you can't sleep do not try to force it," said Posner. "Good sleepers put no effort into sleep whatsoever."

The Family Caregiver Reimbursement Program assists family caregivers with a partial reimbursement for home modifications and assistive care technology to enable their qualified family member to be mobile, safe, and independent. The program reimburses family caregivers who pay upfront for the qualifying expenses for their family member. If approved, family caregivers will receive a 50% reimbursement for qualifying expenses up to \$1,000.

### **Who is considered a family caregiver?**

Any immediate family member who is caring for a loved one who is either aging, chronically ill or living with a disability. Is a family caregiver. This may include a wife, husband, daughter, son, in-law or grandchild. Family caregivers who care for an adult 18 years or older can apply for the program.

### **What are Qualifying expenses? (See list for examples)**

Qualifying expenses are for improving or altering the family caregivers' residence (whether it be owned or rented), or for purchasing/leasing equipment or assistive care technology for the family member to enable/assist/carry out one or more activities of daily living such as toileting, bathing, dressing, grooming, eating, mobility, or transferring.

Home modification is improvement or alternation of the family caregiver's primary residence which involves making changes to the livable spaces accessible to your family member to be safe and independent. If the reimbursement request is intended for a home modification, the alterations must be made to the caregivers' home, not the qualified family members' home.

The modifications and purchases must be in the same year as the application for reimbursement.

### **What Expenses are NOT Allowable?**

Regular food, clothing, transportation expenses or gifts provided to family member.

## **HAVE YOU HEARD ABOUT THE ARIZONA FAMILY CAREGIVER REIMBURSEMENT PROGRAM?**

Ordinary household maintenance or repair that is not directly related to and necessary for the care of the family member.

Any amount that is paid for or reimbursed by the federal government or state of Arizona.

Reimbursement does not include covered expenses from the family member's insurance policy.

### **How do I get an application to apply?**

The family caregiver must call the **Caregiver Resource Line at (888) 737-7494.**

The Caregiver Resource Specialist will complete pre-screening questions with the caregiver.

If the caregiver passes the pre-screening, the Caregiver Resource Specialist will mail or email a copy of the application, Medical Need Verification Form and W-9 (to receive a reimbursement check, if approved). For reimbursement over \$600, a 1099 tax form will be issued by the Arizona Department of Economic Security (DES) to the family caregiver and is considered taxable income.

The family caregiver will need to complete and submit the application and required documents below.

Once all documents are submitted to the Caregiver Coalition, they will be reviewed, and the family caregiver will be contacted on next steps within 90 days.

### **The family caregiver is required to provide:**

#### **Copy of Receipt(s):**

The family caregiver pays upfront (on or after January 1, 2020) for the cost of home modifications or purchasing/leasing assistive care technology.

**Proof of Income:** (Income taxes or Social Security Income (SSI) award or pay stub or Veteran Award Letter or any public benefit award letter (TANF, SNAP, etc.)

There is a gross income requirement. Total income for family caregiver and qualified family member's income combined less than \$75,000/year or as a couple, earn less than \$150,000/year in total income (caregiver + spouse + qualified family member = total income).

#### **Proof of Age:**

Family caregiver and qualified family member be 18 years or older. (Arizona driver's license or ID card (with date of birth) or birth certificate)

**Proof of Arizona Residency:** Arizona driver's license or Arizona Voter Registration Card or utility bill.

**Completed W-9:** Included with the application and required for a check to be issued to the family caregiver.

#### **Signed Medical Need Verification Form:**

The form must be signed by a Physician, Nurse Practitioner (NP) or Physician's Assistant (PA) to validate requires assistance with one (1) or more activities of daily living.

#### **How do I submit my documents to the Arizona Caregiver Coalition?**

There are three options to submit your application information;

- 1) Scan the requested documents and email to [CRL@AZcaregiver.org](mailto:CRL@AZcaregiver.org)
- 2) Fax to 888-288-6293
- 3) Mail to Arizona Caregiver Coalition P. O. Box 21623 Phoenix, AZ 85036

Once your application has been received, you will receive a response within 90 days.

#### **After I receive my reimbursement, is there anything else I should do?**

You will be contacted within six (6) weeks of submitting your application as a follow up about the ability to keep the qualified family member at home.

What if I have more questions? Please contact a Caregiver Resource Specialist at (888) 737-7494 or email at [CRL@AZcaregiver.org](mailto:CRL@AZcaregiver.org).





# ADVANCE HEALTHCARE PLANNING MATTERS

RONNIE SQUYRES

As we dive into fall, we are thankful for the cooler weather and to have gotten through a uniquely strange summer. Some things remain the same: we are continuing to offer our Thoughtful Life Conversations: Advance Healthcare Planning via Zoom. They are on the first Thursday of each month and are free of charge. They include a video and are interactive to get you thinking. Go to our website to register: <https://www.seago.org/advance-care-planning>. We are working on a Spanish version of this and hope to have that ready soon. While you are on our website, check out our new YouTube Video: Advance Healthcare Planning in Time of COVID-19. It is packed with resources and useful info. Maybe sit back, have a cup of tea or coffee and give it a watch.

We are keeping our eyes and ears open for new opportunities to make advance healthcare planning easier. I want to share a great website that people can use to help them ID their values, goals, and wishes that would apply during serious illness or injury. The Prepare For Your Care Guide uses video stories of people talking with their families and healthcare providers about medical decision-making. This Guide is in English and also in Spanish and uses an easy to follow step by step guide. Take a look: <https://prepareforyourcare.org/welcome>.

We were excited to work with AZ DES Division of Developmental Disabilities (DDD) recently in Santa Cruz County. Monica Romero and I presented a Thoughtful Life Conversations: Advance Healthcare Planning via Zoom to their Support Coordinators as a support in their mission to empower individuals to lead meaningful, self-directed and healthy lives. Monica, who has been trained in Advance Care Planning and is also employed by DDD, shared that her fellow coordinators felt it was very useful and practical info which makes their job easier. They felt it gave them great resources to use and informed them in a way that gave them confidence to be able to answer questions or know where to refer people for answers. We are scheduled to work with DDD in Cochise County and are reaching out to Graham and Greenlee Counties.

Perhaps your church, organization or business would like to have us talk about Advance Healthcare Planning via Zoom – we can do a Thoughtful Life Conversations for your group, free of charge since we have received grants from The David and Lura Lovell Foundation and the Arizona Community Foundation. We are also helping people 1-on-1 with advance healthcare planning. Want more info on any of these topics? Please contact Ronnie Squyres, Area Agency on Aging Community Education Coordinator at [feelwellsleepwell@gmail.com](mailto:feelwellsleepwell@gmail.com) or 520-355-5226. Go to our website to see resources, download advance directives, see upcoming events and to register for events: <https://www.seago.org/advance-care-planning>.

# HEALTHY AGING



## Busting Aging Myths

One of the most significant barriers to achieving the goal of healthy aging is the misinformation and myths that continue to pervade the public consciousness. While aging is an inevitable and universal condition for all humans, understanding the process and making informed decisions can improve health literacy and empower seniors to best manage their health at any age.

## Myth: It May Be Too Late to Start Exercising

A 2018 Centers for Disease Control and Prevention (CDC) study showed that only one in four adults were achieving the recommended weekly levels of physical activity. Moreover, inactivity increased with age. Nearly 27 percent of adults aged 65 to 74 were physically inactive while 35 percent - more than one in three - of those over age 75 reported low activity levels. A common myth is that it may not be safe to continue or begin an exercise regimen due to age alone.

**Fact: Fitness matters.** The definition of healthy aging from the Department of Health and Human Services (HHS) includes adopting healthy habits, and fitness can be considered a key component of achieving positive health outcomes. In fact, research shows that individuals who are consistently physically fit over the course of their lives and those who make healthy lifestyle changes can age in more healthy ways than others. For example, a 2018 study published in *Aging Cell* showed that individuals who are physically fit over a lifetime have significantly more effective immune systems than those who are not. The report highlights that physical inactivity with age may be a driver of several aspects of a decline in "immune competence." As the authors note, a decline in immune competence is characterized by an increased risk of infections and chronic inflammatory diseases, poor vaccine efficacy, failure to maintain immunity to latent infections, and an increased autoimmune response

**Fact: Activity comes in many forms.** While a rigorous exercise regimen may not be appropriate for an individual based on their medical conditions or other factors, alternative activities may be just what the doctor ordered. For example, programs such as tai chi and low impact games like pickleball may help many older adults meet their goals for activity and provide opportunities for socializing.

**Fact: Medicare recognizes the importance of fitness.** SilverSneakers, a program designed to help older adults access fitness facilities, activities, and programs, is more than a fashion trend for hitting the gym. According to a study published in *Population Health Management*, participants in the SilverSneakers program - which many Medicare Advantage Plans provide as a benefit - showed more favorable overall physical, social, and emotional health status and fewer activity impairments when compared to those who exercised less frequently. The authors also reported that SilverSneakers participants showed lower risks of depression and had fewer hospitalizations

## Healthy Aging in All Things

As a concept, healthy aging goes beyond the physical aspects of health. Healthy aging encompasses the belief that the body and mind are more than the sum of their parts - and when all the elements of healthy aging are combined, the tolls of aging and disease may be lessened..



# COVID-19 GUIDANCE FOR VISITATION IN LONG TERM CARE SETTINGS

There will not be any visitation if there is an outbreak, the facility must not have any outbreak in the previous two weeks (14-day) period. An outbreak is defined as two or more laboratory-confirmed COVID-19 cases among residents or staff with onsets within 14 days, who are epidemiologically linked, do not share a living space. If there has not been an outbreak visitation shall resume.

There are two key components to resuming visitation. First is the quality of the establishment's implementation of COVID-19 mitigation strategies. The second is the level of spread occurring in the community. To allow for progressive re-opening of facilities, benchmarks should be adopted following the Centers for Disease Control, the U.S. Coronavirus Task Force, and the Arizona Department of Health Services guidance (ADHS) as defined Below:

## Requirements for visitation in Long term care settings.

Facilities in any stage shall allow indoor visits if all the following conditions are met.

- The visitor presents the facility a negative COVID test (either PCR or antigen) less than 48 hours old.
- The visitor signs an attestation that they have isolated in the time between the sample was taken and the visit and is free from symptoms.
- The facility limits contact as much as possible, including a dedicated visitation space.
- The facility requires mask-wearing by residents (when safe), visitors, and staff.

- The facility requires hand sanitizing before the visit. The facility maintains a visitor log for contact tracing purposes. The facility institutes enhanced cleaning and sanitation of the facility where the visits occur.

Facilities may set their own policies on.

- Day and time and location of the visit.
- Number of visitors per visit
- Total number of visits permitted by day
- Visits by appointment only.
- Length of visit
- Visitor log for contact tracing purposes
- Additional precautions determined by the facility

- **Minimal Community Spread:** Evidence of isolated cases or limited community transmission, case investigations underway; no evidence of exposure in large communal setting.
- **Moderate Community Spread:** Sustained transmission with high likelihood or confirmed exposure within communal settings and potential for rapid increase in cases.
- **Substantial Community Spread:** Large scale, controlled community transmission, including communal settings (e.g., schools, workplaces). ADHS further defines community spread levels with the thresholds outlined below. These thresholds are consistent with the national standards set by the Coronavirus Task Force. Benchmarks Minimal Moderate Substantial Cases 100 cases/100,000 Percent Positivity 10%

Community Spread Level	Compassionate Care Visitation	Limited Outdoor Visitation	Limited Indoor Visitation	Symptom Screening of all Visitors	Cloth Face Covering Required	Physical Distancing (6 feet)	Cohorting	Communal Spaces Closed
<b>Minimal</b>	x	x	x	x	x	x		
<b>Moderate</b>	x	x	N/A	x	x	x	x	x
<b>Substantial</b>	x	N/A	N/A Except that ombudsman must be able to visit	N/A	N/A	N/A	N/A	N/A

# Myth: Dementia is Caused by Advanced Age

Reference from our partners@ Livanta

As humans, our bodies and organs age - including our brains. However, according to a study in Clinics in Geriatric Medicine, "normal cognitive aging" is different from pathologic conditions such as Alzheimer's disease and other dementias. The study concluded that, although dementia and mild cognitive impairment are unfortunately common in older adults, many older adults may notice only subtle- but not pathologic - changes in their cognitive function over the course of their lives.

**Fact:** Dementia and age-related changes are not a foregone conclusion. Over the last decade or so, a large amount of research has been conducted to examine ways in which healthy aging can include healthy cognitive aging.

While much effort is being made to prevent or cure conditions such as Alzheimer's and dementia, researchers at the University of California, San Francisco (UCSF) Memory and Aging Center suggest that healthy lifestyle choices such as a healthy diet, social engagement, and other healthy aging practices can help promote brain health.

**Fact:** Certain cognitive functions are shown to improve with age. Studies have shown that functions such as vocabulary, reading ability, and reasoning stay the same or can even improve as we age.

Additionally, studies out of Harvard show that older individuals are also better at basic math, spatial reasoning, screening out negativity, and being content.

**Fact:** Risk factors can be understood and identified. The UCSF team published a list of risk factors for cognitive impairment as a function of aging as well as a series of best practices that research suggest may have an impact on reducing the effects of age-related cognitive changes. Other organizations have suggested clear links between physical fitness, health, and cognitive abilities.

**Fact:** Federal agencies are creating partnerships to advance the cause of cognitive health. In 2005, the CDC teamed up with the Alzheimer's Association to create the Healthy Brain Initiative. This effort helps coordinate research and information sharing on cognitive health as well as creating awareness of the importance of cognitive health.

<https://www.cdc.gov/aging/healthybrain/index.htm> to read more.

## Annual Enrollment Period AEP



Make your plan review appointment now!

Medicare Counseling Appointments Available by Phone

Thousands of area residents get their Medicare questions answered by certified Medicare counselors working with the SEAGO—Area Agency on Aging SHIP/SMP Program.

We are committed to providing Medicare counseling services during this Annual Enrollment Period. You can schedule telephone-based appointments by calling **520-432-2528 ext. 222**, emailing [shiphelp@seago.org](mailto:shiphelp@seago.org) or on our web site at:

<https://www.seago.org/state-health-insurance-assistance-program>

It is more important than ever to review your Medicare coverage and ensure that you have the best coverage at the lowest price.

Each year from October 15th to December 7th is when Medicare Beneficiaries can enroll in or change their Medicare Advantage Plan or a stand-alone Prescription Drug Plan. The new coverage will start on January 1st.

If you have an Advantage Plan during open enrollment you can make the following changes:

- You can switch to a different Medicare Advantage Plan.
- You can dis-enroll from your Medicare Advantage plan and return to Original Medicare. You can enroll in a stand-alone prescription drug plan.

If you are on Original Medicare and a Supplement Plan and a stand-alone prescription drug plan you can make the following changes:

- You can change your drug plan.
- You can choose to drop your present coverage and Choose an Advantage Plan.

For more information on Open Enrollment or help fill out one of the forms available and mail it to **300 Collins Rd** or email it to [shiphelp@seago.org](mailto:shiphelp@seago.org)







## SERVING YOU!

### SEAGO Area Agency on Aging

Start with a phone call Mon-Fri: **(520)432-2528**

Providing information & referral for seniors, disabled and family caregivers in Cochise, Graham, Greenlee, Santa Cruz Counties for 47 years

- Home Delivered Meals**  
Delicious, nutritionally-balanced meals delivered to your home
- Congregate Meals**  
Nutritious meals plus socialization are essential to senior health
- Healthy Aging; Long-Term Care Ombudsman Programs**  
Staying active and engaged; providing solutions to long term care facility residents
- Family Caregiver Support**  
Unpaid family caregivers risk physical/emotional health; our system of support addresses their needs.

**Case Management**  
Providing essential services to seniors including home-delivered meals, attendant care, respite care

**Home & Community Based Services**  
Home-based care includes personal care, light housekeeping

**Medicare & Health Insurance Assistance Counseling**  
Personalized, up-to-date information, resources and tips on what to consider when comparing plans

**Advance Care Planning**  
Learning how to have thoughtful life conversations before the need arises

**Webinars, virtual classes, support groups**  
Safely join our free resources online, facebook.com/seagoareaagencyonaging/ or www.seago.org

SEAGO Area Agency on Aging providing services to empower individual choice, independence and dignity.

Get the latest info about Arizona's Response. Have specific questions? Call: 1-844-542-8201 or visit <https://www.azdhs.gov/>

# MEALS PROGRAM

The congregate meals service provides a nutritionally balanced noon meal, usually five days per week, in a social setting. Please note that home delivered meals (also known as Meals on Wheels) must be authorized by the case management agency for your area. <https://www.seago.org/meals-program>

<b>COCHISE COUNTY</b> <b>DOUGLAS ARC</b> 610 9th Street Douglas, AZ <b>520.364.7473</b>	<b>SANTA CRUZ COUNTY</b> <b>SAFFORD SENIOR CENTER</b> 822 Main Street Safford, AZ <b>928.428.4328</b>	<b>GRAHAM/GREENLEE COUNTIES</b> <b>SANTA CRUZ COUNCIL ON AGING</b> 125 E. Madison St #4 Nogales, AZ <b>520.287.7422</b>
<b>TOMBSTONE SENIOR CENTER</b> 507 East Toughnut Tombstone, AZ <b>520.457.2525</b>	<b>CLIFTON SENIOR CENTER</b> 104 4th Street Clifton, AZ <b>928.865.5240</b>	<b>SENIOR CITIZENS OF PATAGONIA</b> 100 Quiroga Lane Patagonia, AZ <b>520.394.2494</b>
	<b>DUNCAN SENIOR CENTER</b> 235 High Street Duncan, AZ <b>928.865.5240</b>	

## We continue to serve.

SEAGO Area Agency on Aging (AAA) is committed to the needs of older adults in Cochise, Graham, Greenlee and Santa Cruz Counties. Our home-delivered and congregate meal programs remain fully-operational; our office remains fully-staffed to provide information, referrals and assistance; and our benefits counselors remain ready to assist with any questions you may have regarding Medicare and other benefits [shiphelp@seago.org](mailto:shiphelp@seago.org). If you are 60 or older, disabled and live in any of our four counties. Remember we are here for you.

**Webinars are available online:**

**YouTube:**  
[www.youtube.com/channel/UCITLI-76SG\\_oV9F-Z9KdwYQ](http://www.youtube.com/channel/UCITLI-76SG_oV9F-Z9KdwYQ)

**Facebook:**  
[www.facebook.com/seagoareaagencyonaging](http://www.facebook.com/seagoareaagencyonaging)



Stay home. Stay safe. **#MASKUPAZ**

Fill out your 2020 Census today. Respond online at [2020CENSUS.GOV](https://2020CENSUS.GOV)

## ¡Sirviéndole!

### SEAGO Area Agency on Aging

Por 47 años hemos proporcionado información y referencias para personas mayores, los discapacitados y cuidadores familiares en los condados de Cochise, Graham, Greenlee y Santa Cruz

- Comidas a domicilio**  
Comidas deliciosas y nutricionalmente equilibradas entregadas en su hogar
- Comidas colectivas**  
Las comidas nutritivas y la socialización son esenciales para la salud de las personas mayores
- Envejecimiento saludable; Ombudsman de atención a largo plazo**  
Manténgase activo y comprometido; proporcionamos soluciones a los residentes de centros de atención a largo plazo
- Apoyo al cuidador familiar**  
Los cuidadores familiares no remunerados ponen en riesgo la salud física / emocional; nuestro sistema de apoyo responde a sus necesidades.

**Administración de casos**  
Brindamos servicios esenciales a las personas mayores incluyendo comidas a domicilio, atención asistencial, cuidado de relevo, y más

**Servicios basados en el hogar y la comunidad**  
El cuidado en el hogar incluye cuidado personal, limpieza ligera

**Asesoramiento sobre Medicare y seguros médicos**  
Información, recursos y consejos personalizados y actualizados para comparar seguros y servicios de salud

**Planificación anticipada de atención**  
Aprender a tener conversaciones reflexivas sobre la vida antes de que surja la necesidad

**Webinars, clases virtuales, grupos de apoyo**  
Únase de forma segura a nuestros recursos gratuitos en línea, facebook.com/seagoareaagencyonaging/ o www.seago.org

Seago Area Agency on Aging proporciona servicios para fomentar la elección, la independencia y la dignidad individuales.

Obtenga la información más reciente sobre la respuesta de Arizona. ¿Tiene preguntas específicas? Llamada: 1-844-542-8201 o visite <https://www.azdhs.gov/>

# PROGRAMA DE COMIDA

El servicio de comidas colectivas ofrece una comida del mediodía nutricionalmente equilibrada, generalmente cinco días a la semana, en un entorno social. Tenga en cuenta que las comidas a domicilio (también conocidas como Meals on Wheels) deben estar autorizadas por la agencia de gestión de casos de su área. <https://www.seago.org/meals-program>.

<b>COCHISE COUNTY</b> <b>DOUGLAS ARC</b> 610 9th Street Douglas, AZ <b>520.364.7473</b>	<b>SANTA CRUZ COUNTY</b> <b>SAFFORD SENIOR CENTER</b> 822 Main Street Safford, AZ <b>928.428.4328</b>	<b>GRAHAM/GREENLEE COUNTIES</b> <b>SANTA CRUZ COUNCIL ON AGING</b> 125 E. Madison St #4 Nogales, AZ <b>520.287.7422</b>
<b>TOMBSTONE SENIOR CENTER</b> 507 East Toughnut Tombstone, AZ <b>520.457.2525</b>	<b>CLIFTON SENIOR CENTER</b> 104 4th Street Clifton, AZ <b>928.865.5240</b>	<b>SENIOR CITIZENS OF PATAGONIA</b> 100 Quiroga Lane Patagonia, AZ <b>520.394.2494</b>
	<b>DUNCAN SENIOR CENTER</b> 235 High Street Duncan, AZ <b>928.865.5240</b>	

## Nosotros Seguimos sirviendo

SEAGO Area Agency on Aging (AAA) estamos comprometida con las necesidades de los adultos mayores en los condados de Cochise, Graham, Greenlee y Santa Cruz. Nuestros programas de comidas a domicilio y en grupo siguen funcionando plenamente; nuestra oficina cuenta con todo el personal necesario para brindar información, referencias y asistencia; y nuestros consejeros de beneficios permanecen listos para ayudar con cualquier pregunta sobre Medicare y otros beneficios [shiphelp@seago.org](mailto:shiphelp@seago.org). Si tiene 60 años o más, está discapacitado y vive en cualquiera de nuestros cuatro condados. Recuerda, estamos aquí para servirle.

**Los seminarios web están disponibles en línea:**

**YouTube:**  
[www.youtube.com/channel/UCITLI-76SG\\_oV9F-Z9KdwYQ](http://www.youtube.com/channel/UCITLI-76SG_oV9F-Z9KdwYQ)

**Facebook:**  
[www.facebook.com/seagoareaagencyonaging](http://www.facebook.com/seagoareaagencyonaging)

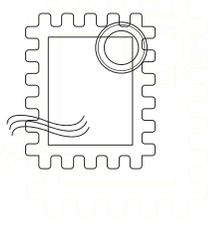


Quedarse en casa. Mantenerse a salvo. **#MASKUPAZ**

Llena tu Censo del 2020 por internet hoy mismo. Responde por internet en [2020CENSUS.GOV](https://2020CENSUS.GOV)



**SEAGO**  
Cochise, Graham, Greenlee, Santa Cruz  
**AREA AGENCY ON AGING**  
300 Collins Road  
Bisbee, AZ 85603



<https://www.facebook.com/seagoareaagencyonaging/>  
<https://www.seago.org/area-agency-on-aging>



**MOBILE APP**  
*Coming Soon!*



## LOOKING AHEAD

### OBSERVED HOLIDAYS (offices/centers closed\*)

**October 1, 2020** – International Day of Older Persons  
**October 12, 2020** – Columbus Day\*  
**October 15, 2020** – Medicare Open Enrollment starts  
**October 31, 2020** – Halloween

### November is National Family Caregivers Month

**November 11, 2020** – Veteran's Day\*  
**November 14, 2020** – World Diabetes Day  
**November 26-27** – Thanksgiving Day\* and Black Friday

### UPCOMING EVENTS

**October 5, 2020** – VIRTUAL TAI CHI Register today!

*Your Connection to  
Aging Services!*

## CONTACT US

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**Fax** | 520-432-9168

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

**Email** | [aging@seago.org](mailto:aging@seago.org)

Would you like to receive the SEAGO Area Agency on Aging newsletter by email?  
Simply email us at [mail@seago.org](mailto:mail@seago.org) and let us know! Future issues of the quarterly newsletter (four per year) will automatically be sent to you.