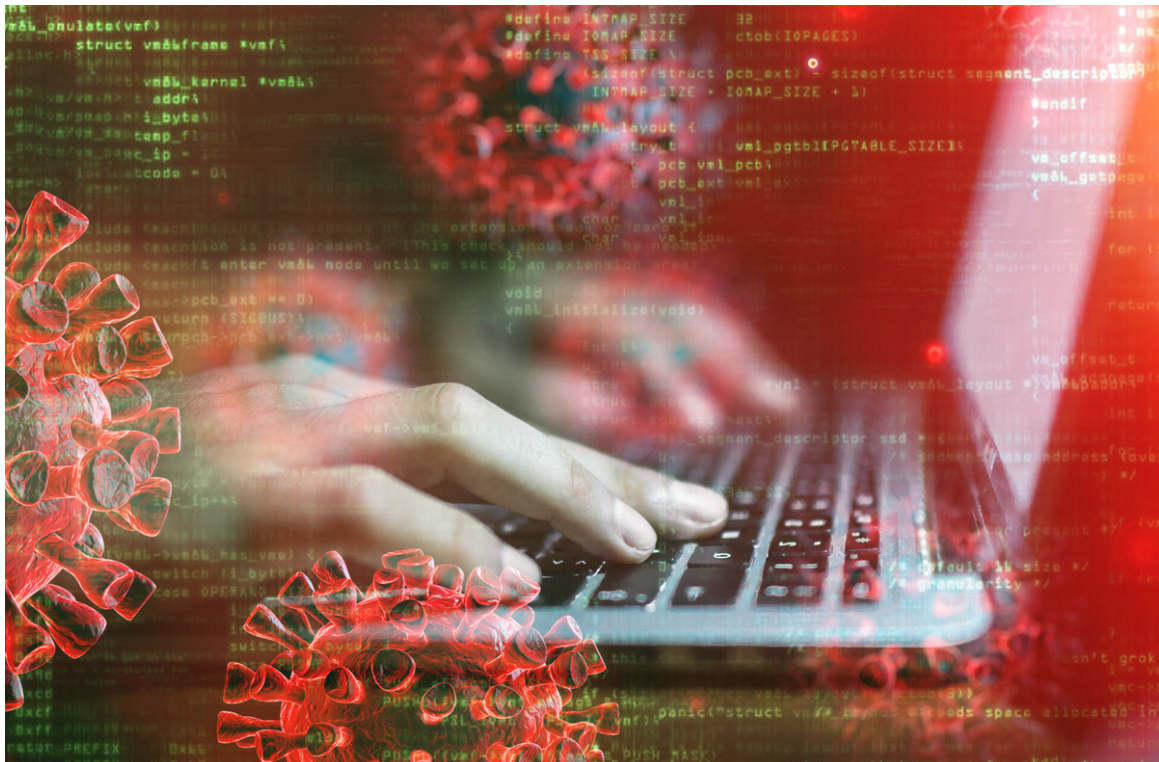




SUMMER 2020 | QUARTERLY NEWSLETTER

SEAGO

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



STAY SAFE

We MISS You!

Due to the COVID 19 pandemic, the SEAGO Area Agency on Aging encourages you to contact us. SEAGO Area Agency on Aging is asking that you call to make an appointment before coming to our offices. If you reach a recording asking you to leave a message, please do so and you will receive a call back within one business day. You may also request an appointment online at <https://form.jotform.com/61228394662157>.

We hope you are continuing to practice social distancing and effective hand washing. We are all in this together and we will get through this!

We'd like to express our profound gratitude to all "the essentialists" out there who are keeping us healthy, safe and fed during the corona virus pandemic.

Special thanks to our Senior Centers Congregate staff and volunteers who all are working tirelessly in the face of this crisis, thank you. To the health care professionals – doctors, nurses, and support staff – at our local hospitals and clinics, thank you. To our city and county police officers and firefighters, to jail and prison staff, to those serving in the military, thank you. To the grocery store workers at large operations and small ones, thank you. To restaurants and fast-food outlets still serving carry out meals, and to the drivers delivering them, thank you. For all those helping to meet our essential needs, we know the hours are long, the stress intense, the fear all too real. Your commitment and bravery are admirable beyond words. We commend your perseverance, resilience and hope.

We will make it through this together – thanks in large part to you.

MORE ARTICLES
ON SOCIAL
SECURITY: 7

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Our Staff.

Executive Director

Randy Heiss

Program Director

Laura Villa

Ombudsman/Health Coordinator

Shi Martin

Management Analyst

Carrie Gibbons

State Health Insurance Program Coordinator

Ramona MacMurtrie

Caregiver Support Program Coordinator

Karen Enriquez

Office Specialist II

Amalia Marin

Health Nutrition Program Coordinator

Nubia Romo

OUR MISSION STATEMENT:

To provide services that empower individual choice, independence & dignity for our aging & disabled population & their caregivers.

OUR VISION:

To create age-friendly communities in Southeastern Arizona that encourage & support individuals to live with dignity & choice.
SEAGO Area Agency on Aging
300 Collins Road
Bisbee, AZ 85603
Phone: 520-432-2528
Fax: 520-432-9168

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

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



LAURA VILLA, AAA PROGRAM DIRECTOR

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

From the Director,

As all of you are aware, the battle against COVID has yet to dissolve. We are currently in a seemingly perpetual conflict and though the end is not imminently clear, I feel I must state the facts. In our four-county region, on which is not too densely populated, has the highest rate of transmission than any other part in Arizona. COVID should not be taken lightly. COVID has posed a dire threat to the fabric of our lives, and we must take the proper precautions. Thus, if you must leave your house, be aware that you must abide by the precautions stated by the experts to their entirety. COVID is not a joke, and whenever I see an instance of people not abiding by these precautions in a truly negligent fashion, I feel true despair. Even if you are in the groups that are less susceptible to being gravely affected by this disease, young adults, you must follow the precautions for other's sake. Please do it for your elderly grandparents or maybe even the postman. In denying the existence of COVID, and leading an ordinary life, you are imposing a serious threat to your community. In these times, we must forego the idea of me and embrace a collective compromise to ensure the safety of all.

As a product of the threat posed by COVID, our team has been researching ways to remedy the situation in the best manner which we can. Thus, the SEAGO-Area Agency on Aging staff will be engaging in getting the needed certification that will enable us to take on a new service that will address care transitions. Through this program, we will connect with those areas significantly affected by COVID-19 and find ways to assist them with transitioning back into our communities. By working closely with local hospitals, we will be able to build a partnership that will allow both those affected by COVID and the community to get back on their feet. With CARE's Act funding, we will provide information to the community and assist them in accessing various services available to assist individuals in maintaining their independence and enhance their ability to remain in their home and community.

Though we are all longing for the moment when reality will be near, we must first focus on the pertinent issue at hand. Rushing things will only lead to irreversible damage to both our lives and our communities. I can only hope that in the next quarter, people will follow the guidelines set by the experts, and I will get the opportunity to write about how we defeated COVID, rather than how we must defeat COVID.

Laura Villa, Area Agency on Aging

QUIET

Staying at home is peaceful, with time to think. No need to be sociable, no need to dress appropriately. It isn't horrible and I have always enjoyed it. Just because we are social distancing, and in some cases isolating, doesn't mean we have to feel alone. One way to stay in touch during this time of physical separation is with technology. An email, text, phone call or a video chat can help you and your loved ones feel less lonely, disconnected, and isolated. There are millions of caregivers in the United States and they all have common needs; recognition, counseling, support, information, problem sharing, and given our current situation, peer socializing. One of the proven ways that many of these needs can be met is by the formation of a local Caregiver Support Group. Caregivers are one of America's most valuable assets, but often their needs are often neglected. Having a place where caregivers can be themselves, share experiences and insights and having the connection with other Caregivers is critical. A caregiver support group is a regularly scheduled, informal gathering of people whose lives are directly or indirectly affected by the caregiving needs of another, They benefit from peer acceptance and recognition for their common concerns and are grateful for the wisdom, insight and humor of their fellow caregivers. Support Groups are an invaluable tool to helping to deal with the consequences of being a family caregiver.

**KAREN ENRIQUEZ
CAREGIVER/SUPPORT PROGRAM
COORDINATOR**



CARE, a peer-led Family Caregiver Support Group, was established October 2019, and met weekly in Sierra Vista prior to the COVID-19 outbreak. In April 2020, dealing with the pandemic crisis we augmented our services and began a virtual group utilizing a videoconferencing platform Zoom. The online weekly CARE meetings are open to all Caregivers and scheduled for Wednesdays at 10:00 AM. The meeting links are promoted on our AAA Facebook page. Adapting our platform enables us to reach the far corners of our rural communities, our homebound caregivers and other regions throughout our state. The Family Caregiver Support Program invites and encourages all Caregivers to attend! Behind the scenes we are also looking at long term plans to continue to connect those in our community that are tech-averse. Going forward, we plan to continue both face-to-face and virtual support. Due to COVID-19, we have been living with unprecedented changes, renewed perspectives, and have gained the opportunity to try new things. I am not sure about you, but by the time we are released from sheltering-in-place, I will most likely have had more than enough of this nice quiet.

Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

Stay at home.

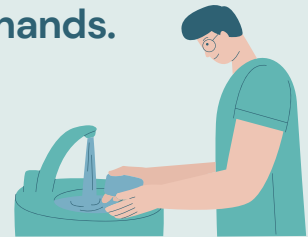
Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.



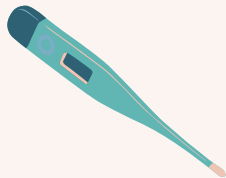
Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

Check your temperature at least two times a day.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.



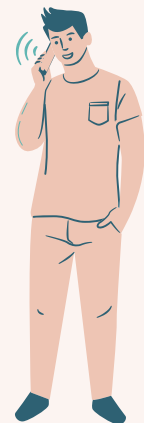
Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.



Your Social Security Statement

Are you thinking about retirement? Are you ready for retirement?

To view your *Social Security*

Did You Receive a Letter from Social Security?

Here's What You Need to Know

You open your mail to find a letter saying you may be able to get help paying for the costs of Medicare. It appears to be from the Social Security Administration (SSA) ...but is it for real? Here's what you need to know. This letter is not a scam. Every year, in May and June, the Social Security Administration sends letters to people with Medicare who may qualify for two money saving programs that can help them with their health care and prescription costs.

The Medicare Savings Program (MSP) pays your Part B premium each month. It also may help pay for other costs in Medicare, such as your Part B deductible and co-pays at the doctor's office.

Medicare Savings Programs (MSPs) are Medicaid-administered programs for people on Medicare who have limited income and resources. These programs help those qualified to afford Medicare. There are four different Medicare Savings Programs, each with different income and resource eligibility limits. These are the limits for 2020:

Type of MSP	Financial Eligibility	Effective Date of Enrollment	Benefits Covered
Qualified Medicare Beneficiary (QMB)	Monthly Income**: (at or below 100% FPL/+ \$20 income disregard per household) \$1,063/\$1,083 if single \$1,437/\$1,457 if married	The first of the month following the month eligibility is documented	-- Part A hospital deductible (\$1,408/per benefit period) -- Part A hospital copays: days 61-90 (\$352 daily), days 91-150 (\$704 daily) -- Part A SNF copays: days 21-100 (\$176 daily) -- Part A monthly premium (up to \$456) -- Part B annual deductible (\$198) -- Part B monthly premium (\$144.60) -- Part B 20% coinsurance (amount varies)
Specified Low-income Medicare Beneficiary (SLMB)	Monthly Income**: (between 100-120% FPL/+ \$20 disregard) \$1,276/\$1,296 if single \$1,724/\$1,744 if married	3 months retroactive from the date of application if your client meets eligibility criteria during those months	-- Part B monthly premium (\$144.60)

Qualifying Individual (QI)	Monthly Income**: (between 121-135% FPL/+ \$20 disregard) \$1,436/\$1,456 if single \$1,940/\$1,960 if married	3 months retroactive from the date of application if your client meets eligibility criteria during those months.	-- Part B monthly premium (\$144.60)
Qualified Disabled Working Individual (QDWI)	Monthly Income: \$4,338 if single*** \$5,832 if married***	3 months retroactive from the date of application if your client meets eligibility criteria during those months.	-- Medicare Part A monthly premium up to \$458/month in 2020 (for people with Medicare who are under age 65, disabled, and no longer qualify for free Medicare Part A or Medicaid because they returned to work and their income exceeds the limit)

The Medicare Part D Extra Help program helps Medicare beneficiaries with limited income and resources pay for prescription drug coverage. Eligible beneficiaries receive subsidized premiums, deductibles, and copayments. Subsidized premiums are paid to the prescription drug provider (PDP) or Medicare Advantage prescription drug plan (MA-PD) by the Centers for Medicare and Medicaid Services (CMS) and are based on the service area's regional benchmark premiums. Extra Help eligibles with a full premium subsidy who choose to participate in a more expensive plan are responsible for the difference. The Medicare Part D program assumes responsibility for prescription drug coverage for full Medicaid recipients with Medicare.

Certain beneficiaries are automatically deemed subsidy-eligible and should not complete an application for Extra Help. These beneficiaries have Medicare Parts A or B, or both, and are:

- already entitled to Supplemental Security Income (SSI)
- eligible for full Medicaid coverage, or covered under one of the Medicare Savings Programs as a Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), or Qualified Individual (QI).

Where can I get help with an application?

To get in-person help with an Extra Help/MSP application:

- **Contact your State Health Insurance Assistance Program (SHIP).** SHIPs are federally funded to provide free, objective assistance to people with Medicare and their families. In Arizona call: 1-800-432-4040. For your local SHIP in Cochise, Graham, Greenlee and Santa Cruz counties call **520-432-2528**. Or email us at shiphelp@seago.org.

What are my Medicare Rights?

No matter how you get your Medicare, you have certain rights and protections. All people with Medicare have the right to:

- Be treated with dignity and respect at all times
- Be protected from discrimination
- Have personal and health information kept private
- Get information in a format and language they understand from Medicare, health care providers, Medicare plans, and Medicare contractors
- Have questions about Medicare answered
- Have access to doctors, other health care providers, specialists, and hospitals for medically necessary services
- Learn about their treatment choices in clear language that they can understand, and participate in treatment decisions
- Get Medicare-covered services in an emergency
- Get a decision about health care payment, coverage of services, or prescription drug coverage
- Request a review (appeal) of certain decisions about health care payment, coverage of services, or prescription drug coverage
- File complaints (sometimes called "grievances"), including complaints about the quality of their care For more information, contact us at SEAGO-Area Agency on Aging 520-432-2528 or by email at shiphelp@seago.org

RAMONA MACMURTRIE
STATE HEALTH INSURANCE PROGRAM
COORDINATOR



INCOME TAX UPDATE

FEDERAL INCOME TAX The deadline for filing your FEDERAL income tax return is July 15, 2020. For additional questions or information, please call 800-829-1040 or visit: <https://www.irs.gov/>

STATE INCOME TAX The deadline for filing your STATE income tax return is July 15, 2020.

For additional questions or information, please call the Arizona Department of Revenue at (602) 255-3381 or visit: <https://azdor.gov/>

SERVING YOU!
 SEAGO Area Agency on Aging

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

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

Home Delivered Meals
 Delicious, nutritionally-balanced meals delivered to your home

Congregate Meals
 Nutritious meals plus socialization are essential to senior health

Healthy Aging; Long-Term Care Ombudsman Programs
 Staying active and engaged; providing solutions to long term care facility residents

Family Caregiver Support
 Unpaid family caregivers risk physical/emotional health; our system of support addresses their needs.

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

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

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

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

Webinars, virtual classes, support groups

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

Safely join our free resources online; facebook.com/seagoareaag www.seago.org www.seago.org

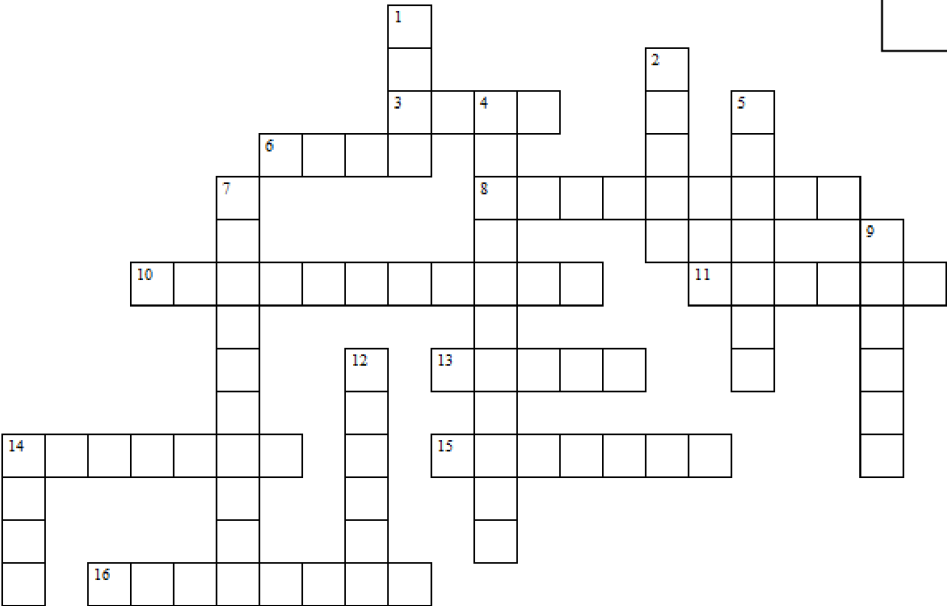
BRAIN BREAKS

SUMMER FOODS WORD SCRAMBLE

- OLESCAWL _____
- ASALD _____
- OADMLNEE _____
- ESPAECH _____
- RGBEUMASHR _____
- SIEKCLP _____
- WRTNOLEAEM _____
- ERASIRETSBRW _____
- SOLSEPIPC _____
- HCKINEC _____
- AEBSN _____

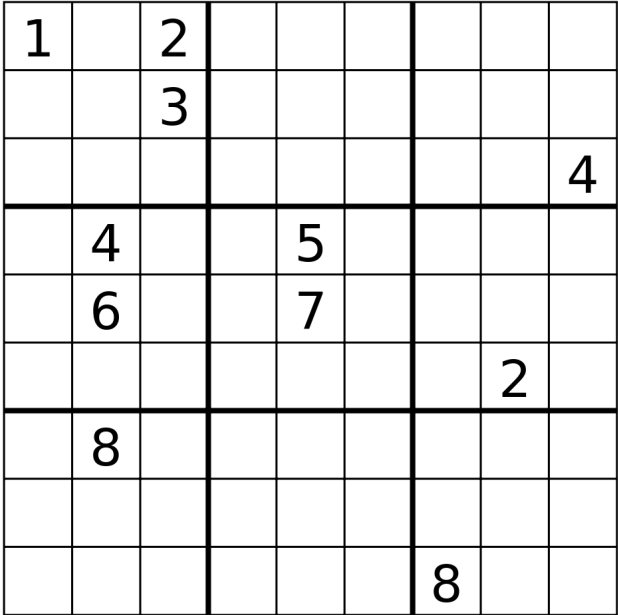
ANSWERS: coleslaw, salad, lemonade, peaches, Answers, hamburgers, pickle, watermelon, strawberries, popsicles, chicken, beans

Life is a Highway



- ACROSS**
- 3. Guessing game for observant passengers.
 - 6. In most states, it's illegal to do it while driving.
 - 8. What you cross to get from OR to CA.
 - 10. This shows how fast you're traveling.
 - 11. A meal eaten outdoors.
 - 13. It makes the car run.
 - 14. This kind of jam really slows you down.
 - 15. It's illegal to drive a car without one.
 - 16. Everyone needs to buckle this.

- DOWN**
- 1. Where you get off the highway.
 - 2. What the M in MPH stands for.
 - 4. What the P in GPS stands for.
 - 5. What the U in SUV stands for.
 - 7. On many highways, it's 65.
 - 9. They keep the windshield clean.
 - 12. What the G in GPS stands for.
 - 14. To use some roads, you must pay this.



WHAT HAPPENED IN JULY 1969

On July 20, 1969 one of man's crowning achievements occurred when American Astronaut Neil Armstrong became the first human to set foot on the Moon and uttered the immortal words "That's one small step for man, one giant leap for mankind."

WWW.THEPEOPLEHISTORY.COM



Ombudsman

NEWS



STIMULUS CHECKS FOR NURSING HOME RESIDENTS

Here is some good news for our residents in long-term care facilities. By now you should have received a stimulus check to be spent any way that the resident would like to have it spent. Under recent COVID-19 legislation most nursing home facility residents are receiving stimulus payments of \$1200 these checks will be coming from the IRS the same way that you receive your Social Security benefit (direct deposit or paper check).

The stimulus payment will not affect your residence or your Medicaid eligibility, this does not change your residence or your monthly payment to the facility, the resident keeps the stimulus payment for their own use.

The stimulus payment does not count as a Medicaid resource for 12 months. There have been some reports of seizing resident stimulus checks this would be a violation of federal restrictions at , freedom from abuse and neglect, or exploitation, specifically this could be considered misappropriation of residents property and defined as deliberate misplacement, exploitation, or wrongful temporary or permanent use of a resident's belongings or money without the resident's consent. Further, nursing homes requiring residents to deposit their stimulus check with the nursing home could be in violation of 42.CFR483.10 which gives the residents the right to manage his or her financial affairs. The facility must not require residents to deposit their personal funds with the facility.

If a resident chooses to deposit their funds with a facility upon written authorization of a resident the facility must act as fiduciary of the resident's funds and hold, safeguard, manage and account for the personal funds of the resident depositing with the facility if the resident hasn't received their funds you can check payment status by going to [IRS.gov](https://www.irs.gov) and go to coronavirus relief check status.

HAPPY SPENDING

SHI MARTIN
OMBUDSMAN

Residents' Rights for people in long-term care settings

Residents' Rights are guaranteed by the federal 1987 Nursing Home Reform Law. The law requires nursing homes to “promote and protect the rights of each resident” and places a strong emphasis on individual dignity and self-determination. Nursing homes must meet federal residents' rights requirements if they participate in Medicare and Medicaid. Some states have residents' rights in state law or regulation for nursing homes, licensed assisted living, adult care homes, and other board and care facilities. A person living in a long-term care facility maintains the same rights as an individual in the larger community.

The Right to Be Fully Informed of available services and the charges for each service, facility rules and regulations, including a written copy of resident rights; address and telephone number of the State Ombudsman and state survey agency; State survey reports and the nursing home's plan of correction advance plans of a change in rooms or roommates; assistance if a sensory impairment exists.

Residents have a **right to receive information** in a language they understand (Spanish, Braille, etc.).

Right to Complain

Present grievances to staff or any other person without fear of reprisal and with prompt efforts by the facility to resolve those grievances to complain to the ombudsman program, to file a complaint with the state survey and certification agency .

Right to Receive

Adequate and appropriate care; be informed of all changes in medical condition participate in their own assessment, care-planning, treatment, and discharge; refuse medication and treatment refuse chemical and physical restraints; review one's medical record; be free from charge for services covered by Medicaid or Medicare.

Right to Privacy and Confidentiality

Private and unrestricted communication with any person of their choice during treatment and care of one's personal needs. regarding medical, personal, or financial affairs

Rights During Transfers and discharges.

Remain in the nursing facility unless a transfer or discharge:

- is necessary to meet the resident's welfare;
- is appropriate because the resident's health has improved and s/he no longer requires nursing home care;
- is needed to protect the health and safety of other residents or staff
- is required because the resident has failed, after reasonable notice, to pay the facility charge for an item or service provided at the resident's request

- Receive thirty-day notice of transfer or discharge which includes the reason, effective date, location to which the resident is transferred or discharged, the right to appeal, and the name, address, and telephone number of the state long-term care ombudsman
- Safe transfer or discharge through sufficient preparation by the nursing home.

Right to Dignity, Respect, and Freedom

To be treated with consideration, respect, and dignity; to be free from mental and physical abuse, corporal punishment, involuntary seclusion, and physical and chemical restraints; to self-determination, security of possessions.

Right to Visits

by a resident's personal physician and representatives from the state survey agency and ombudsman programs by relatives, friends, and others of the residents' choosing by organizations or individuals providing health, social, legal, or other services, residents have the **right to refuse visitors**.

Right to Make Independent Choices

Make personal decisions, such as what to wear and how to spend free time; reasonable accommodation of one's needs and preferences; choose a physician Participate in community activities, both inside and outside the nursing home. Organize and participate in a Resident Council; manage one's own financial affairs.

Reference consumer voice. | theconsumervoice.org

OFFICE NEWS

SEAGO AREA AGENCY ON AGING

CENSUS 2020

What is Arizona's share of the federal funding used for? The \$675 billion in annual funds allocated to states based on population is used for schools, hospitals, roads, public works, and other vital programs. A complete count next year ensures that we can preserve the outstanding quality of life we enjoy in Arizona.



Great News from the staff at SEAGO Area Agency on Aging!

Carrie Gibbons, Management Analyst completed her course with the Cochise County Leadership Academy in May! The Cochise Leadership Academy offers participants the opportunity to develop key leadership skills and positively impact their local communities. The 8 week course focused on community leadership, values and ethics, communication, problem solving and effecting change, empowerment, diversity, and community action planning.

WHAT DOES THE ARIZONA 2020 CENSUS MEAN FOR THE STATE? THE CENSUS MATTERS TO ARIZONA AND HAS AN IMPACT OUR DAILY LIVES - THE ROADS WE DRIVE ON, ACCESS TO HEALTH CARE, SCHOOL LUNCH PROGRAMS, EVEN OUR POLITICAL REPRESENTATION. THE CENSUS IS OUR ONCE IN A DECADE OPPORTUNITY TO SHAPE THE NEXT TEN YEARS IN ARIZONA.

The course was thrown a curve ball with the Covid Pandemic. The class had to transition from in person class room environment to meeting on a virtual platform. Through the curriculum Carrie learned to think of leadership as an action rather than a title and has already started to apply the things she has learned to her role with the SEAGO Area Agency on Aging.

Congratulations Carrie!!!

MIRACLES STILL HAPPEN

BY AMALIA MARIN

What do a hospital bed, a shower chair, crutches and a refrigerator have in common? Answer: they are all typical donations to The Lending Shed in Patagonia, Arizona. The Lending Shed depends on generous donors and selfless volunteers to provide free “durable equipment” and other supplies to those in need. And like the story below, to make miracles happen.

Miracle #1: Roger (not his real name) qualified to receive home-delivered meals from SEAGO Area Agency on Aging, but without a working refrigerator in his home, (it broke one year ago and he couldn't afford to repair it) Roger would have to wait. Laura Villa, SEAGO Area Agency on Aging Director mentioned this need to Linda Dearing-Huffstetler, The Lending Shed's president. Less than one week later a refrigerator was donated and 48 hours later it was set up by a volunteer free-of-charge, in Roger's home. Now Roger is enjoying delicious, nutritious meals every day.



Miracle #2

Wood and nails are not much by themselves, but in the capable hands of Step Up Bisbee/Naco and SAWS volunteers, a Bisbee family's home and life have been transformed free-of-charge. Marilyn (not her real name) had a third hip replacement, making climbing the stairs into her home impossible. Eleven SAWS volunteers constructed a new wooden ramp in five hours! Step Up Bisbee volunteers painted the existing roof with weatherization latex paint; several old, drafty windows were replaced with double-paned windows; a steel door now stands where an old wooden door once did; and two wall heaters were installed where previously there were none. They even installed a doggie door for the family's beloved pets. The fact is that without donors and volunteers none of this would have happened. As a volunteer, you can experience miracles like these first-hand. Sign up to be a volunteer with;

SEAGO AAA: (520)432-2528

SAWS: (520)266-2492

Step-Up: (520)561-7220

Support Your Health With Nutrition

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis



Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.

Vitamin C supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.

Vitamin E works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts, and peanut butter.

Zinc helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

Other nutrients, including vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

-Adapted from Academy of Nutrition and Dietetics

“

Organic food is the healthier option because of what it doesn't have: pesticides and preservatives.

SENIOR FITNESS

SEAGO AAA has moved its health and wellness programs to a virtual setting so older adults can improve and maintain their physical health, mental health and manage the cycle of symptoms related to their conditions while practicing physical distancing measures during the COVID-19 pandemic.

The agency is continually seeking participants and will offer courses based on interest. We are delighted to have this online opportunity. Attending an online workshop is a win/win. Safe at home, getting the incredible benefits of learning to take better care of themselves at a time when they need it most. But most importantly, we are having fun together. "The courses first moved to an online platform in May, the programs have helped older adults combat social isolation by streaming individuals together from around the 4-county region.

This also allows our volunteer instructors to connect attendees with additional resources and make referrals to other SEAGO Area Agency on Aging programs if needed.

Courses being offered online include TAI CHI for Arthritis and Fall Prevention and A Matter of Balance a community-based, small-group program that helps older adults reduce their fear of falling and increase activity levels

Both are evidence-based intervention programs that offer a one or two-hour session twice a week for six weeks. They are taught in a small-group setting with no more than 15 people, which allows participants to share and learn from each other's experiences.

"Staying Healthy"

We understand that staying active during these days of social distancing and limited space at home can be challenging, but it has never been more important. As we work to develop additional "virtual" ways that we can exercise "together", here are some ideas to get you up and moving in the interim. As always, be sure to check with your physician before engaging in any exercise program to ensure that it is right for you.

This is especially the case for seniors because they are already more susceptible to poor health. With regular exercise, elderly individuals can strengthen their heart, increase their strength, and improve mobility among other benefits. Exercise has also been known to improve one's mental state.

Knowing this, make sure your elderly loved ones are staying active during the COVID-19 quarantine. Continue reading for information on easy home exercises for seniors. Before you engage in any physical activity, you should always stretch first. This is important for injury prevention and stretching will help warm up your muscles. Furthermore, do not rush with your stretches. Rather, take your time to ensure you stretch your muscles well before doing the following senior exercises.

UPPER BODY WORKOUTS ALWAYS STRETCH

Arm raises are great home exercises for seniors because they can be done whether the elderly individual is standing or sitting down. You just need light weights to use. With your feet flat on the ground, hold the weights at shoulder height. Raise your arms to lift the weights above your head, and repeat. Complete two sets of 10 raises.

UPPER BODY PUSH-UPS

Push-ups can be a difficult exercise to do, but wall push-ups are a great alternative that is still effective at strengthening your arms and chest.

Face a wall, standing two feet away from it. Put your hands on the wall at the same height as your shoulders. Then, bend your arms, bringing your elbows near your sides. Make sure your body remains straight to ensure the exercise as effective as possible. Push against the wall to straighten your elbows and repeat.

Aim for 5 to 8 wall push-ups, but do not overwork yourself. Do what you can for now, and you can strengthen your body into doing more later on.

LOWER BODY WORKOUTS Knee Lifts and Extensions

Another exercise that can be done while sitting, knee extensions can help improve your balance, which can be especially beneficial for elderly individuals if they have a high falling risk.



CONTINUED FROM PAGE 15

Sit in a chair, maintaining a straight back and good posture. Extend your legs slowly to unbend your knees. Hold the position for a couple seconds, and then lower your legs back to the bent knee position. You can do one leg at a time or lift both simultaneously. Whichever way you choose to complete the exercise, do it 10 times for each leg.

CHAIR SQUATS

Knowing this, make sure your elderly loved ones are staying active during the COVID-19 quarantine. Continue reading for information on easy home exercises for seniors.

Squats are an excellent exercise for not only your legs but your core as well. However, it is not a safe exercise for all seniors, particular those who have knee problems. So, if elderly individuals have knee concerns, then they should consult with their doctor before engaging in squats.

To do chair squats, stand in front of a chair. You can use it as a guide to properly do squats if necessary.

The exercise is called chair squats, because your squatting movement will mimic that of sitting down in a chair. You will want to keep your feet shoulder-width apart with an upright chest and shoulders. Slowly bend your knees as though you are going to sit down. If need be, you can lightly sit down on the chair, but hold the position for a moment. Then, stand back up.

TOE LIFTS

Toe lifts are another type of home exercise for seniors that will strengthen your legs and improve your balance. It is also really simple and can be done while doing other activities. All you need to do is stand behind a stable chair, table, or counter. Place your hands on the surface and rise up as high as you comfortably can on your tip toes. Hold the position for a moment before returning to a flat-footed position.

Don't sit all day! For example: If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!

Here are current answers to frequently asked questions about physical activity or exercise and COVID-19:

I'm under quarantine but not infected. Should I limit my physical activity?

There are no recommendations at this time to limit physical activity if you do not have any symptoms. Contact your health care provider if you develop a cough, fever or shortness of breath.

Will exercise help prevent me from getting the virus?

Moderate-intensity physical activity can boost your immune system. However high-intensity high volume training may suppress immune function especially if you are unaccustomed to it. Balance your workout program.

What if my kids are home with me?

Being active with kids is the most fun of all! Find activities that you can do together – an active gaming video, basketball in the driveway, go for a walk in the neighborhood.



Are there precautions I should take?

The most important strategy to prevent infection is to avoid coming into contact with others who are infected with COVID-19.

What if I start to have symptoms?

If you begin to have symptoms, follow CDC recommendations. As these recommendations are changing, below is a link to the CDC Symptoms webpage: <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

I'm under quarantine and infected. Should I limit my physical activity?

People who are infected, but without symptoms, can continue moderate-intensity activity, but need to use symptoms as a guide. Maintain quarantine to prevent spreading the coronavirus to others. If you develop fever, cough or shortness of breath, stop physical activity and reach out to your doctor or health care provider.

If you leave home, know your Ws!



WEAR
a cloth face covering.



WAIT
6 feet apart. Avoid close contact.



WASH
your hands often or use hand sanitizer.

ADVANCE HEALTHCARE PLANNING NEWS

BY RONNIE SQUYRES

Times are a changing - right? Sometimes we may feel that we have been living in a bubble. I have to admit that I am enjoying the view of the garden from my home office window! Though we have had to cancel a number of gatherings that were planned due to COVID-19, we have enhanced our ability to get the word out about the importance of advance healthcare planning to our counties by offering our Thoughtful Life Conversations via Zoom. In these days of social distancing to keep us all safe, we have found the virtual method to be an interesting and convenient way for many people to have access to empowering information.

In the coming months, we will be continuing to offer our Thoughtful Life Conversations: Advance Healthcare Planning on Zoom. They will be on the first Thursday of each month, will be interactive and get you thinking - all free of charge. They will also give a sense of control over decisions that can make a huge difference in your life, as well as, your family's lives. Go to our website to register:

<https://www.seago.org/advance-care-planning>. While you are on our website, check out The Conversation Project's **Be Prepared in the Time of COVID-19 Guide** which is listed under resources. It takes you through 3 things you can do right now to be prepared: important things like picking a person to be your healthcare decision maker, talking about what matters most to you and thinking about what you would want if you became seriously ill with COVID-19.

TALK. PREPARE. SHARE.

We have continued to talk about end of life issues and advance care planning with nursing students and human services students at Cochise College and UA. They have graciously invited us into their virtual classrooms. One of the nursing students shared: **"I was able to talk to a loved one today about advanced directives, her values, and become her healthcare POA. The end of life lecture helped me know what to talk about and even have easy access to those forms. It's pretty cool, right?"**

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.

News Alert for faith leaders - we can tell you about a stipend available to cover registration for the upcoming Coalition to Transform Advance Care (C-TAC) Conference (online in October 2020). It is a great way to network, learn and get ideas to help your congregation. Apply by 7/31/2020.

We are also helping people 1-on-1 with advance healthcare planning. We will be creating a YouTube video to give tips on Advance Care Planning and COVID-19. Want more info on any of these topics? Please contact Ronnie Squyres, Area Agency on Aging Community Education Coordinator, Cochise County at feelwellsleepwell@gmail.com or 520-355-5226. Go to our website to see resources, download advance directives, see upcoming events and to register for events: <https://www.seago.org/advance-care-planning>.

#MASKUPAZ



WELCOME NEW HEALTH & NUTRITION PROGRAM COORDINATOR **Nubia L Romo**

SEAGO Area Agency on Aging office is thrilled to introduce our new Health & Nutrition Program Coordinator, Nubia L Romo nromo@seago.org.

We welcomed Nubia in May 2020, as Health & Nutrition Program Coordinator to provide evidence-based interventions that help reduce the impact of diseases, chronic conditions, and minimize health-related risk factors associated with aging, emphasizing practical strategies to reduce the fear of falling and increase activity levels.

The Health and Nutrition program's ultimate goal is to reduce the fear of falling, stop the fear of falling cycle, and increase activity levels among community-dwelling older adults. Our goals will also be to continue implementing Health and Nutrition for our seniors during this pandemic and continue being proactive while offering different options for our seniors to continue taking classes in the virtual world.

Nubia previously worked as a Kindergarten teacher at a charter school, she also served as the Executive Director of the Greater Douglas Chamber of Commerce. Working with local community leaders for close to 10 years now, she has experience in both the programs and operations sides of small nonprofits.



*Douglas, Arizona Mayor Donald Huish pictured with Nubia Romo
Photography: Aaliyah Montoya Spaceship Media*

She considers herself a life-long learner and believes that gardens are a powerful tool for building community, educating the public, and learning more about ourselves and the world around us.

"I love the mission and the employees here. They're very passionate about helping older adults. It's hard to find a work environment where everyone is driven and focused on the organization's mission," she says.

An Arizona native who lives in Douglas, Nubia enjoys spending time with her nieces and weekend getaways with her friends. Nubia is passionate about community, policy, systems and environmental changes that are sustainable, protect the environment, and promote healthy lifestyles. We are delighted to have her as part of the SEAGO AAA TEAM!

"I love the mission and the employees here. They're very passionate about helping older adults. It's hard to find a work environment where everyone is driven and focused on the organization's mission," she says.

WEBINAR SCHEDULE

SUMMER

**HAVE YOU HEARD? SEAGO
AREA AGENCY ON AGING
OFFERS FREE WEBINARS,
GROUPS AND INFORMATION
EVERY WEEK!**



Family Caregiver Support Program

Serving the Needs of Family Caregivers

JULY 1, 8, 15
10:00AM
CARE FAMILY
CAREGIVER
SUPPORT
GROUP ONLINE

CARE

CAREGIVER SUPPORT GROUP

VIRTUAL SUPPORT GROUP FOR FAMILY CAREGIVERS:
EVERY WEDNESDAY 10:00 AM
REGISTER IN ADVANCE FOR THIS MEETING:
[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/
TZWODEGRRZ4RHTOXTYHMZQPLWEWPZQK6Q9LT](https://us02web.zoom.us/join/91255900000)
CALL IN VIA TELEPHONE: 1-346- 248- 7799
MEETING ID: 885 2831 5149



JULY 2, 2020
2:00PM
THOUGHTFUL LIFE
CONVERSATIONS:
ADVANCE
HEALTHCARE
PLANNING
(ONLINE) REGISTER

VIRTUAL TAI CHI A MATTER OF BALANCE

VIRTUAL CLASSES
REGISTER IN ADVANCE
[HTTPS://WWW.EVENTBRITE.COM/O/SEAGO-AREA-
AGENCIES-ON-AGING-30289637588](https://www.eventbrite.com/o/seago-area-agencies-on-aging-30289637588)



JULY
2,7,9,14,16,21,23,
28,30

1:00PM
TAI CHI FOR
ARTHRITIS
FALLS
PREVENTION



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



**VIRTUAL
TAI CHI**
For Arthritis and Fall Prevention



SEAGO

AREA AGENCY ON AGING

Cochise, Graham, Greenlee, Santa Cruz

300 Collins Road

Bisbee, AZ 85603

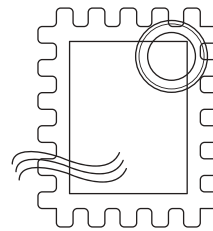
Phone: 520-432-2528

Fax: 520-432-9168



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

<https://www.facebook.com/seagoareaagencyonaging/>



MEALS PROGRAM

The Bisbee Senior Pantry

We would like to express our gratitude to the people of Bisbee for their generosity in donating groceries and goods.

IF YOU NEED GROCERIES,

PLEASE CALL US AT

520-432-2167.

Let us know if you need delivery service or if you have someone available to pick up for you.

Available Monday through Friday

from 8:00 am to 2:00 pm



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

COCHISE COUNTY

DOUGLAS ARC

610 9th Street
Douglas, AZ
Time: noon
Tel: 520.364.7473

TOMBSTONE SENIOR CENTER

507 East Toughnut
Tombstone, AZ
Time: noon
Tel: 520.457.2525

GRAHAM/GREENLEE COUNTIES

SAFFORD SENIOR CENTER

822 Main Street
Safford, AZ
Time: noon
Tel: 928.428.4328

CLIFTON SENIOR CENTER

104 4th Street
Clifton, AZ
Time: noon
Tel: 928.865.5240

DUNCAN SENIOR CENTER

235 High Street
Duncan, AZ
Time: noon
Tel: 928.865.5240

SANTA CRUZ COUNTY

SANTA CRUZ COUNCIL ON AGING

125 E. Madison St #4
Nogales, AZ
Tel: 520.287.7422

SENIOR CITIZENS OF PATAGONIA

100 Quiraga Lane
Patagonia, AZ
Tel: 520.394.2494

ADVERTISEMENT SPACES

Available Now!

Our Quarterly Newsletter is now including advertising for local business in future issues of our newsletter to help partially offset our costs. We are now offering two sizes for advertisements: 4" wide by 2" deep or a 4x4" square option. The cost to place one smaller ad is \$65, and \$130 for the larger format per issue of the newsletter. Your advertisement will be delivered to almost 4,000 homes and businesses in our area. Several hundred newsletters are also available at some neighborhood businesses and gathering spaces. If you are interested in reserving space, this is what we need from you by the deadline which is 5:00 PM Tuesday, Sept 15, 2020

- Reserve space by contacting, Nubia Romo, Health & Nutrition Coordinator. Call (520)432-2528 at: nromo@seago.org
- Mail or drop off a check payable to SEAGO AREA AGENCY ON AGING
- Email a completed digital press-quality PDF or JPEG of your ad to nromo@seago.org
- The image must be high resolution at 300 DPI (1200 pixels wide by 600 tall for a standard size ad) or greater. Colors will reproduce better if the original is in CMYK.
- Advertisements must meet these requirements to be published.
- If you need assistance creating an ad, there is a one-time charge of \$40 for this service and you will be provided with a digital proof of the advertisement. You may also contact any outside designer for assistance as long as they can meet our design requirements.

Thank you for supporting your local SEAGO AAA newsletter!

COMPANY NAME/LOGO SOGAN	<p style="text-align: center; margin: 0;">COMPANY NAME/LOGO SOGAN</p> <p style="text-align: center; margin: 0; font-size: small;">John Smith General Manager 1 800 YOURBIZ JOHN.S@YOURBIZ.COM WWW.YOURBIZ.COM</p>
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