



Area Agency on Aging

Serving Cochise • Graham • Greenlee • Santa Cruz Counties

Quarterly Newsletter

Spring 2021

Here comes the sun, doo doo doo doo

Here comes the sun, and I say it's all right.

A new day, a new beginning for every one of us who COVID Here comes the sun, and I say it's all right.

A new day, a new beginning for every one of us who COVID has impacted in one way or another. SEAGO-Area Agency on Aging staff has remained in good health; this has allowed us to continue our efforts in meeting our responsibilities. Our programs have not stopped, but on the contrary, we have brought in new programs to help meet the needs of our communities. AAA staff feels each of our affected communities, we connect either by phone or by zoom, and we feel the sadness when reporting deaths of family members, friends, neighbors, or acquaintances. We have seen almost 25,000 COVID cases, 527 deaths, and over 3600 individuals over the age of 65 who have contracted COVID in Cochise, Graham, Greenlee, and Santa Cruz Counties. The virus has struck us, but I am confident that no storm lasts forever. Yes, here comes the sun.

We enter a season with dedicated and passionate individuals who contributed their time to the Area Agency on Aging and are now taking a different path. New staff members join the family and are ready to start a new chapter in our organization. Our goal has and always will be to provide services that empower individual choice, independence, and dignity for our aging & disabled population and their caregivers. Furthermore, we must provide our communities with the right resources, advocate for those less fortunate, and empower those who want to do more for themselves and others.

Please don't lose sight; we have new projects, more resources, and a team of dedicated staff and partners who look forward to making the Area Agency on Aging shine. Our Family Caregiver Support Program introduces Tru-alta, and it offers skill-based training delivered through an online learning system built specifically for the family caregiver audience. This collection of professional content is designed to assist with manage care at home and provides personalized online training for challenging care situations. Now, individuals who provide care to a loved one who doesn't receive training on how to provide hands-on will have the resources available to them without leaving their own home and at their own pace. Get Set Up allows the Area Agency on Aging to help individuals learn ways to stay connected, introduce them to technology, and benefit from it. Get Set Up is available through SEAGO and the Mobile App launched on February 14, 2021. Today, you can download the app and stay connected with the agency on future events, our library of saved presentations or events, essential information focused on the elderly, disabled, and caregivers but most importantly, the county resource directories—all of this, at the tip of your fingers.

With this, I can say that 2021 will be a better year! COVID vaccines are rolling out, we see the numbers of cases decline, and the atmosphere feels shiny and brighter.

Laura Villa



In our communities, older adults are a key source of strengths. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

This year, SEAGO Area Agency on Aging will celebrate OAM by hosting two days of virtual events. Please register to join us via virtual platforms for great presentations, information on community resources, and fun giveaways.

Register Online at:

May 12th Event Live from Clifton 12:00-3:00pm

<https://www.eventbrite.com/e/seago-aaa-older-americans-month-communities-of-strength-clifton-tickets-152909288799>

May 13th Event –Live from Safford 10:00-1:00pm

<https://www.eventbrite.com/e/seago-aaa-older-americans-month-communities-of-strength-safford-tickets-152926777107>



Join our OAM event

#OlderAmericansMonth

Call

520-432-2528

for more information.



This program was funded through a Contract with the Arizona Department of Economic Security. "Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and Title VII) and the Americans Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, SEAGO Area Agency on Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex national origin, age, and disability. The SEAGO Area Agency on Aging must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, the SEAGO Area Agency on Aging must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the SEAGO Area Agency on Aging will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in an alternative format or for further information about this policy please contact: SEAGO Area Agency on Aging at 520-432-2528." Para obtener este documento en otro formato u obtener informacion adicional sobre esta politica, SEAGO Area Agency on Aging 520-432-2528. This program was funded through a Contract with the Arizona Department of Economic Security.

GOVERNOR DOUGLAS A. DUCEY

STATE OF ARIZONA
★
PROCLAMATION

WHEREAS, Arizona is proud to be called home to a growing number of older Americans who enrich our communities through their diverse life experiences; and

WHEREAS, Arizona continues to benefit when people of all ages, abilities, and backgrounds are included and encouraged to share their successes and stories of resilience; and

WHEREAS, Arizona recognizes the need to nurture ourselves, reinforce our strength, and continue to thrive in times of both joy and difficulty; and

WHEREAS, Arizona is devoted to and supports the expanding network of community partners in advocating for older adults, their families, and caregivers; and

WHEREAS, Arizona is committed to strengthening our communities by connecting with and supporting older adults, their families, and caregivers and acknowledging their many valuable contributions to society.

NOW, THEREFORE, I, Douglas A. Ducey, Governor of the State of Arizona, do hereby proclaim May 2021 as

OLDER AMERICANS MONTH

and encourage Arizonans to recognize older adults for their resilience including those who have served and supported them as essential contributors to the abounding strength of our community.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona



Douglas A. Ducey
GOVERNOR

DONE at the Capitol in Phoenix on this Fifteenth day of April in the year Two Thousand and Twenty-One, and of the Independence of the United States of America the Two Hundred and Forty-Fifth.

ATTEST:

[Signature]
SECRETARY OF STATE

Saying Good Bye

On July 1st, 2013 I started one of the greatest adventures of my life. Little did I know how many amazing people and experiences would come into my life when I took the position of SHIP/SMP Coordinator with SEAGO - Area Agency on Aging.

From meeting the terrific team at SEACUS and my mentor, Elyse Politi on my first day, to welcoming newcomers Cindy Meyers and Brenda Schumacher onto the team, so many amazing people have left their mark on me and the Area Agency on Aging. Kathleen Heard and Wanda Leikem taught me that the "Team" and caring for our seniors was what we were all about. Laura Villa shared her enthusiasm, knowledge, team building skills and the need to advocate for our seniors. Carrie Gibbons came in to SEAGO as our Office specialist and has added so much professionalism and common sense to our publications, to our procedures and to our image as a whole. Shi Martin is just a whirlwind! Her brain blasts can overwhelm you but she always manages to keep us on the cutting edge of programs and initiatives and her energy knows no bounds. Karen Enriquez brought sunshine, a breath of fresh air and a super organized, detail oriented mind to her program and to the team. Amalia (Mali) Marin came in at the end of 2019 and has shared her strong commitment to the community and our seniors. Mali goes above and beyond to make sure that anyone who needs help feels like they have come to the right place. We've always been a small team but, we've been a powerful force when things need to get done. It has been such a pleasure working with a team as caring, connected and creative as this one.

I would like to take a moment to remember Steve Roybal, our Health and Nutrition Program Coordinator back in 2013. He left us too soon but he will always be remembered for his kindness and sense of humor. Steve made me feel welcome, showed me how to set up an effective Health Fair booth and how to maximize those contacts. He is deeply missed.

We have done so much together, from our first Conference on Aging; held at the Bisbee Senior Center with 32 attendees and Safeway sandwich trays, to our first Volunteer Appreciation day where Shi Martin and I "slaved away" in the Senior Center kitchen to cook a spaghetti dinner for our volunteers and Program Directors from DES-DAAS. I will never forget Shi, Carrie and I sweating up a storm in the kitchen at St. Patrick's church in old Bisbee, making Taco salads for our 2nd Conference on Aging while Chris Vaughn, our "he can do anything" volunteer went above and beyond by setting up a portable swamp cooler and handling all of our sound system and audio visual issues. We've expanded and grown so much. By our 5th Conference we were the largest caregiver/health/aging conference in Southeastern Arizona. We have taken great pride in bringing amazing speakers and innovative ideas to the caregivers, social workers, medical staff and general public in our area.

2020 was a challenge unlike anything we had ever come up against. We were rolling merrily along, capitalizing on our successes and preparing for the upcoming health fairs and senior expos to get the word out about our new ideas and programs. When Covid-19 shut down all of our plans, we had to scramble to come up with new strategies to keep us up and running. Karen and I jumped into creating informational webinars and archiving the results on our Facebook page. We all brainstormed ideas for keeping our communities informed and connected. From Facebook Live events, regular Caregiver virtual meetings, daily caregiver tips, Virtual Tai Chi classes, Trualta online learning for family caregivers, Medicare webinars and our Mobile App that allows you to view upcoming events and schedule appointments with us, we have explored every avenue to ensure we stay connected.

Everyone I have had the pleasure to meet during my time with SEAGO has been an inspiration to me. I have learned from each and every one of you; coworkers, partners and clients. Farewells are never easy, but I leave grateful to have had the opportunity to work with and for you all.

Thank you for all the camaraderie, the support, the happy times and most of all for making me feel so amazing when I was able to contribute to an event or help an individual

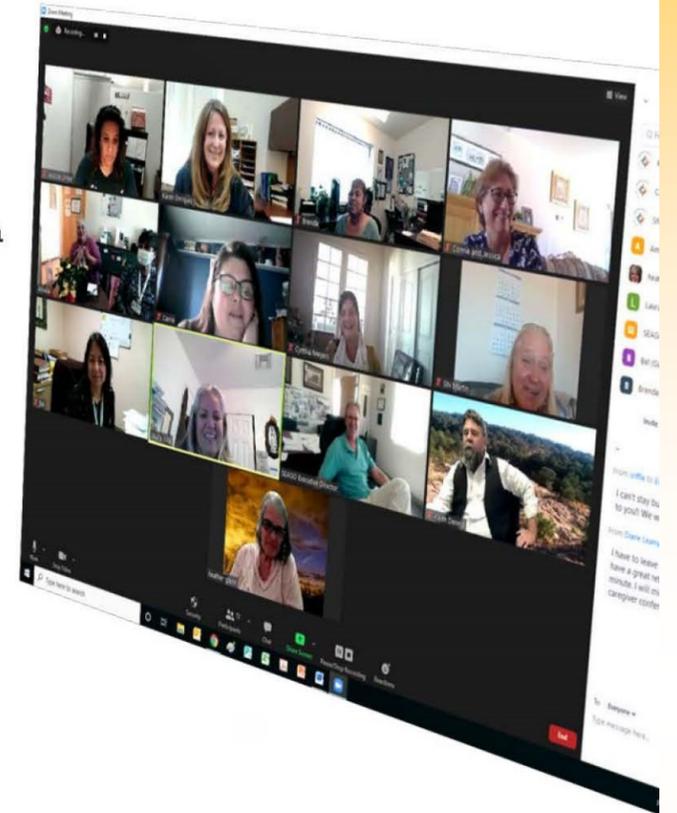
Ramona MacMurtrie



We logged on to say Thank you!

Ramona MacMurtrie the SEAGO Area Agency on aging SHIP Coordinator is retiring or as her 3 year old grandson likes to say “Un-tiring”. Ramona’s 8 years of dedication to seniors in Southeastern Arizona has made a huge impact on our 4 county region. With her incredible knowledge, her work ethic, and her contagious sense of humor she helped countless seniors navigate the complex world of Medicare and so much more.

Thank You Ramona! You always go above and beyond what was expected.



Ramona, I miss you!

You would provide our team with jokes, and great sense of humor, and much knowledge. Thank you for your continued support and interest in volunteering in our SHIP/SMF program and our social media platforms. While we don't see you in our office daily, we know we can come to you, and you will be there to help support our ongoing mission.

Laura Villa

You've been promoted to the retirement stage of your life!

Take time to do what makes you truly happy!

Retirement is the world's longest coffee break. Enjoy your coffee!

Now that you've retired make sure you work just as hard at relaxing as you worked hard at your job! Thanks for all your support and advice over the years - you've been a great coworker and friend. All the best for a wonderful retirement!

I miss her sense of humor :>)

From AAA Co-Workers /Friends

Ramona, I hope retired life is full of fun and happy!

I miss hearing your stories about Ashton and James and I miss laughing with you.

Knowing your AAA Staff

Executive Director: Randy Heiss

Program Director: Laura Villa

Ombudsman/Health Coordinator: Shi Martin

Management Analyst: Carrie Gibbons

State Health Insurance Program Coordinator: Amalia Marin

Caregiver Support Program Coordinator: Karen Enriquez

Office Specialist II: Brenda Schumacher

Health Nutrition Program Coordinator II Cynthia Meyers

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



We Thank YOU.....

You can do anything with your free time, we are so glad that you choose us to spend that time with. It is because of the volunteers at SEAGO Area Agency on Aging that we are able to accomplish so many things. Our volunteers are like family and we appreciate them and everything they do. We have not been able to tell you or show you how much you are truly appreciated during COVID, but we are glad that you are there and that you stood by the Area Agency On Aging through these tough days .



VOLUNTEER

The SEAGO Area Agency on Aging is looking for dedicated, resourceful volunteers.

Many of the programs offered through the Area Agency on Aging rely on committed volunteers to make their programs successful and to meet the increasing need for services in our communities.

Now Recruiting Volunteers

- Medicare/Benefits counseling volunteers
- Long-term Care Ombudsman volunteers
- Matter of Balance Lay leaders/ Coaches
- Tai Chi for Arthritis and Fall Prevention Coaches
- Family Caregiver support Program Volunteers
- Advisory Council on Aging Volunteers
- Administrative Office Volunteers
- Advance care planning-Thoughtful Life Conversations Volunteers
- Volunteer Coordination



Volunteers can truly make a difference in their community.

For more information
Give us a call at 520-432-2528
or Email aging@seago.org



*Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and Title VII) and the Americans Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, SEAGO Area Agency on Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. The SEAGO Area Agency on Aging must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, the SEAGO Area Agency on Aging must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the SEAGO Area Agency on Aging will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in an alternative format or for further information about this policy please contact: SEAGO Area Agency on Aging at 520-432-2528. * Para obtener este documento en otro formato u obtener informacion adicional sobre esta politica, SEAGO Area Agency on Aging 520-432-2528. This program was funded through a Contract with the Arizona Department of Economic Security.

A Step Up

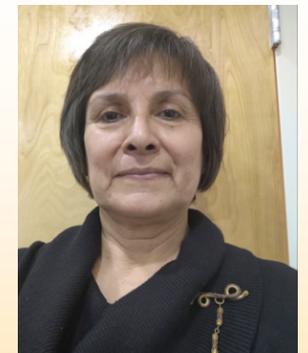
Someone once asked me to describe my idea of the perfect job, to which I answered, "That's easy; getting paid to do what you love!" That is how I feel about my job at SEAGO Area Agency on Aging. In late December 2019, I accepted employment as the Office Specialist II. Mine was often the first voice many clients heard when calling the SEAGO AAA office. Many callers are pleasantly surprised to learn that Area Agency on Aging offers such a wide variety of services: home-delivered meals, attendant care, respite, Medicare counseling, Long Term Care Ombudsman, health and nutrition classes, and all; without any direct cost to the client! I also provided information and referral to local agencies and resources beyond our service area. A significant part of my job also involved reporting the service-usage data to the government agencies that provide our funding. But just a couple of months into my job, COVID hit, and everyone and everything (including AAA) had to change with our new reality. However, one year later, Area Agency on Aging is still here, delivering all of the same great services in safe, new ways while expanding other services (like our online classes, groups, webinars, and our new AAA App). We have exponentially grown our client base through it all, increased our funding and skills, and rediscovered how resilient our wonderful clients are!

Nonetheless, starting April 1, I will transition into a new role here at SEAGO Area Agency on Aging, State Health Insurance Assistance Program, and Senior Medicare Patrol Coordinator (SHIP/SMP for short). Like all SEAGO Area Agency on Aging services, this is a free service to anyone living in the four-county region comprising Cochise, Graham, Greenlee, and Santa Cruz counties. AAA's outgoing SHIP coordinator extraordinaire, Ramona MacMurtrie, and her incredible team of volunteers have served thousands of clients over her eight-

year term and generated much public interest in understanding health insurance rights, Medicare advocacy, and learning how to avoid being a victim of senior scams and fraud. As our economy and our nation begin to open up, we want to continue this great work. We envision holding public events again, such as Scam Jams and live enrollments at senior centers, assisted living facilities, and other public venues. In the meantime, we encourage you to plan to participate in the annual Open Enrollment event from October 15 through December 7. Remember, anyone can call us throughout the year for help with health insurance issues and counseling, Medicare enrollment, and other questions. We miss seeing your smiling faces, but for now, we are here for you through [facebook.com/seagoareaagencyonaging/](https://www.facebook.com/seagoareaagencyonaging/), and by phone when you call us Monday through Friday, 8:00 am – 5:00 pm at (520) 432-2528, Extension 222. The SHIP Volunteers and I look forward to hearing from you!

Sincerely,

Amalia C. Marin



Committed to excellence, advocacy, and service

Medicare and Changes in Residence Apr 1, 2021 Shea Corti (ship website)



When you move, it can affect your Medicare coverage. In this blog, we'll discuss various kinds of changes of residence—from in-state to abroad—and what they mean for your Medicare coverage.

First, let's discuss how moving within the U.S. will affect your Original Medicare.

If you have Original Medicare, you will not need to make changes to your Original Medicare when moving out of state or within your own state. Original Medicare does not have provider networks, so you can visit any doctor or facility in the country that accepts Medicare. Although you do not need to make changes to your Original Medicare coverage, you should still contact Social Security to update your information to ensure that you receive important communications. You can visit www.ssa.gov, call 800-772-1213, or visit a local Social Security office to update your permanent address. (Note that Social Security offices may be closed during the Coronavirus pandemic.)

But what about Medicare Advantage Plans and Part D plans?

Medicare Advantage Plans and Part D plans, on the other hand, have coverage areas, so you may need to switch plans. You will have a Special Enrollment Period (SEP) if you move out of your Medicare Advantage Plan's or Part D plan's service area. You will also have an SEP if you move to an area that is still covered by your plan but where more plans are also now available to you. The length of your SEP depends on when you notify your plan of your move. To ensure you have coverage in

your new place of residence, you should notify your plan in advance and select your new plan if applicable. You can use Medicare's Plan Finder tool or call 1-800-MEDICARE to compare Medicare Advantage or Part D plans in the area to which you are moving.

Moving may also affect your cost assistance programs and/or Medigap.

Because the Medicare Savings Program (MSP), eligibility requirements are state-specific and MSP applications are processed at the state level, your MSP will not follow you if you move to another state. You will need to disenroll from your MSP and see if you are eligible for an MSP in the state to which you are moving. Even when moving to a new state, your Extra Help benefits will most likely not be affected, as eligibility requirements do not differ by state. It is important to note, however, that if you were automatically enrolled in Extra Help because you had Medicaid or an MSP, but then lose Medicaid coverage or the MSP because of your move to a different state, you will need to actively enroll in Extra Help to keep those benefits. You should contact your State Health Insurance Assistance Program (SHIP) to learn about cost assistance programs in the state to which you are moving. (Click the orange Find Local Medicare Help button below.)

If you have a Medigap and are moving, you do not need to change your Medigap. You should still contact your Medigap plan to see if the cost of your Medigap will change. If you are moving to a different state, it is

important to know that some states may have their own Medigap eligibility requirements and enrollment rules. You can contact that state's SHIP to learn about their Medigaps. Again, use our online SHIP Locator or call 877-839-2675 (and say "Medicare" when prompted).

Moving abroad affects your coverage in different ways than if you are moving within the country.

Decisions about Medicare enrollment can be complicated if you live outside the United States. Although Medicare does not typically cover medical costs you receive when you live abroad, you still need to choose whether to enroll in Medicare when you become eligible or whether to keep your Medicare coverage if you are already enrolled. First, if you qualify for premium-free Part A—like most people do—it is usually best to enroll in Part A or to keep it if you already have it. On the other hand, Part B enrollment has different considerations because most people owe a monthly premium of \$148.50. If you enroll in or keep Part B, then you owe a premium for coverage you cannot use while abroad. However, if you do not enroll in or keep Part B, you may have a late enrollment penalty and/or gaps in coverage when you return from abroad. If you have a Medicare Advantage Plan or Part D plan, you should disenroll from these plans, because you will not be eligible for them while living abroad. You will have an SEP to enroll in a Medicare Advantage Plan or Part D plan if you move back to the U.S.

Lets Meet our AAA Case Managers

AAA Case Managers serve our most vulnerable population. Case managers are not only the gateway to our Home and Community-based services; they provide education, ongoing support, and advocacy to help clients improve their quality of life. The COVID-19 pandemic has brought many challenges to the AAA Case managers as they rely on strong relationships with their clients to achieve positive outcomes. Without the ability to meet face-to-face, case manag-

ers have had to quickly adapt to using technology to reach their clients and establish a trusting relationship. For example, Case managers are doing intakes and review via telephone or video call platforms as they continue to work from home to ensure their safety and the safety of their clients. Case managers have also gone above and beyond to help meet the needs of their clients, from thinking outside of the box to make sure their clients get needed groceries items to hand delivering a client's home-delivered meals because the delivery driver was out

sick. Case managers are also helping clients reach their COVID-19 Vaccines by helping them with information on enrolling or setting up appointments for them if they cannot do so themselves. As we began to see the light in these challenging times, we have learned that just being there for each other makes the most significant difference in the long run.

Carrie Gibbons



**Diane Leaman /
Greenlee County**



**Yolanda Thomas /
Cochise County**



**Belvet Elsouhag /
Cochise County**



Marylou Garcia / Graham



**Shirley Thomas /
Cochise County**



**Seana Riffle /
Cochise County**

THANK YOU
FOR BEING AN
AWESOME
CASE MANAGER

TAKE A LOOK AT WHAT IS COMING

The Emergency Broadband Benefit

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10-\$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Emergency Broadband Benefit Program?

A household is eligible if one member of the household:

Qualifies for the Lifeline program;

Receives benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Com-

munity Eligibility Provision, or did so in the 2019-2020 school year;

Received a Federal Pell Grant during the current award year;

Experienced a substantial loss of income since February 29, 2020 and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers; or

Meets the eligibility criteria for a participating providers' existing low-income or COVID-19 program.

When Can I Sign Up for the Benefit?

The program has been authorized by the FCC, but the start date has not yet been established. The FCC is working to make the benefit available as quickly as possible. Please continue to check this page for program updates.



Great News!

SEAGO-Area Agency on Aging is proud to announce that we will continue offering Get Set Up at no cost to you through December 31, 2021. We have seen an enormous demand for this service. We feel that as people have been extracting exceptional value from these classes, it would be most favorable for us to continuously facilitate the ease at which people can learn new skills. Even if the pandemic is

starting to diminish with the rise of vaccines, the skills taught in these classes are integral to the assimilation to a tech-centric world. So, what are the contents of these classes, and why are they imperative to you and the rest of the community? Well, these classes included a myriad of topics ranging from the basics of Zoom, a video conferencing application, to more traditional cooking classes to augment

your skillset in an intrinsic art form; to creating playlists with all your favorite music. We hope you will continue to gain value from this service and fluidly transition to the world posterior to Covid.

Laura Villa



WWW.GETSETUP.IO/PARTNER/SEAGO

LEARN AND SOCIALIZE ONLINE!

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



Bringing Fun Live Virtual Classes To Older Adults

Welcome to the SEAGO Area Agency on Aging's 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>

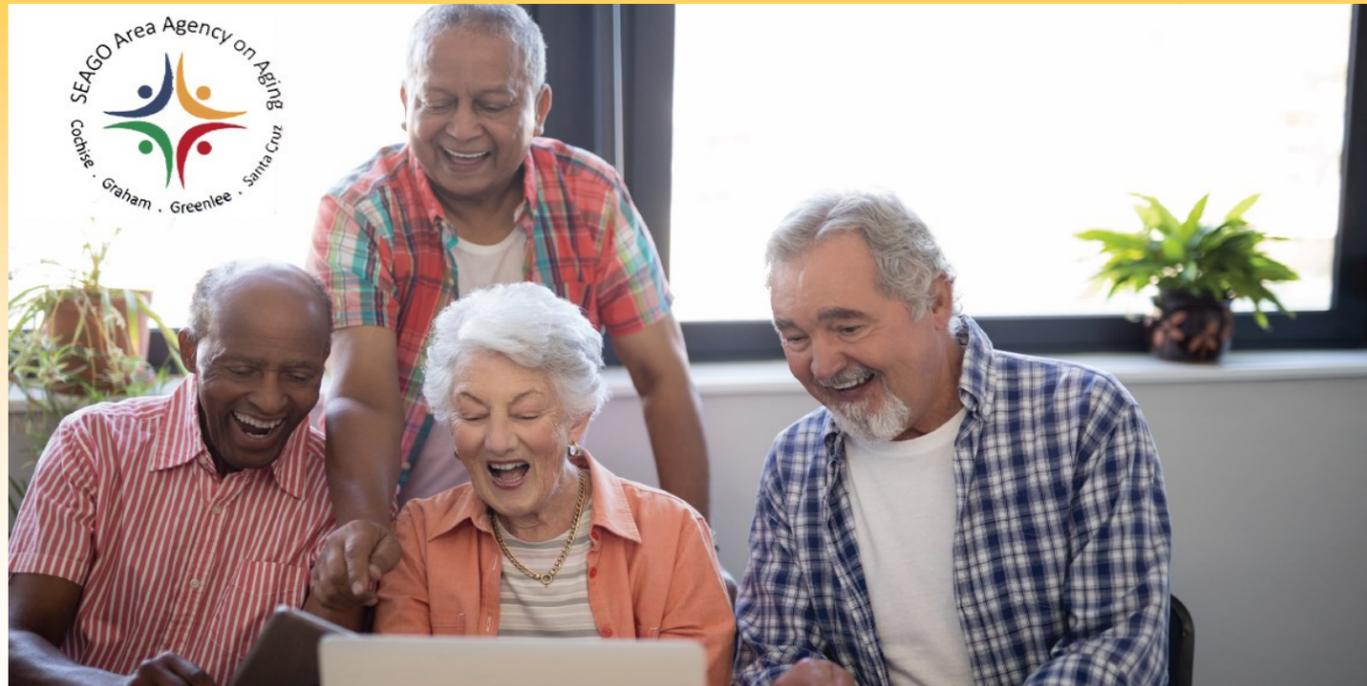
Use coupon code: **SEAGO** to waive any fees associated with small group classes. Take the "New Member Orientation" to get started!

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.



Try a FREE Online Class Today!

Learn Anytime, Anywhere

SEAGO Area Agency on Aging is proud to offer free, virtual classes to older adults in partnership with GetSetUp. Visit www.getsetup.io/partner/SEAGO for more information.

Take Classes From the Comfort of Your Home

- Internet
- Computer
- iPad/Tablet
- Smartphone

Every Class Is Engaging - Choose from 170+ Classes!

- Basics of Zoom
- Google Photos
- Recipe Swap
- Meditating Together
- Creating Playlists
- Power of Gratitude

For Help Contact GetSetup:

1-888-559-1614

info@getsetup.io



The SEAGO, Area Agency on Aging, is excited to share Tualta, an online learning system designed to provide skill based training and resources for family caregivers.

Built specifically for family caregivers, Tualta helps caregivers reduce stress, find local resources, and provide better care for their loved ones. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day. Tualta content is dementia focused and topics include personal care, safety and injury prevention, and caregiver wellness. Tualta also offers "expert level" dementia training from professional-level providers like Teepa Snow, adapted for the family caregiver.

Registration is by invitation only.



Contact us for more information today!

Karen Enriquez
SEAGO Area Agency on Aging
kenriquez@seago.org
(520) 432-2528 x 221

Are You Caring for Someone?

What is a caregiver? If 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 becomes the focus of a caregiver's life around the clock.

Caregiving happens. It can evolve gradually over time or be triggered by a significant 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 support 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.

Introducing family caregivers to the caregiving role, providing them with the knowledge, skills, and confidence needed to sustain their everyday circumstances is the Family Caregiver Support Program's goal. 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, seven 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 2:00 AM, 6:00 AM, 4:00 PM, or 10:00 PM? What is a typical day for you?

Please share and send your stories to karen-enriquez@seago.org with the subject line "Caregiving-24/7".



Pinkie's Up, Caregiver Mingle

The SEAGO Area Agency on Aging established CARE, a volunteer and peer-led, caregiver support group in October 2019. The in-person meetings were held weekly by volunteer, Cynthia Meyers, in Cochise County. COVID mandates spurred the amazing speed and evolution of all of our services. SEAGO adapted, providing capacity, connectivity and virtual platforms to facilitate a very rapid learning curve. This led to CARE-Virtual, weekly Zoom peer-led caregiver support meetings.

Attendance was fair; over time several of our caregivers had changes in their circumstances and dropped off. On occasion, my volunteer and I would be the only ones on the Zoom call. Cindy and I always used these opportunities to brainstorm new ideas. As we sipped our tea and talked about the program, the "Mingle" concept and "Tuesday Tea at Two" evolved. It was catchy and easily remembered.

Although Care-Virtual was volunteer and peer-led, I often found myself attending the entire meeting. I enjoyed the conversation, compassion, and the company. Social distancing and isolation was affecting me too. I learned from the participants, as they shared their stories. Support groups are expected to offer information, referrals, and other serious stuff to those that attend. To me, the term "support group" always had a stig-

ma attached. It sounds like "I need help", which most of us do, but are too embarrassed, scared, or just thinking "not going to share my business with strangers". I wondered if others felt the same way. Who ever said Support has to be serious?

Our CARE-Virtual group was informal and we always found ways to enjoy the humor that can only be understood by someone giving care. Our group was serious, occasionally. Our group was sad, occasionally. It was a safe spot for our caregivers to share their concerns and successes and I wanted everyone to know!

Caregivers need to know that they can set aside time every "Tuesday at Two" and take time for themselves. There really aren't many opportunities to mingle with other caregivers and we want to provide this forum. Pinkie's Up, has evolved through the desire to provide supports and social companionship for our caregivers.

The SEAGO Area Agency on Aging invites all caregivers to join us. Zoom or call in, for conversation, company, compassion and of

course, tea! Bring your cup of Joe, lemonade, or enjoy a healthy cup of green tea with us. Pinkie's Up offers an open invitation to all caregivers! There is no charge, and no obligation, except to share your caregiving story, expertise and humor.

We are encouraging the use of technology, so if you need assistance registering on Facebook, using Zoom, or just have general questions about our "Mingle", please call me,

Karen Enriquez, Family Caregiver Support Program Coordinator at (520) 432-2528 x 221

Take time for yourself and join us every "Tuesday for Tea at Two!" It really easy to remember! Delcia Acosta, my volunteer, and I will be sipping our tea and visiting until you arrive!

Let's Mingle!



*Calling all Caregivers:
Ladies and Gentlemen!*



*You are invited to
“Pinkie’s Up,
Caregiver Mingle”*

*Who says support has to be serious?
The SEAGO Area Agency on Aging
invites you to
Phone or Zoom in
every Tuesday afternoon at 2:00 pm
for conversation, company,
compassion, and of course,
for Tea!*

Please register to attend! <https://us02web.zoom.us/meeting/register/tZTudeuoqigu3f939JmMf-zf5iFmmAL078i-n?>

The “Upside down Moment”

It can happen while sitting in the doctor’s office, when you are trying to process the impact of a medical diagnosis. It can happen at home while you are impatiently waiting for the ambulance to arrive. It can happen on a typical routine day, when you receive that unexpected phone call.

A traumatic event has just turned your world upside down.

This chaotic, uncontrolled, and challenging situation which changes everything is what I call the “Upside Down Moment.” It is the moment you realize everything is jumbled and your life has to be reprioritized. The moment when, willing or not, families face a new reality.

At this “Upside down Moment,” a caregiver’s empathy and resilience naturally take over, and they do what has to be done. Navigating the emotions and the consequences of a 911 situation is overwhelming. Caregivers quickly realize the longer they worry about every possible outcome, the more time they will spend focused on negative thoughts.

Caregiving is doing! Doing what you vowed to do, doing what is morally right, and doing what is hard for love. Small tasks can quickly become intimidating when family caregivers don’t have the skills or confidence to manage care at home. It can be hard to find the right resources and continuously search on the computer for

the correct information. Navigating the internet with an overwhelming number of directories, agencies, and endless documents is so difficult. Trying to find answers becomes even more complicated when you don’t have any time. Feeling unprepared, caregiving can be an uncomfortable and fast lesson in humility.

Whether you find yourself in an “Upside Down Moment” or if your caregiver story has experienced a slower evolution, learning practical skills for caregiving and self-care can make all the difference.

The SEAGO Area Agency on Aging has partnered with Trualta, an online education portal for family caregivers who are caring for a loved one. We are offering free access, by invitation, for family caregivers throughout our four-county region. Trualta’s on-demand collection of professional content is designed to assist with manage care at home and provides personalized online training for challenging care situations. With an organized lesson library, caregivers can learn about topics that are most important to them. Family caregivers can use the site to access videos, articles, and slideshows on caregiving topics like aging and brain health, care planning, injury and fall prevention, personal care tasks, managing the behavioral symptoms of Dementia, medication manage-

ment, and more. The content is Dementia focused and full of practical caregiver tips and techniques that can be used right away. It provides the daily activity skills training needed to care for a loved one and help to feel more prepared to handle changes. In addition to learning skills to manage a loved one’s current care, Trualta’s learning library can help to prepare and plan for what the future holds.

If you are interested in learning more about the SEAGO Trualta e-learning platform, please contact Karen Enriquez, Family Caregiver Support Program Care Coordinator, at (520)-432-2528 x 221



Engaged and Connected:

Help Others from Your Home

During COVID-19, as older adults are physically distancing to reduce the risk of contracting COVID-19, the importance of social connection has to be a priority. Many older adults are embracing opportunities to contribute in new ways by volunteering from home and sharing their knowledge and experience to improve people's lives in their communities.

Did you know volunteering not only benefits society—research shows it can also result in better health as you age. If you volunteer for as little as two hours a week, which is about 96 hours per year, you benefit from improved mental, emotional, and physical health. Volunteering can help to reduce depression,

lessen chronic pain, and give your brain a boost. Older volunteers benefit the most because, on average, they contribute and volunteer almost twice as many hours as any other age group.

Do you need another reason?

You can volunteer and share your skills from home. Call us for more information. It's easy to develop a virtual mentoring relationship by contacting the SEA-GO Area Agency on Aging at (520) 432-2528 to find opportunities. We are available to help YOU learn about ways to volunteer while safely physically distancing at home.



COVID-19 Vaccine

Millions of people have safely received a COVID-19 vaccine

Over 211 million doses of COVID-19 vaccine were administered in the United States from December 14, 2020, through April 19, 2021.

COVID-19 vaccines are **safe and effective**. COVID-19 vaccines were evaluated in tens of thousands of participants in clinical trials. The vaccines met FDA's rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support emergency use authorization (EUA).

Millions of people in the United States have received COVID-19 vaccines, and these vac-

cines will undergo the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe.

For more information on where to get the vaccines contact

1. Visit the updated Arizona Department of Health Services (ADHS) website at <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-find-vaccine> for further information about state guidance and how to register for the COVID-19 vaccine or call 1-844-542-8201.

2. <https://covid-cochisehealth.hub.arcgis.com/pages/vaccines>

Questions about your medications?

Call the Arizona Poison Center

1-800-222-1222

FREE/ 24 hours a day/7 days a week/Confidential

Almost anything can be poisonous if it's used in the wrong way, in the wrong amount, or by the wrong person

Reasons to Call

- How to take prescription and over-the-counter medicine, herbal remedies, supplements, and vitamins
- Drug interactions
- What to do if you take your medicine wrong (too much, too little, or at the wrong time)
- What happens if you take the wrong medicine (example: you take your spouse's medicine)
- How to safely get rid of medicine that you do not want or need
- How to keep medicine safe in the house

What to Expect

- Calls are answered by licensed pharmacists certified as specialists in drug and poison information
- All information is kept private
- You will be asked:
 - What happened and when? What was the medicine?
 - How much of the medicine was involved? What is the person's: Age? Weight?
 - Other health problems? How are they feeling now?

ARIZONA
Poison and Drug
Information Center



1-800-222-1222

Looking Down the Road

“Do not worry so much about where life has already taken you. Keep your head up, look down the road and focus on where you are going.” My mother said those words to me so many times over the years, and when I think about how I ended up at SEAGO AAA, it is pretty much how the story goes...

In 2017 I moved across the country to Southeastern Arizona. My husband and I labored over the decision to bring his 86 year old father. In the end, I agreed to take on the caregiver responsibilities and give up the opportunity to work outside the home. About five months into our southwest life, my father-in-law's health took a downturn. Suddenly he was not steady on his feet and needed 24-hour oxygen. It became a 24-7 job, day in and day out. I was not prepared for all the challenges that came with being a family caregiver. Time fell away with the fatigue and isolation. I was worn to the bone, and before I knew it, over two years had gone by. I knew I needed to breathe life back into my broken spirit, but it would take work and perseverance.

A kind neighbor reached out to me and told me about a caregiver-based Dementia class Cochise County was holding. It was time to admit that I needed support. I decided to give it a try. At that moment, life supplied one of those serendipitous opportunities, and I met Karen Enriquez, the family caregiver coordinator for AAA. She asked me if I would volunteer, took my information, and a partnership was born—what a tremendous gift.

Over the past year and a half, I have had the opportunity to facilitate a caregiver support group as an AAA volunteer and use my professional skills working on developing the READI Meals Program. In October, my father-in-law passed away. My time with him taught me so much about life and aging. I shifted my skillset in health and wellness to join the SEAGO AAA team as the health and Nutrition Coordinator was a natural transition. I am excited about continuing my journey, working with older adults, and getting out into the community.

Cindy Meyers



Do not worry so much about where life has already taken you. Keep your head up, look down the road and focus on where you are going.”



Smart Eating for Older Adults

Good health begins with making smart food choices, no matter what your age. Our nutritional needs are constantly changing throughout the course of our lives. The best dietary practice is eat right to stay healthy. When health issues pop up, such as hypertension or diabetes, circumstances force us into making those healthier food choices. Eating right becomes a necessity in order to get the body healthy. Older adults often encounter nutrition from both perspectives, prevention and rehabilitation. Understanding the basics of healthy eating for older adults is the best place to start.

Read the nutritional facts on food labeling

Check the serving size to help select the healthiest portion size for you.

Know the Calorie content and

maintain a healthy balance between what you are consuming and the amount of activity you get each day. If you are not sure of your calorie needs visit www.ChooseMyPlate.gov/MyPlatePlan to find out.

Look at % Daily Value (%DV) of nutrients in a serving of food. 20% DV or more is considered high and 5% DV or less is considered low.

Choose foods that contain dietary fiber, potassium, calcium and vitamin D. Many older adults do not get the recommended amounts of these nutrients. Avoid added sugars, saturated fats and sodium.

Eat smart by building a healthy plate at every meal

Fill half your plate with vegetables and fruits.

Grains should be whole grains most of the time (breads, pasta,

cereals, rice).

Use low-fat substitutions for dairy (milk, cheese and yogurt).

Eat a variety of proteins (meat, fish, poultry, beans, nuts, eggs).

Go easy on sodium, added sugars and saturated fats.

Stay hydrated and keep sugary drinks to a minimum.

Pay attention to your portion size to help maintain a healthy weight.

Smart eating does not have to be complicated. Try to plan your meals ahead of time and cook more often at home. Maximize your food choices by picking things that are full of vitamins and minerals. If you need to set healthier eating goals for yourself download the Start Simple with MyPlate App and track your progress. Keep it simple and learn to love the foods that help your body function at its best!!

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!



Thoughtful Life Conversations: Advance Healthcare Planning

Online - Zoom

Thursday, May 6, 2021, 2pm – 3:15pm

Who will speak for you if you can't speak for yourself?
We can have a say in our care. A good talk now for good days ahead.
Advance Healthcare Planning made easier!
Conversations Matter!

For those 18 years or older who want to learn about:

- Planning for having your healthcare wishes honored throughout life
- Accessing resources and documents for healthcare decisions
- Talking to others about your wishes
- Completing documents such as healthcare power of attorney and living will
- Sharing, reviewing and updating these healthcare planning documents
- Reducing fear and stigma around talking about end-of-life issues

Zoom Registration Required:

To register, see resources and other upcoming events, go to:

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

OR Register Directly at:

<https://us02web.zoom.us/meeting/register/tZ0lcu-hqz8jEtGDy2J2aZUDHyxqgWaYy-pc>

Info: Veronica "Ronnie" Squyres, feelwellsleepwell@gmail.com, 520-355-5226

Area Agency on Aging Region VI, Community Education Coordinator

A Matter of Balance

Classes help participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

Designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve



Here's what participants say about A Matter of Balance:

"I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."

"I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."

Outcomes at six months:

- Participant satisfaction:**
- 97% are more comfortable talking about Fear of falling
 - 97% feel comfortable increasing activity
 - 98% plan to continue exercising
 - 99% would recommend A Matter of Balance

Participant improvement:

- Falls efficacy
- Falls management
- Falls control
- Exercise level
- Monthly falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1999, Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

Find out more about A Matter of Balance Workshops



This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program utilizes trained volunteer coaches to teach the eight two-hour sessions.

Join us for a life of better health.



MANAGING CONCERNS ABOUT FALLS

See you in class!

Cynthia Meyers

SEAGO

Area Agency on Aging

520-432-2528 x 306

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 información adicional sobre esta política, SEAGO Area Agency on Aging, 520-432-2528.

A MATTER OF BALANCE



Do you have concerns about falling?



We thank you

During the past year, our long-term care nursing facilities and assisted living facilities have had a hard time dealing with the illness, losses, and isolation associated with the COVID pandemic. We want to thank all the facilities staff for taking care of our precious seniors; you all are courageous heroes. We gratefully see a 90% reduction of COVID in Long-Term Care facilities due to the COVID vaccines. Below is a list of the Long-Term Care facilities and Assisted Living facilities in our region. We thank you all.

SANTA CRUZ COUNTY

Cimarron Assisted Living Nogales, AZ

Martinez Homecare Nogales, AZ

Royal Assisted living Rio Rico, AZ

Vivian's Home Care Rio Rico, AZ

GRAHAM COUNTY

Haven of Safford Safford, AZ

BeeHive Homes of the Gila Valley Thatcher, AZ

COCHISE COUNTY

Beehive Homes of Sierra Vista Sierra Vista, AZ

Cypress Inn Assisted-Living Douglas, AZ

Prestige Assisted Living at Sierra Vista Sierra Vista, AZ

Via Elegante Sierra Vista, AZ

Casa de Angeles Assisted-Living Pearce, AZ

Esther Adult Care Home Douglas, AZ

Garden Terrace Assisted-Living Sierra Vista, AZ

Golden Oaks Canyon Assisted Living Sierra Vista, AZ

Healing Hearts Assisted-Living Sierra Vista, AZ

Isaiah's Angels Sierra Vista, AZ

JR's Caring Hearts Sierra Vista, AZ

Lesan Assisted Living Douglas, AZ

Trudy's Adult Care Home Sierra Vista, AZ

Valley Vista Assisted Living McNeil, AZ

Haven of Douglas Douglas, AZ

Haven of Sierra Vista Sierra Vista, AZ

Lifecare of Sierra Vista Sierra Vista, AZ

Good Samaritan Society Quiburi Mission Benson, AZ



SPRING HAS SPRUNG

Spring has sprung, and it's time to plant that summer garden. There are many benefits for seniors to having a summer garden.

Exercise: burning calories planting and pulling weeds can help you burn 200 to 400 cal an hour gardening get the body moving by requiring some bending squatting stretching and pulling

Muscle-strengthening, you may have to push around a heavy wheelbarrow, this will keep your muscles from weakening. A few hours of gardening each week will give you the work out you need, however you may find yourself out in the garden daily.

Vitamin D- you don't want to overdo it; a few hours of exposure to sunshine will give you more vitamin D than your nightly glass of milk.

Stress-reducing gardening increases hand and eye coordination which helps to keep the brain and body and in sync; it also lowers stress-producing cortisol levels and raises serotonin, a calming chemical in the brain that puts you in a good mood

Decreases the risk of dementia; the physical demand of gardening and critical thinking skills regarding what plant and how to take care of it reduces the chances of dementia.

Being outside for even a few

minutes can be a hazard, especially in your late years or when you're caring for an elderly patient. Be safe by following these recommendations:

Wearing sunscreen

Latch gates and repairing damaged fencing

Keeping a first aid kit handy

Store all garden tools in their proper place.

Knowing your limits, especially when you're outside gardening in the hot weather, take breaks as needed, and don't worry about what you didn't get done.

No matter what your plant is, you are set for success by following the steps:

Determine what works best in the



sunlight or shaded area of your garden.

Have a water source nearby

Add 2 to 3 inches of mulch around each plant to help keep the moisture from evaporating and pests at bay.

Have tools on hand include a spade, hand trail, clippers, garden fork, and thick gloves.

The health benefits of gardening for seniors don't stop once these are planted.

Ensure the garden is senior friendly by setting out comfortable chairs and benches underneath shaded areas dressed and checking out the serenity.

Work in your garden in the mornings or evenings when the temperature is cooler

Wear gardening gloves, solid shoes, a wide-brimmed hat, and sunglasses.

Drink plenty of water.



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

Cynthia Meyers

Health & Nutrition Coordinator II

cmeyers@seago.org

(520)432-2528 EXT 306

SEAGO

AREA AGENCY ON AGING

300 Collins Rd

Bisbee, AZ 85607 www.seago.org/area-agency-on-aging

www.facebook.com/seagoareaagencyonaging

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



What does a Tai Chi Class for Fall Prevention look like?

To get the most fall prevention benefit from Tai Chi classes, adults age 65 and older should:

- Attend Tai-Chi Classes at least once a twice a week and participate actively in class
- Practice Tai Chi regularly for a total of 50 hours or more.
- Maintain an upright (straight) posture at all times to reduce the chances of falling.

TAI CHI

For Arthritis for Fall Prevention

How Does Tai Chi Help Prevent Falls?

TAI CHI HAS BEEN SHOWN TO:

- Improve Balance
- Increase leg strength
- Reduce fear of falling
- Improve mobility
- Increase flexibility
- Improve psychological health



What is Tai Chi?

Tai Chi is a graceful form of exercise that involves a series of movements, known as forms, which are performed in a slow, focused manner combined with controlled breathing. It is a low impact exercise that puts minimal stress on muscles and joints, making it suitable for many older adults.

Tai Chi does not require special equipment and can be practiced indoors or outdoors, either alone or in a group



VIRTUAL TAI CHI



Para la Artritis y prevencion de caidas

Que es Tai Chi?

Tai Chi es un antiguo programa de ejercicios Chinos para promover la fuerza, la flexibilidad y el equilibrio. Combina el movimiento lento con la respiracion profunda.

AHORA SE REGISTRA PARA LA SERIE DE MARZO 21

**TAI CHI
VIA ZOOM
Lunes
10:00AM**

Para informacion de inscripcion por favor contacte
Cynthia Meyers 1(520)432-3528
cmeyers@seago.org

Beneficios del TAI CHI

- ✓ Diseñado para mejorar el equilibrio y reducir la probablidad de caidas.
- ✓ Mejora la FUERZA muscular, FLEXIBILIDAD, EQUILIBRIO y el control postural.
- ✓ Reduce el riesgo de caerse 47-55%
- ✓ Mejora la mente y el espiritu.
- ✓ Reduce el estres y aumenta la relajacion

<https://www.eventbright.com/e/virtual-tai-chi-tickets-134538226457>



AREA AGENCY ON AGING

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>



CONTACT US

SEAGO Area Agency on Aging

300 Collins Road

Bisbee, AZ 85603

Phone : 520-432-2528

FAX: 520-432-9168

Web Page: www.seago.org/area-agency-on-aging

Email: aging@seago.org

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<https://www.seago.org/area->

SEAGO Area Agency on Aging
Cochise · Graham · Greenlee · Santa Cruz

STAY CONNECTED
LOCAL RESOURCES AT YOUR FINGERTIPS

MOBILE APP
SCAN BELOW TO DOWNLOAD

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.



This program was funded through a Contract with the Arizona Department of Economic Security. "Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and Title VII) and the Americans Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, SEAGO Area Agency on Aging prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex national origin, age, and disability. The SEAGO Area Agency on Aging must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, the SEAGO Area Agency on Aging must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the SEAGO Area Agency on Aging will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in an alternative format or for further information about this policy please contact: SEAGO Area Agency on Aging at 520-432-2528." Para obtener este documento en otro formato u obtener informacion adicional sobre esta politica, SEAGO Area Agency on Aging 520-432-2528. This program was funded through a Contract with the Arizona Department of Economic Security.

