



SEAGO

AREA AGENCY ON AGING



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Our Staff.

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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 (520)432-2528. 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.



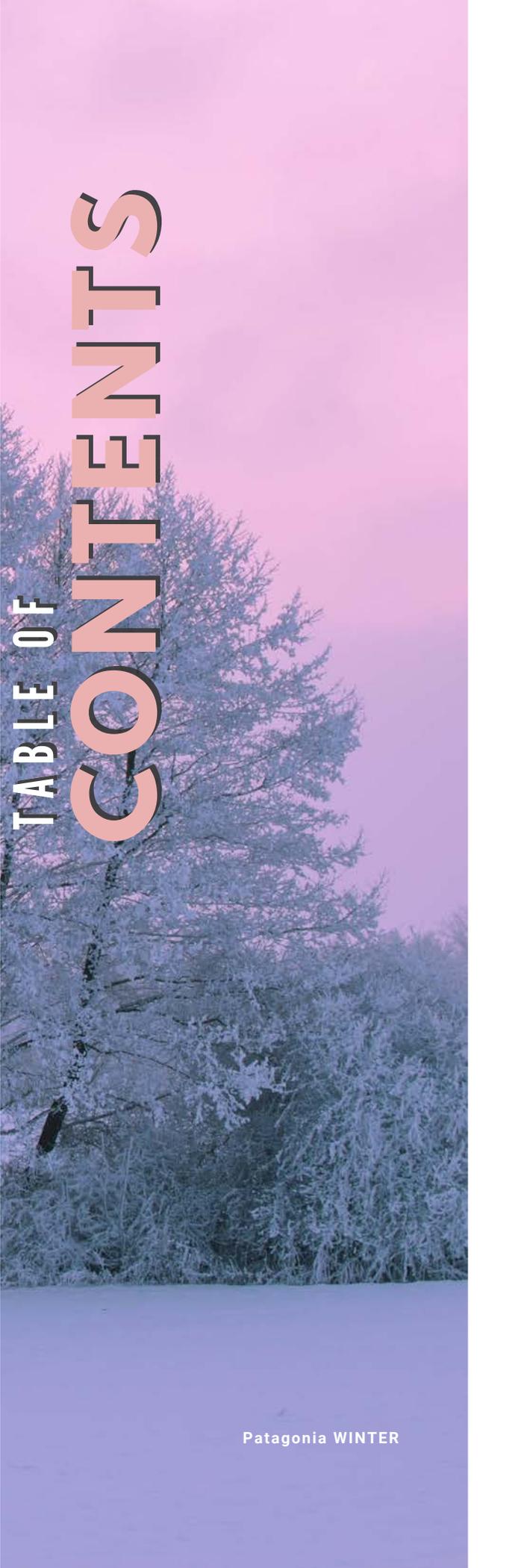


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#InThisTogether

Taking Steps To Build A Stronger Tomorrow

Cutting-edge resources for you to stay actively engaged well-prepared for the future during these difficult times!

FROM THE DIRECTOR

Laura Villa

What a year this has been! Between the rising COVID infections and turbulent elections, we find ourselves wondering how 2021 will go for us. Even with news that seems to dictate that our predicament is remedied, our hope is often restrained by the expectation of impending doom, based on the blows that have been dealt with us all year. This year's hardships have increased our worries and anguish to an alarming extent, however, we must concur that this will not last forever. At the Area Agency on Aging, we concede that even though this has been a challenging year for our region our staff, associates and volunteers are focused on serving you with new programs, services, and resources to ease your worries and strengthen your resolve to overcome the inconveniences and the hardships. The holidays have come and gone, and it is imperative that you all **stay healthy, engaged, and connected** with your Area Agency on Aging; that is why we are here. If we are to rectify the uncertainty and sorrow of the preceding year, we must do so together. Of course, we are hoping that you will help as we plan for a better new year.

The challenges of 2020 have given way to new and creative solutions which have expanded our vision and allowed us to grow. We started working virtually, giving you access to presentations, classes, and more. We are incredibly proud about continuing our end-of-life discussions, which, without the pandemic's added hindrance, are deemed relatively taboo and are often delayed or altogether avoided. Through these virtual end-of-life presentations, we are able to ensure that the conversation which is integral to your discussion about the end-of-life does not encounter the same fate as other deferred necessities. We know how difficult it can be to have these conversations if not formulated with the right intent and frame of mind from the outset. Our engaging presentation will help guide you every step of the way.

We also created a mobile app that will enable you to have endless resources at the tip of your fingers as well as current information about what is happening in your communities. We understand that your queries are not always on the internet, so we hope that our app can provide a simple, user-friendly resource for you to get the information you want and need. Most importantly, we continue to tirelessly advocate for you and employ every means to serve you better.

Our work also has a practical application. This year the Area Agency on Aging provided much-needed assistance to more than 130 eligible clients, caregivers, and community members who are especially vulnerable at this time. The items issued ranged from essential personal protective equipment to personal care items such as mouthwash, toilet paper, lotion, and shampoo. This was made possible by the hard work and dedication of the staff, our case managers, and volunteers throughout our four-county region.

As we transition from these turbulent times back into a new normal, it is imperative that we encourage each other to stay connected! Cochise, Graham, Greenlee, and Santa Cruz County residents can stay updated with our agency on Facebook, Twitter, and through our website. Help us help you! We would not be here without you, and to ensure that you receive our ongoing support, please engage with us. www.seago.org; facebook.com/seagoareaagencyonaging/ (520)432-2528 Mon-Fri, 8:00-5:00pm

May you have a happy and prosperous New Year!



SEAGO employees distribute care bags

Excerpt From Douglas Dispatch/The Herald

Employees of the SEAGO Area Agency on Aging met at Bisbee Senior Center on Dec. 9 to assemble 130 essentials bags for clients throughout Cochise, Graham, Greenlee and Santa Cruz counties. During the campaign, the SEAGO Area Agency on Aging case managers supplied the names for recipients of the bags. All case managers delivered the essential bags to their clients, who were delighted to receive these bags. Nubia Romo, Health and Nutrition Program Coordinator for SEAGO Area Agency on Aging, said "The agency provides services and assistance to people 60 or older to help them remain in their homes. SEAGO Area Agency on Aging is a non-profit organization that helps seniors and the disabled in Graham, Greenlee, Cochise and Santa Cruz counties in a variety of ways. The agency provides information about Medicare and Medicaid, helps with family caregiver support, senior health and wellness, home safety issues and community education, advocacy, volunteering and transportation". Romo added "The seniors/clients were people who would likely enjoy the bags this year due to not being able to go to stores or purchase the items themselves. The essential bags included items such as toilet paper, face masks, hand sanitizers, shampoo and soap, as well as scarves, gloves and beanies to keep warm during the winter months.



"It's going to help them know that somebody cares about them, that they're not forgotten," Romo said. "I think these bags are a little token, but it's going to help so much with that social isolation that they're feeling and the despair that everybody is feeling because this virus is really playing havoc on all of our mental health. We're just trying to brighten up Christmas.

With COVID-19 impacting the normal proceedings of the holiday season, especially for elderly individuals often at higher risk for contracting the virus, Romo said the campaign will have a positive impact on the seniors.

"Any Christmas is a special time, but with COVID-19 and given the fact that many of our seniors are seeing less of their loved ones than they might otherwise have, I think that these essential bags during this time makes it just a little more special for those folks," Romo said.

For information on services provided by SEAGO Area Agency on Aging call 520-432-2528.



CHARLES CHRISPELL

Center Director Retires



Pictured: Charles and Helen Chrispell

We say goodbye to a familiar face that greets us everyday. Charles Chrispell, Director of Bisbee Senior Center retires after 12 years. We at SEAGO Area Agency on Aging and the Seniors at Bisbee Senior Center will miss you. Enjoy your retirement you deserve it! Thank you for your time and dedication to the center.



NEWS RELEASE:

COMING SOON!!

Laura Villa, Program Director of SEAGO Area Agency on Aging, is delighted to announce that very soon AAA will once again offer Legal Services to qualifying seniors and disabled residing in Cochise County. Please note that **only civil cases** will be considered for assistance or representation. AAA will begin taking applications for service beginning.

January 8, 2021, Applicants will be screened by SEAGO staff and eligibility will be based on the greatest economic or social need. When service requests exceed available hours, applicants will be placed on a waiting list.

Types of legal services offered include: legal counseling and advice; limited assistance such as completing legal documents; self-help and referrals to pro bono attorneys and representation in court. Additional legal activities include: dissemination of information, outreach and education to individuals and community groups regarding legal issues that may potentially affect the elderly or disabled. If you are interested in receiving legal services, please contact SEAGO Area Agency on Aging, Monday through Friday 8:00 am-5:00 pm (520) 432-2528.



WHAT A YEAR! LOOK WHAT WE ACCOMPLISHED IN 2020!

2020 YEAR IN REVIEW

- ## FEBRUARY
- Boots on the ground **Case Managers training**
 - **Shi & Ramona** attend **Healthy Communities Summit** in Tombstone
 - **Karen & Ramona** attend **Sierra Vista Senior Expo** at the Ethel Berger Center

- ## APRIL
- Congregate Meals sites and Home Delivered Meals received the highest amount of funding from the **CARES Act**. A total of \$421,252
 - Online weekly **CARE** meetings begin Via Zoom

- ## JUNE
- **NEWSLETTER** UPDATED
 - AAA provided more than 19,600 meals in **Southeastern Arizona**
 - **Thoughtful Life Conversations (TLC)** were made in June for AAA via Zoom with 11 participating (1 from Greenlee and 1 from Nogales).

- ## AUGUST
- **Census Advocacy** publicized in the four-county region on radio stations, newspapers and social media reaching over 50000 seniors throughout our regions

- ## OCTOBER
- **AGING MASTERY CLASS GRADUATION (WILLCOX)**
 - **Medicare** annual enrollment begins
 - Medicare AEP Ship Volunteer Training

- ## DECEMBER
- Partnered with **GetSetUp** to provide FREE interactive online classes to older adults to get equipped with technology and stay connected
 - **Medicare** Open Enrollment ends over 600 Seniors were assisted.
 - 130 **Essential Bags** were delivered to clients in all regions
 - **AAA Mobile app** was created, interns were hired for the development process of the mobile app

- ## JANUARY
- Welcomed **Amalia "Mali" Marin** AAA's New Office Specialist

- ## MARCH
- **COVID-19 CORONA VIRUS ALL CLASSES SUSPENDED**
 - More than 86,200 meals were delivered to seniors in **Cochise, Graham, Greenlee, and Santa Cruz Counties**
 - **SCAM JAM** to combat fraud and abuse
 - Coping For **NOW** via Zoom.
 - **AAA staff** to work remotely, except for one employee to cover the office phones during work hours

- ## MAY
- Welcomed **Nubia Romo Health & Nutrition Program Coordinator**
 - **TAI CHI** goes **VIRTUAL**
 - **Carrie Gibbons** completes Cochise County leadership academy

- ## JULY
- AAA continued its efforts on the development of the **Readi Meals program**
 - Our centers postponed **congregation** but rather provide grab and go meals via curbside locations, provide a frozen meal to participants, and allowed for new members to receive a meal

- ## SEPTEMBER
- **N4A** Virtual conference and Tradeshow
 - **AZ SHIP/SMP** Conference (Virtual)

- ## NOVEMBER
- **World Elder Abuse Awareness Day** Conference
 - Virtual **Caregiver Appreciation** event

November is National Family Caregivers Month, and we're celebrating the family members who put their time, energy, and heart into helping their loved ones in need. Caregiving is one of the hardest jobs in the world and those that struggle to do it with love and courage deserve to be supported. The SEAGO Area Agency on Aging is thankful for our family Caregivers!

NOVEMBER WAS FAMILY CAREGIVER MONTH

Karen Enriquez

Governor Douglas A Ducey signed a proclamation observing the month of November 2020 as Arizona Family Caregiver Month, a time to recognize, support, and empower family caregivers.

The SEAGO Area Agency on Aging, in support of all informal family caregivers, hosted a Virtual Caregiver Appreciation Event via Zoom on November 13, 2020, which is also World Kindness Day. What better day to hold an event to honor our informal family caregivers?

World Kindness day promotes the importance of being kind to each other, to yourselves, and to the world. Always celebrated on November 13th, World Kindness Day's message is to help everyone understand that compassion for others is what binds us together.

Caregiving is one of the hardest jobs in the world and the family members that struggle to do it with love and courage deserve to be supported. The Virtual Caregiver Appreciation Day event promoted kindness, appreciation and honored the service of family caregivers.

The virtual social event featured a TAI CHI demonstration, a "Self-Care and Self-Aware" webinar presentation with tips for caregivers, holiday COVID updates, videos of our SEAGO caregivers sharing their stories and a trivia game for the participants.



SEAGO Area Agency on Aging also coordinated a little bit of joy and comfort for our caregiver clients by distributing "Stress-Less" gift bags. The gift bags were put together to provide relevant information, useful and comforting items, COVID

Personal protection supplies, and holiday gifts for our caregiver clients. The gift bags were delivered to our SEAGO AAA caregiver clients by our Cochise County Case Managers prior to Thanksgiving. We hope the gift bags brought a little bit of happiness and relieved a small portion of the stress that our family caregivers deal with every day.

We extend a very grateful thank you to our partners; the Arizona Department of Economic Security, Aging and Adult Services (DAAS), the Cochise County Area Agency on Aging, Case Management Program, and our awesome volunteers for their support and donations.

Caregivers were encouraged to:

- Stress-Less" by coloring and journaling your thoughts, all while wrapped up in a soft, cozy blanket.
- Stress-Less" by staying healthy and COVID free and following the Centers for Disease Control COVID protocols.
- Stress-Less" by keeping personal medical documents organized and available, in case of emergency.
- Stress-Less" by being informed, reading and enjoying the enclosed caregiver books and information.
- Stress-Less" by enjoying a gift card, included to brighten the holidays

We support and appreciate you!



ARE YOU CARING FOR SOMEONE?

Family care giving knows no boundaries. Whether you provide care for a loved one at home or are coordinating services for a loved one who lives in another state, you are a caregiver! Caregiving takes many forms, driving to doctor's appointments, keeping a loved one's home clean, helping with bathing, dressing, or grooming, financial concerns, the list is endless and encompasses the caregivers life around the clock. Caregiving sometimes just happens. It can evolve gradually over time or be triggered by a major health event, a stroke, a heart attack, or an accident. But, no matter how it happens it changes your life!

We are not trained to take on the caregiver role, we may not have ever thought about the possibility of being a caregiver. The truth is at some point in our lives, we all will either become a caregiver or a care recipient.

The first stages of caregiving will be the most challenging. One of the biggest pitfalls is trying to do it all yourself. Learning that help is available and accepting help is the most important thing a caregiver can do to take care of themselves. This knowledge allows our loved ones the choice to remain in their homes comfortably and safely with their family.

confidence needed to sustain their everyday circumstances is the goal of the Family Caregiver Support Program. If you would like more information about the SEAGO Area Agency on Aging and the Family Caregiver Support Program (FCSP), Karen Enriquez, FCSP Coordinator is available to facilitate a workshop for Caregivers in your organization or community by calling (520) 432-2528 x 221.

Tell Us YOUR Story!

Like you, we understand that your role as a family caregiver is 24 hours a day, 7 days a week. We want to tell your story, what your day in the life of a family caregiver looks like. What are you doing at 2:00AM, 6:00AM, 4:00PM, or 10:00PM? What is a typical day for you? Please share and send your stories to kenriquez@seago.org with the subject line "Caregiving-24/7".

Introducing family caregivers to the caregiving role, providing them with the knowledge, skills, and



Tell Us YOUR Story!

ROYCE HUNT-BELL RETIRES

By Ramona MacMurtrie

In 1978 a small group of citizens in Graham and Greenlee counties, concerned about the welfare of the seniors in their communities, started working together to provide services for these seniors. They were originally founded as "The Graham Greenlee Senior Nutrition Program". This funding allowed them to serve congregate meals to seniors. Funding from the Older American's Act helped to expand their focus to include services to homebound seniors. As ARCHS, (Arizona Rural Community Health Services) services were expanded to include Home Delivered Meals, Personal Care, and Housekeeping.

The Older American's Act focused on providing support to family caregivers in 1992 and ARCHS was then funded to provide In-Home Respite and financial support to families for Adaptive Aides and Home Repairs.

Officially incorporated In 1995 as SEACUS (South Eastern Arizona Community Unique Services), they continue to provide quality services and programs to community seniors and their families.



You can't discuss SEACUS and the work they do without talking about Royce Hunt Bell. Royce started with SEACUS in October of 2007 after working with the Department of Economic Security as an eligibility worker and hiring liaison between AHCCCS (Arizona's Medicaid program) and the local hospitals. One day, a SEACUS board member approached her about the Director's position coming open. Royce took a leap of faith, leaving a steady, government-funded position to become Director of a local non-profit and as the saying goes, the rest is history.

Royce came to SEACUS with a fresh outlook, having mainly worked with babies and children at DES. She soon discovered her passion for making life better for the seniors in Graham and Greenlee Counties. Her charisma and energy have made SEACUS a force to reckon with in Southeastern Arizona

From putting on the Senior Expo, to getting out a professional newsletter, to fundraising and going live with the Senior Center programs, Royce has always gone above and beyond to ensure her communities have the best services.

When asked what her greatest accomplishment has been with SEACUS, Royce responded: "I have loved working here and I love the work that we do. I am especially proud of the team of people we have cultivated, our staff and volunteers are committed and completely dedicated to our mission.

This was an extremely hard choice to make. My business had grown so much that I was ready to move on with my classes, distributorships and designing. December 21st will be my last day and I know I am leaving things in the best hands. Stephanie Nabor has been Deputy Director and she is ready to take on the challenge. I will always be supportive of her efforts but I plan to stay away for at least a year before I come back in any sort of volunteer capacity. "

Good luck Royce with your new endeavors!

Congratulations Stephanie on your new position as Director of SEACUS!

ROYCE HUNT-BELL STARTING A NEW ADVENTURE.

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

HEALTH & NUTRITION



Virtual TAI CHI Classes

Participants learn:

Good body alignment and posture.

Strength building exercises to reduce joint pain and stiffness.

Skills to improve balance and coordination for fall prevention.

Coordinated movements to increase flexibility which improves circulation of body fluid and blood to enhance healing.



New Series Begins:
January 22, 2021

Register today at:

Eventbrite[™]

seagovirtualtaichi.eventbrite.com

For more information contact:

(520)432-2528

SEAGO AREA AGENCY ON AGING OFFERS VIRTUAL FALL PREVENTION PROGRAM FOR AREA SENIORS

SEAGO Area Agency on Aging continues to innovate strategies of virtual education. During the COVID-19 pandemic, we developed ways to reach out to the community in unique directions. Nubia Romo Health & Nutrition Program Coordinator worked to modify the traditional fall prevention program for senior citizens to a virtual presentation via Zoom in May.

The Health and Nutrition Program offers fall prevention programs for area seniors each year, entering senior centers in the region and sharing advice and education on exercise and self-care. This year, due to restrictions put in place as a result of the pandemic, entering those facilities was not an option. So, Romo designed a virtual program and reached out to seniors via social media. Over five dozen seniors took part in the programs from those locations, connecting with volunteer instructors on Zoom.

“When we first analyzed how to engage our seniors in the established service-learning program of Fall Prevention and Wellness, I was concerned with how the virtual format would work,” Romo recalled. “Luckily, the support from seniors was so encouraging that we are motivated to make this work for everyone involved. The program was a success. It led the seniors in presenting six series of Tai Chi education and exercises designed to keep seniors safe and decrease the risk of falling. Due to the success of this virtual program, I can see how other learning opportunities and outreach is possible as well. It’s different, but the learning opportunities offered to the seniors are very effective.

SEAGO Area Agency on Aging certified Tai Chi volunteers guided seniors through exercises that they can continue at home that will help to improve strength and balance, to prevent falls that could cause severe injury or prove fatal. Goals of Tai Chi for Arthritis and Fall Prevention (also known as Tai Chi for Arthritis): 1) Improve movement, balance, strength, flexibility, immunity, and relaxation; 2) Decrease pain and falls; 3) socialization and sustainability. They also offered tips individuals can take around their homes to further decrease fall risk. Those tips included, the use of adequate lighting in the home, checking to make sure rugs and carpets are not loose and posing a risk of stumbling, and keeping walkways clear of clutter.

I believe that this experience has made me more confident in educating future seniors with precautions that they can take to prevent falls”. Romo shared that she has been impressed with how students have adapted to these alternative learning environments. She said, “The seniors have adapted very well to remote learning. They are flexible and patient, and very helpful with some technical issues that arise. I appreciate their positivity as we adapt to new learning situations.

“This remote experience helped to provide a quality education because we could interact and provide resources and evidence that will be helpful to those older adults. Even though we could not meet in person, I still feel like we were able to educate everyone to the best of our ability.” Falls are the leading cause of fatal injury among senior citizens. According to the National Council on Aging, an older adult is treated in the emergency room for a fall every 11 seconds in the United States,. Every 19 minutes, an older adult dies from a fall. Graduates of the Tai Chi Fall and Arthritis program received Tai Chi patches at the end of each series."

Romo would like to remind seniors to be mindful and vigilant to remain safe and healthy. For more information on how to join a TAI CHI class contact (520)432-2528

EAT MORE FRUITS AND VEGGIES IN THE WINTER

Fruits and veggies have many health benefits but some of our favorites may not be available every season. Here are some tips to ensure you're getting enough of these fibrous friends all year round!

TIP #1: BUY FROZEN, CANNED OR DRIED

Frozen and canned fruits and veggies tend to get a bad rap, but more times than not they are actually healthier! They are picked when they are the freshest and then processed, keeping the integrity of all of the vitamins and minerals they possess.

Hint: When shopping, be sure to buy low sodium, no added salt or sugar added items.

Fruits and veggies have many health benefits but some of our favorites may not be available every season. Here are some tips to ensure you're getting enough of these fibrous friends all year round!

TIP #2: BUY IN SEASON

Buying some summer favorite fruits in winter may not have the flavor you want. Buying fruits and veggies that are in season will taste delicious.

Here are some examples:

Fruits- avocados, bananas, clementines, grapes, kiwi, guava, pomegranates.

Veggies- beets, broccoli, brussels sprouts, kale, leeks, potatoes (sweet & white), snow peas

TIP #3: KEEP IT SIMPLE

- Add a handful of frozen berries to your oatmeal or yogurt
- Put mushrooms, onion, spinach, pineapple, or peppers on your frozen pizza
- Add banana slices to your peanut butter toast



SMOOTHIE

A HEALTHY SMOOTHIE
RECIPE

INGREDIENTS

1 cup blueberries (frozen or fresh)	2 tablespoons white sugar
1 (8 ounce) container plain yogurt	1/2 teaspoon vanilla extract
3/4 cup 2% reduced-fat milk	1/8 teaspoon ground nutmeg

DIRECTIONS

Blend the blueberries, yogurt, milk, sugar, vanilla, and nutmeg in a blender until frothy.

Scrape down the sides of the blender with a spatula occasionally. Serve immediately.



LEARN AND SOCIALIZE ONLINE!

Connect with curious people such as yourself in small and mid-sized classes



Welcome to the SEAGO Area Agency on Aging Online Learning Center for Older Adults!

SEAGO Area Agency on Aging serves people in Cochise, Graham, Greenlee, and Santa Cruz Counties, age 60 and over, their unpaid family caregivers, and disabled adults. The goal of an Area Agency on Aging is to enable older adults to maintain maximum independence and dignity in their homes, long-term care, and communities. We are pleased to sponsor these fun and interactive sessions and classes for mature learners, designed to help you stay active and engaged, learn new things, and support healthy aging.

Go to: <https://www.getsetup.io/partner/SEAGO>

Use coupon code: **SEAGO** to waive any fees associated with small group classes. Take the "New Member Orientation" to get started!

WHAT IS GETSETUP?

GetSetUp is an online community of people ages 50+ who want to get more out of life, learn new skills with others, and gain new experiences.

Specially trained GetSetUp Guides and Social Hosts, lead classes from how to get started with technology to starting your own business. These classes are live so learners can ask questions, share experiences, and ensure their goals are achieved.

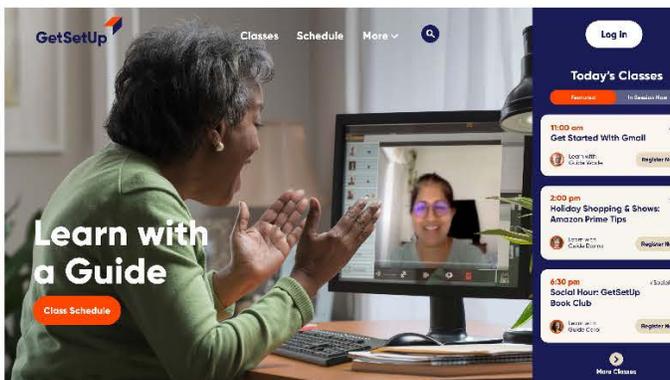
Whatever your background, experience, or education there is something on GetSetUp for you.

With the second wave of the pandemic and winter approaching -- which will limit mobility for many people -- GetSetUp is ready to meet the challenge. Classes are provided daily around a variety of topics from creativity, health, wellness, to the classic technology classes.

Plus now Social Hours offer a chance for learners to join and share their wealth of knowledge on a shared topic of interest or participate in fun activities together from playing cards to trading movie recommendations. There is a little bit of something for everyone.

GetSetUp created a platform that enables seniors to serve as the superheroes of today's economy, tapping a huge, growing population of retired educators to help teach essential tech skills to their peers. Organizations, companies, and the government see GetSetUp as a crucial resource to help teach older and/or less-tech savvy consumer tech products.

Organizations such as AARP, Assisted Livings, the YMCA, use GetSetUp to provided tools for older adults around staying connected and health and wellness. GetSetUp continues to gain momentum and grow.



LIVE & INTERACTIVE

Unlike watching videos, GetSetUp classes are all live. GetSetUp classes involve active participation of all learners. We believe in learning by doing.

ENGAGING AND FUN

Our classes are taught by older adults who bring all their wisdom and experience into the class. Learners are actively engaged in fun discussions and practice.

MAKE NEW FRIENDS

Our classes are small, relaxed, and perfect for people who want to build new relationships while learning a new skill.

ASK QUESTIONS

Ask as many questions as you want! Our Guides are patient and committed to ensuring that learners are set up and confident to achieve their goals.

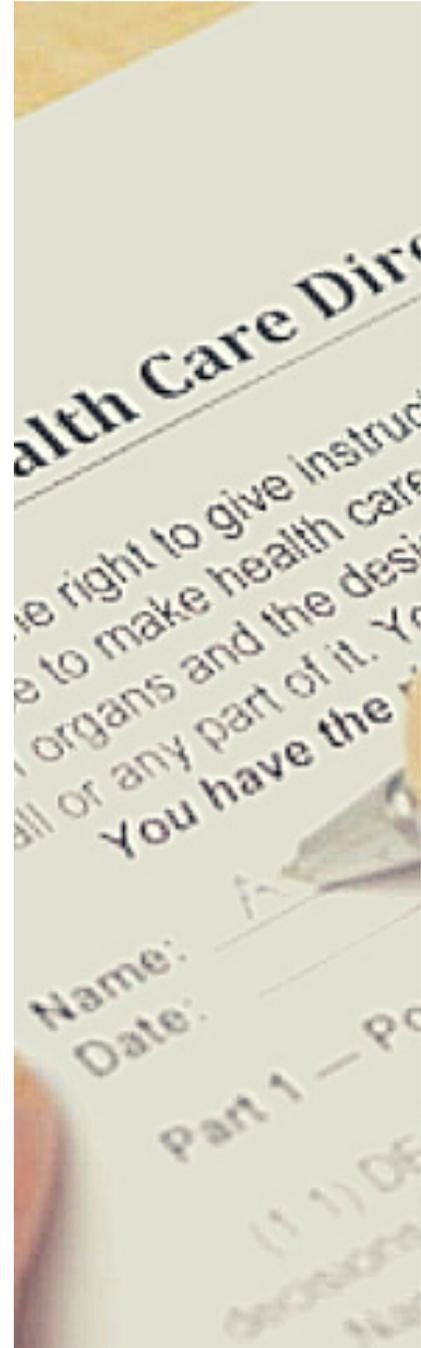
ADVANCE HEALTHCARE PLANNING MATTERS

Ronnie Squyres

As we are finishing out a singularly unusual year, we are looking forward to 2021! New Year, new beginnings: some people make New Year's Resolutions. You know, like exercising more or eating more salads or...These often lead to frustration and disappointment. Let's not go that route. How about making a plan to choose a trusted decision-maker (and an alternate, in case it is needed) who would speak for you if you become unable to speak for yourself? Someone that would be your champion and knows what your care preferences are. This person would be whom your healthcare providers would turn to for a discussion of choices for your care. That reminds me of a lady who had 2 children. She had a daughter that she felt would stand up for her and support her choices which they had discussed. Her son did not support her choices. A day came where she was very ill and her doctor had to turn to her family as the woman was too sick to share her wishes. First, the son was called but her doctor felt uneasy with the conversation. He then called the daughter and discovered that she knew what her mother wanted and had a completed Healthcare Power of Attorney to speak on her behalf. This situation really makes the point that it is important that we choose who to make medical decisions on our behalf and to make sure our wishes are known.

TALK. PREPARE. SHARE.

There is great progress being made on having our wishes readily available to healthcare providers. In 2021, the AZ Advance Directive Registry which has been managed by the AZ Secretary of State's Office will be moving to Health Current Health Information Exchange (HIE) is the electronic records system used by AZ hospitals, clinics, emergency medical services, and many other healthcare providers. That way when you have a Healthcare Power of Attorney (medical decision-maker) and/or a Living Will (what your wishes are) and you get your advance directives into the HIE, your information will be readily available in real-time for healthcare providers working on your behalf. Since this is in progress and not fully ready to use, we will keep you posted on exactly how to get your directives into the HIE as that becomes available. In the meantime, please plan ahead and select a medical decision-maker (and alternate) and have those conversations. Conversations matter!



Continued from page 17

If you would like more information on advance care planning, feel free to go to the Prepare for Your Care Guide which uses video stories of people talking with their families and health-care providers about medical decision-making. We have had many people tell us this Guide (English and Spanish) is an easy-to-follow step by step guide. Take a look: <https://prepareforyourcare.org/welcome>.

Also, feel free to look on our website for further info, advance directives in English or Spanish that you can download for free, and check out our events. We regularly schedule Thoughtful Life Conversations: Advance Healthcare Planning via Zoom. We are excited to now be offering Thoughtful Life Conversations in Spanish via Zoom. Please check our website for this and other events and please share this info. It can make such a difference! Our website: <https://www.seago.org/advance-care-planning>.

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 advanced 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 or 520-355-5226.

NEW YEAR GOALS

PUT A CHECK NEXT TO THE ONES YOU WANT TO ACHIEVE THIS YEAR.

- Read one book per month
- Start Meditating
- Begin a gratitude journal
- Volunteer
- Eat Healthier
- Travel somewhere new
- Fall in love
- Start a business

SMP SCAM WATCH CORONAVIRUS (COVID-19)

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time sensitive offers.

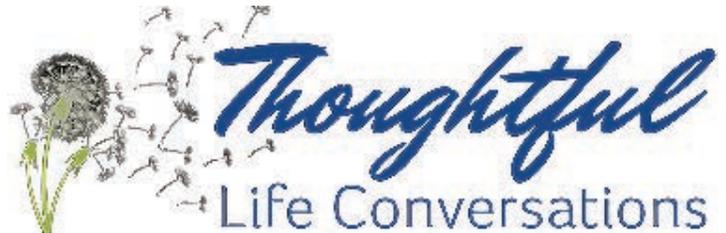
Contact the SMP for questions or to report Medicare fraud, error, or abuse at 877.808.2468 or at smpresource.org

Coronavirus :

PLANNING TODAY FOR YOUR HEALTHCARE NEEDS TOMORROW

DISCUSSING AND DOCUMENTING WISHES FOR FUTURE MEDICAL CARE

Whether you're in the prime of your life, or in the throes of a serious illness, having Thoughtful Life Conversations about future medical care that's right for you should you become unable to speak for yourself, is the first step to ensuring your values and personal preferences will be honored. Having these thought-provoking conversations—and then documenting them for healthcare providers to access in real-time—ensures your wishes are honored in almost every possible medical situation. Expressing exactly what medical treatments you want, and very importantly the ones you don't want, saves friends and family members from stress at a very sensitive time should you become incapacitated or too frail to make decisions. Give your family and loved ones a great gift. Plan today for your healthcare tomorrow.



"Through collaboration and education, provide the resources to prepare individuals to make informed end of life choices that are consistent with their values and beliefs."

HOW CAN I PROTECT MYSELF AGAINST COVID19?

Wash your hands frequently

Avoid touching your eyes, nose, and mouth

Avoid crowded places and put space between yourself and others

Cough or sneeze into your bent elbow or a tissue

If you have fever, cough, or difficulty breathing, seek care early. Call beforehand and follow medical advice.

SOURCE: WORLD HEALTH ORGANIZATION





LISTENING TO PEOPLE

Ramona MacMurtrie

From October 15th through December 7th, I was on the phone for 8 to 10 hours a day, talking to our seniors and disabled about their Medicare choices for 2021. Because I was not seeing people face to face, I listened harder and I heard more than I usually do. I heard a lot of loneliness, confusion, and hopelessness. I also heard determination, caring, and hope. It was difficult for me, not to see my regulars face to face but I was so glad to hear their voices and, I like to believe, they were glad to hear mine. I found myself repeating the same tips and advice regarding health insurance and other issues during this time.

Remember, health insurance will rarely cover 100% of your costs. It's designed to share costs with you up to a certain point, called the out-of-pocket limit. After you hit the out-of-pocket limit, health insurance will pay 100% of your health care costs. A few ways that health insurance companies might share costs with you are your premium, your deductible, your copayment, your coinsurance, and your out-of-pocket limit. When you shop for a health insurance plan, it's important to know what the key features are that decide how much you're actually going to pay for health care. These out-of-pocket expenses can be boiled down into five major features of your health insurance plan:

Premium

It's easy to think of your premium as your monthly bill. Every month, you pay a premium to a health insurance company in order to access a health insurance plan. While your monthly premium may be how much you pay for health insurance, it's not how much you pay for health care services. Choosing a plan with lower premiums will probably mean that you'll pay more out-of-pocket if you need to see a doctor.

Deductible

A deductible is how much you need to pay for health care services out-of-pocket before your health insurance kicks in. In most plans, once you pay your deductible, you'll still need to pay copays and coinsurance until you hit the out-of-pocket max, after which the plan pays for 100% of services. Plans with lower premiums tend to have higher deductibles. The deductible and out-of-pocket maximum are two different issues: the deductible is how much you'll pay for a covered procedure before your insurance starts to pay, and the out-of-pocket maximum is the total amount you'll pay for care including the deductible.

LISTENING TO PEOPLE (CONTINUED)

Copayment

A copayment, often shortened to just “copay,” is a fixed amount that you pay for a specific service or prescription medication. Copayments are one of the ways that health insurers will split costs with you after you hit your deductible. You will pay copayments until you hit your maximum out-of-pocket amount.

Coinsurance

Coinsurance is another way that health insurers will split costs with you. Unlike a copayment, coinsurance isn’t a fixed cost – it’s a percentage of the cost that you pay for covered services. For example, if you have a coinsurance of 20%, you’ll pay 20% of the cost of covered services until you reach your out-of-pocket maximum.

Maximum out-of-pocket amount

The maximum out-of-pocket amount also called the out-of-pocket limit is the most you would ever have to pay for covered health care services in a year. Payments made towards your deductible, as well as any copayments and coinsurance payments, go toward your out-of-pocket limit. Monthly premiums do not count.

Medicare

Medicare is a federal health insurance program for Americans above the age of 65. It provides free or heavily cost-reduced health care to eligible enrollees. There are four parts to Medicare that cover different health care services:

- Part A for inpatient (hospital) care, for which most people pay no premiums
- Part B, for outpatient care, like doctor's office visits.
In 2021, Part B has a monthly premium of \$148.50.
- Part C, which is also called Medicare Advantage, and allows you to buy into private health insurance.
- Part D, for prescription drug coverage

There is also the Medicare Supplement or Medigap, which is a plan that covers the 20% that Medicare does not. Medigap plans can only be used with Original Medicare and/or Prescription Drug plans. Medigap is often confused with Medicare Advantage plans.

Medicare Advantage plans in Cochise, Graham, Greenlee, and Santa Cruz counties are usually either Health Maintenance Organizations (HMO’s) or Preferred Provider Organizations (PPO’s). A health maintenance organization (HMO) plan might give you the least amount of flexibility in terms of who you can choose as a provider. If you don’t see a physician who’s either an employee of the HMO or does contract work for it, be prepared to pay for the entire medical bill (unless there’s an emergency). And if you move or switch over to a job in a new city, you might lose your coverage. With a preferred provider organization (PPO) plan, your insurer might pay a portion of your bill if you visit a doctor or specialist outside your network. You won’t need a referral from your primary physician to do that, but you’ll probably pay more. To keep costs low, you’ll want to stick with in-network healthcare professionals.



LISTENING TO PEOPLE (CONTINUED)

Medicaid

If you're on a low income or tight budget, you should look into whether or not you qualify for Medicaid. Medicaid is a public health insurance plan available for low-income individuals and families. Assistance does not have to come only in the form of the Arizona Health Care Cost Containment System (AHCCCS). There are programs that can help pay the Medicare Part B premium (\$148.50 for most people in 2021) and programs that can help pay for the Part D prescription plan premium and significantly lower prescription drug copayments.

Review the following statements and see how many are true for you:

- I know the name of my insurance company and how much I pay for my monthly premium.
- I know how much comes out of my Social Security benefit and what it is for.
- I know what kind of health coverage I have.
- I know to keep my Medicare and Social Security cards in a safe place and not carry them in my wallet.
- I know what prescriptions I am currently taking, the correct dosages, and what each one is for.

Some other recurring topics and bits of advice:

- **Make a retirement budget.** More than half of baby boomers haven't calculated how much they'll need to save for retirement, according to AARP. Remember, one amount doesn't fit all. Some experts say you need at least 70 percent of your pre-retirement income, but if you are low-income, you'll need about 90 percent. The amount also depends on your standard of living. Start saving now! Twenty-nine percent of baby boomers have saved less than \$10,000 for retirement. After you know how much you need to retire, make savings goals and start saving immediately
- **Pay down your debts.** Half of the households headed by someone between 55 and 64 had credit card debt in 2009, according to the Federal Reserve. The same age group accounts for 16.9 percent of bankruptcies. Consult a credit counselor and begin a debt reduction plan.
- **Take care of your health.** Exercise an hour a day, and eat plenty of fruit and vegetables. It will enhance your quality of life today and in the years to come.
- **Plan ahead for impairment and death.** Drawing up a living will with advance directives can help guide your family through difficult choices about your treatment in old age. Establish health care power of attorney to allow your spouse or family member to make health care decisions for you when you can't.
- **Prepare your home.** About 90 percent of baby boomers prefer staying at home rather than going to a care facility in old age. Modify your home so you are able to stay there. Remove any barriers that would prevent you from getting around the house in the event of impairment.
- **Makes friends outside work and family.** If your social life revolves around work or family, you might be setting yourself up for isolation in old age. Engage in activities that will help expand your social circle and start working on those "someday I'll have time to" hobbies.
- **Have a positive attitude.** A good attitude helps people to cope with the challenges of aging.

Remember, SEAGO – Area Agency on Aging is here to help you with these and many other issues and topics. Reach us by calling 520-432-2528, follow us on Facebook at <https://www.facebook.com/seagoareaagencyonaging> and on our web site at: <https://www.seago.org/area-agency-on-aging>.

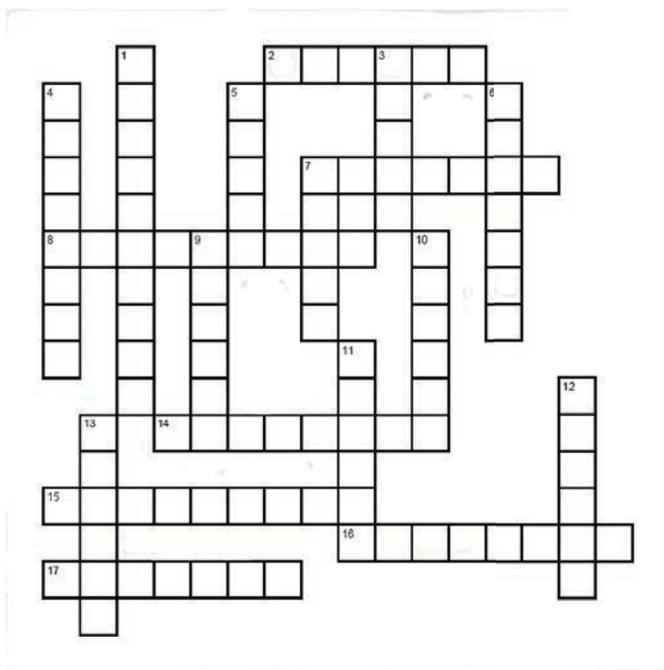


WINTER BRAIN BREAK

H N E S O W D H O L I D A Y S G F
 S Q A M N L O S E L C I C I O N N
 O E I G O O S L L S B V J H U W F
 D C T C G F W L P W L E G I P O B
 B A Z A E O X M E W Z V K B G Z W
 L L A C K S B U A E O P G E K D J
 A P T H U S C O E N T N V R L S O
 C E W I N T E R T I R E S N O T L
 K R W W F P F M A D O C I A T N L
 I I G H X I S R M P A C N T S A R
 C F M I T T E N S R E J A I O P U
 E X H N O L I G F E G R P O R I H
 R F A R S K C O S L O O W N F K O
 H B M M C F M W L L A B W O N S J

- | | | |
|-------------|-------------|--------------|
| ANTIFREEZE | ICE SCRAPER | SNOWBALL |
| BLACK ICE | ICICLES | SNOWMAN |
| COLD | MITTENS | SOUP |
| FIREPLACE | SCARF | STORM |
| FOG | SKATES | TOBOGGAN |
| FROST | SKI PANTS | WINTER TIRES |
| HIBERNATION | SLEET | WOOL SOCKS |
| HOLIDAYS | SNOW PLOW | |

Winter Crossword



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

1			2
	2	1	
			1
2	1	4	

WINTER IS NOT A SEASON, IT'S A *Celebration.*

-ANAIKA MISHRA

DID YOU KNOW? 1959 History, Trivia and Fun Facts

- Politics: Cuban President Batista resigned and left Cuba, then communist-backed Fidel Castro took over.
- The Top Song was Mack The Knife by Bobby Darin
- The Big Movies included Ben-Hur, Sleeping Beauty and Some Like It Hot
- Price of Alcoa Aluminum wrap, 75 foot roll in 1959: 69 cents
- The World Population was ~ 2,987,000,000
- US Life Expectancy: Males: 66.8 years, Females: 73.2 years
- The BIC Crystal ballpoint pen was first sold in the US in 1959 for \$0.19. It is still sold for approximately \$0.19 even with inflation.
- Risk: The Continental Game (now Risk: The Game of Global Domination) was introduced by Parker Brothers in 1959
- There's a Burger King in the town of Mattoon, Illinois which actually opened before the giant chain and registered as a statewide trademark in 1959. The Burger King chain isn't allowed to operate within 20 miles of the original restaurant.
- World Series Champions-Los Angeles Dodgers
- NFL Champions-Baltimore Colts
- 1959's Fresh Faces and Top Celebrities-Brigitte Bardot, Susan Chew, 'Wilhelmina' Cooper, Doris Day, Mamie Van Doren, Anita Ekberg, Annette Funicello, June Ferguson, Audrey Hepburn, Sophia Loren, Jayne Mansfield, Marilyn Monroe, Julie Newmar, Kim Nova

ANSWER KEYS:



TRUALTA

INNOVATION IN CAREGIVER TRAINING

KAREN ENRIQUEZ

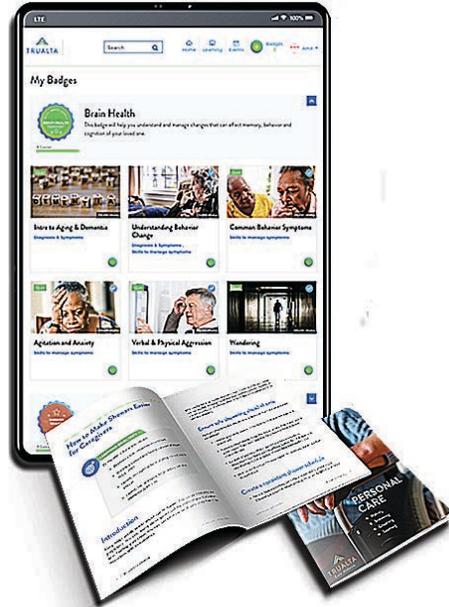
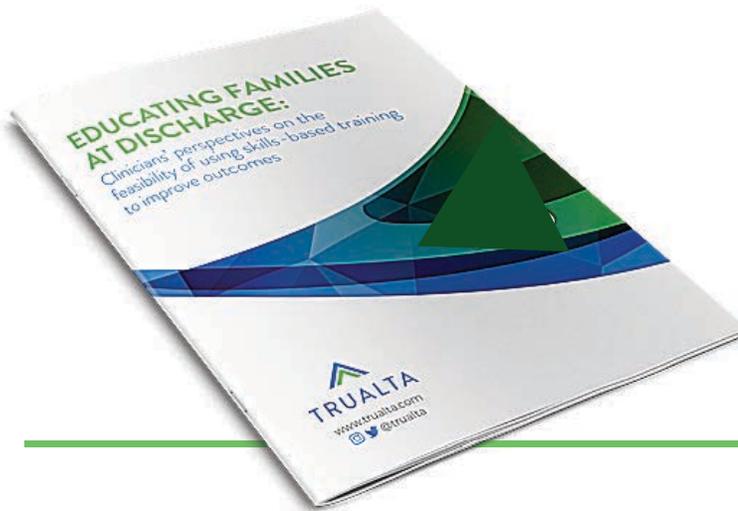
While we don't know what the New Year will bring, we do know that together we will have more opportunities to improve the lives of informal family caregivers.

With increased health and safety COVID restrictions being imposed on an already overburdened medical and home care workforce, unpaid home and family caregivers are being increasingly relied upon to provide complex care in the home - often without any training or ongoing support. Now more than ever, with limited senior services available, caregivers need effective online resources.

The SEAGO Area Agency is proud and excited to announce the adoption of Tualta, an interactive portal for caregivers.

Families are invited to an interactive eLearning environment created to help manage care at home. Each caregiver receives a personalized learning journey based on the caregiving topics that are most relevant to their care situation.

Tualta helps families build the skills needed to manage care at home for their aging loved ones. With on-demand audio, video, tip-sheets, music therapy, and professional-level training, there is something for everyone. While many caregivers face challenging care situations, the Tualta program helps them build confidence, reduce stress, and improve the care that they provide to their loved ones.



Tualta is convenient. Readily available, bite-sized content that can fit into the busy lives of caregivers.

Tualta is on-demand. Instant access to our content from any computer, smartphone or tablet; completely optimized for mobile devices

Tualta is personalized. Learning preferences, unique care situations, and location-based offerings are tailored to caregiver needs.

Topics will include:

- Personal care (e.g., tips for showering, toileting);
- Dementia care (managing difficult situations like wandering, agitation, apathy);
- Safety and injury prevention (identifying fall risks, safely moving and transferring)
- Caregiver wellness (e.g., balancing work and caregiving).

Tualta also offers "expert level" training from professional-level providers like Teepa Snow, adapted for the family caregiver audience.

SEAGO Area Agency on Aging will also have a dedicated learning portal linking all local information such as recordings of Family Caregiver Support Program webinars, a link to the CARE- Virtual Support Group meetings, the SEAGO AAA newsletter, SEAGO AAA Facebook and Instagram, the SEAGO website, as well as current class registrations, and relevant current events. This will allow Caregivers to have direct communication with the Area Agency on Aging without ever leaving the Tualta portal. One stop Support.

If you are a caregiver and interested in more information, please call Karen Enriquez, Family Caregiver Support Program Coordinator at (520) 432-2528 x 211.



See what our caregivers are saying...

Trualta helps families build skills to manage care at home for their aging loved ones. With on-demand audio, video, tip-sheets, music therapy, and professional-level training, there's something for everyone. While many of our participants face challenging care situations, our program helps them build confidence, reduce stress, and improve the care that they provide to their loved ones.

"Helpful information while we are making changes in our home. I'm sure I'll be referring back for reminders"

- Maureen
from "What is Dementia-Friendly Interior Design?"



"I know that music brings joy to my mom and she loves to dance, I also know that the smell of home cooking makes her happy but I didn't realize that massaging her hand or listening to nature sounds will also help her to relax. I'll have to try these methods."
- Cleopatra

from "Sensory Stimulation: Using the 5 Senses to Create Meaningful Moments"



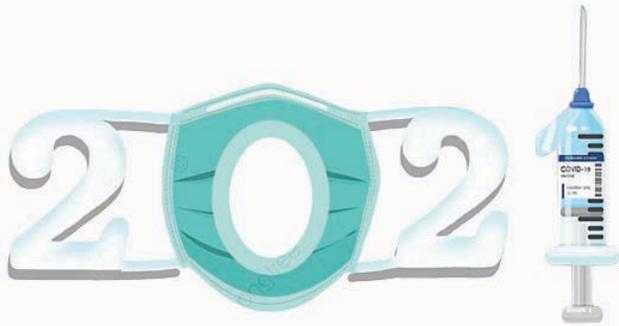
CARE Virtual- Caregiver Support Group

Have your Care Giving responsibilities left you wishing there was someone who understands what you are going through?
Our Caregiver Support Group meets every **WEDNESDAY @ 10:00 AM-11:00 AM VIA ZOOM!** Call to join!



Family Caregiver Support Program

Serving the Needs of Family Caregivers



A SHOT OF HOPE.

Ref: David Leonhardt

New York Times

Before Covid-19, the record for the fastest vaccine development — for mumps — was four years. Most vaccines have required more than a decade of research and experimentation.

Yet December 14, 2020, less than a year after the discovery of Covid, a critical care nurse in Queens named Sandra Lindsay became the first American to participate in the mass vaccination program for the coronavirus. “I feel like healing is coming,” she said afterward.

It is a stunning story of scientific success.

It also fits a pattern that stretches back decades: **Many of the biggest technological breakthroughs in American history have not sprung from the private sector.** They have instead been the result of a collaboration between private companies and the federal government.

The Defense Department after all, built the internet. Government research and development also led to transistors, silicon chips, radar, jet airplanes, satellites, artificial limbs, cortisone, flat screens and much more, as the M.I.T. economists Jonathan Gruber and Simon Johnson point out in their recent book, “Jump-Starting America.”



“Almost everything about your computer today — and the way you use it — stems from government funding at the early stages,” Gruber and Johnson write.

Why? Because basic research is usually too uncertain and expensive for any one company to afford. Often, it isn’t even clear which future products the research may create. No kitchen appliance company ever would have thought to do the military research that led to the microwave oven.

With Covid, the vaccines from both Pfizer and Moderna rely on years of government-funded (and sometimes government-conducted) research into viral proteins and genetics. That research, Kaiser Health News explains, is “the essential ingredient in the rapid development of vaccines in response to Covid-19.”

The federal help accelerated this year. The government-funded Moderna’s work in recent months, as part of the billions of dollars it spent to make possible a record-breaking vaccine, The Atlantic’s Ed Yong writes. And while Pfizer turned down direct federal funding, it asked for the government’s help in procuring supplies and also signed a \$1.95 billion “advance purchase” agreement with Washington.

What are the lessons for the post-Covid world?

Solving the biggest challenges, like climate change, will almost certainly depend on a combination of public-sector funding and private-sector ingenuity.

Yet as Gruber and Johnson note, federal funding of science has become a smaller part of the U.S. economy than it used to be. This means the Covid vaccine is both an inspiring success and something of an exception. “On its current course,” the economists write “America seems unlikely to continue its dominance of invention.”

The vaccine put the end of the pandemic within sight. The start of the national vaccination campaign was a moment infused with optimism and pain for American health care workers. “I feel like I didn’t just get a vaccine, I got a shot of hope,” one doctor said.



WE NEED YOUR HELP VOLUNTEER TODAY

SEAGO Area Agency on Aging is looking for dedicated volunteers to work in a variety of areas. Our outreach programs provide many opportunities for interested individuals to give of their time while improving the lives of others.



SEAGO

AREA AGENCY ON AGING

Call (520)432-2528 to find out how you can help



LONG TERM OMBUDSMAN PROGRAM

HELPING RESIDENTS OF LONG-TERM HEALTH CARE FACILITIES AND THEIR FAMILIES



SEAGO

AREA AGENCY ON AGING

Ombudsmen is committed to protecting the rights of persons living in long-term care facilities.

Call (520)432-2528 or visit

<https://www.seago.org/long-term-care-ombudsman> for more information.



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AREA AGENCY ON AGING

EVIDENCE-BASED HEALTH AND NUTRITION PROGRAM

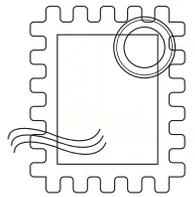
Have a computer with a web cam?
An email address? An internet
connection?





AREA AGENCY ON AGING
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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*)

January is National Glaucoma Awareness Month

January 18, 2021 – Martin Luther King Day*

February is American Heart Month

February 14, 2021– Valentines Day

February 17, 2021- Ash Wednesday (First Day of Lent) *

UPCOMING EVENTS

January 21, 2021 – VIRTUAL TAI CHI Register today!

*Your Connection to
 Aging Services!*

CONTACT US

Office	520-432-2528
Fax	520-432-9168
Web Page	www.seago.org/area-agency-on-aging
Email	aging@seago.org

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