

# Region 6 Conference on Aging

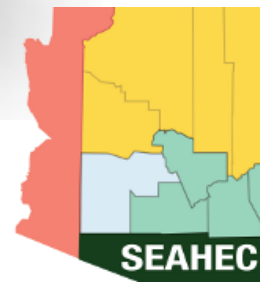
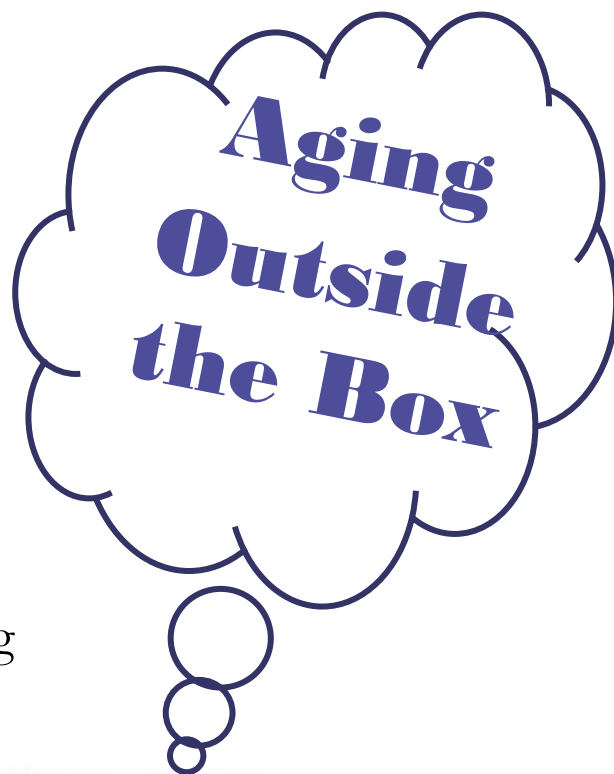
## Caregiver Training

Brought to you by:

The Desert Southwest Chapter  
of the Alzheimer's Association,  
The Legacy Foundation

&

SEAGO—Area Agency on Aging  
Wednesday, June 14, 2017



alzheimer's  association®

Desert Southwest Chapter



*Legacy Foundation of Southeast Arizona*

PROMOTING POPULATION HEALTH AND COMMUNITY WELLNESS  
THROUGHOUT SOUTHEAST ARIZONA



# Agenda

## Region 6 Conference on Aging

8:30 – 9:00 .....Registration

9:00 – 9:15 .....Welcome: Laura Villa AAA Program Director

9:15 – 10:15 ...Veronica Squyres Feel Well –Sleep

10:15 – 10:30...Break

10:30 – 12:00...Serena Ormsby: Social Security

12:00 – 1:00 ... Lunch (provided at conference)

1:00 – 1:45 ... Morgen Hartford—Caring for the Caregiver

1:45 – 2:00 ... Break

2:00 – 2:30 ... Priscilla Stone—Bisbee Alternative Therapies  
Clinic

2:30 – 3:30 ... Chris Vertrees—SEAGO Transportation

3:30—3:45.... Break

3:45—4:30... SEAGO - AAA Staff

This publication has been produced by Arizona with financial assistance, in whole or in part, through a grant from the AoA and the CMS. These contents do not necessarily represent the policy of the U.S. Department of Health and Human Services and the grantee should not assume endorsement by the Federal Government.



The Desert Southwest Chapter is one of over 70 Alzheimer's Association chapters serving communities across the United States

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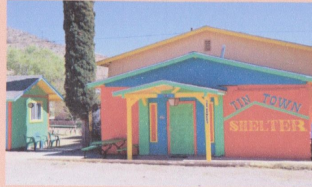
## The Legacy Foundation of Southeast Arizona

Promoting Population Health and Community Wellness Throughout Southeast Arizona

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



**AARP is a nonprofit, nonpartisan, social welfare organization with a membership of nearly 38 million that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families — such as health care, employment and income security, and protection from financial abuse.**

**Hours: AARP Arizona is open Monday through Friday, from 8 a.m. to 5 p.m.**

**Location: 16165 N. 83rd Avenue, Suite 201 | Peoria, AZ 85382|**

**Toll-free Call: 866-389-5649**

**Email: [aarpaz@aarp.org](mailto:aarpaz@aarp.org)**

## Veronica Squyres, MA



Her mission is to educate, support and inspire people in their quest to feel better. She has had many roles such as: wellness instructor for the Center for Lifelong Learning, psychology instructor at Cochise College, professional speaker, certified group fitness instructor, biofeedback therapist, counselor at a burn center and bereavement coordinator at a nonprofit hospice. Currently, she has started her own business, **Feel Well Sleep Well**, where she teaches a holistic approach in dealing with insomnia and also teaches a variety of fitness/movement classes. She also continues to teach at Cochise College. She received her Master's degree in Counseling from University of North Florida and went on to get a business degree, as well as, certification as a fitness instructor. Hiking, art, reading, travel and connecting with family and friends, are her favorite pastimes.



Serena Ormsby began her career with the Social Security Administration in 2010 at the South Tucson district office. Serena has served the public and the agency as a Claims Specialist, Supervisor and most recently District Manager of the Douglas, Arizona field office. The Douglas field office serves all of Cochise County and in any given month they help approximately 3,000 individuals either face-to-face or by telephone interview. "I am excited to be a part of this year's Conference on Aging – Aging Outside the Box, and I look forward to sharing information with you about Social Security Administration programs and our vast array of online services.

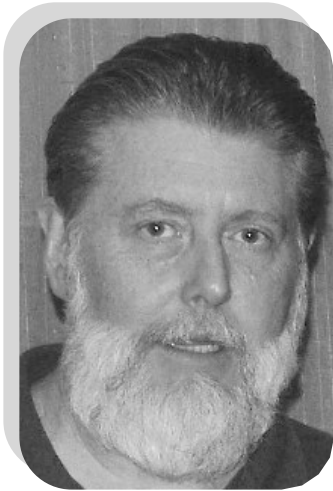
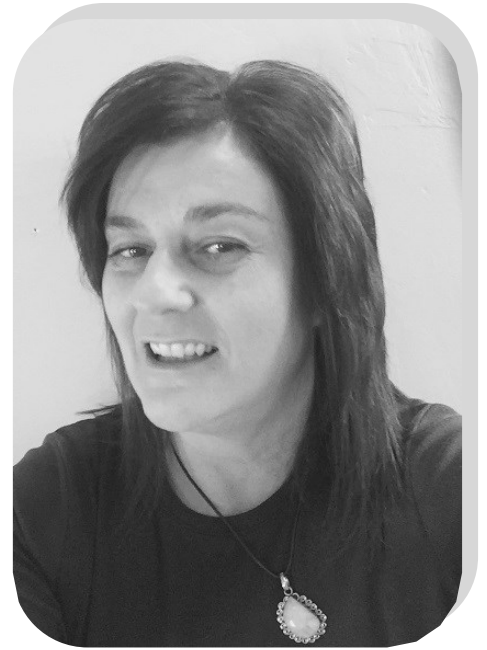


Morgen Hartford is the Southern Arizona Regional Director for the Alzheimer's Association Desert Southwest Chapter.

He works providing dementia education throughout Southern Arizona; coordinates over 25 support groups across five counties; and implements unique family programs for care partners and people with dementia.

The Alzheimer's Association Desert Southwest Chapter is an independent 501(c)3 organization that provides programs and services designed to support individuals and families living with Alzheimer's and related forms of dementia throughout Arizona and Southern Nevada. In affiliation with the National Alzheimer's Association, the Desert Southwest Chapter is part of the world's leading voluntary health organization in Alzheimer's care, support and research.

Priscilla Stone has a prior career in healthcare as a Registered Respiratory Therapist working in emergency departments on the U.S. Mexican border. She holds a Bachelor of English Literature from the University of Arizona and a Master's degree in the Humanities from Prescott College. She is currently an Instructor and a Writing Coach at the Cochise College Douglas campus. Priscilla began using Reiki in 2009 after a serious health crisis led her to discover the benefits of complimentary therapies. Since then, she has become a level I, II, and Reiki Master, teaching courses and providing private care to clients throughout the county. In 2011, Priscilla also worked with oncology patients at Arizona Oncology in Sierra Vista. Priscilla has practiced her skills and received personal healing from the Bisbee Alternative Therapies clinic for over seven years. She lives on a small ranch in McNeal.



Chris Vertrees is currently the Transportation Program Manager for the SouthEastern Arizona Governments Organization. Chris has a Bachelor's degree In Business Management and is a Certified Public Manager. He has over 20 years of public sector management experience including 10 years in transit planning and management. Chris is passionate about solving the region's transportation issues. Since 2012, Chris has overseen the development of several transportation projects that have greatly benefited the region. A few of the projects include a Mobility Management program, a Regional Transit Provider Training program, the Willcox Transit project, and the Cochise Connection project that will link the local bus systems of Douglas, Bisbee, Sierra Vista, and Benson.



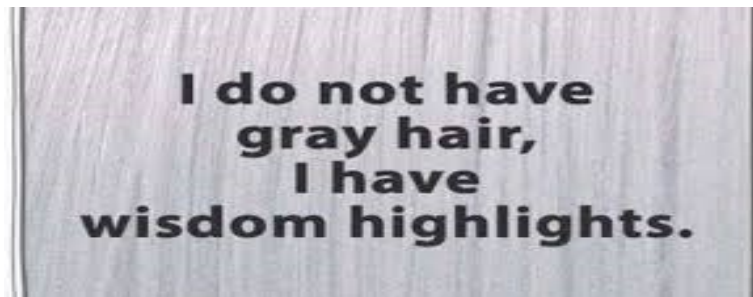
Beautiful young people are accidents of nature,  
but beautiful old people are works of art.

(Eleanor Roosevelt)

**Laura Villa** was promoted to Program Manager of SEAGO—Area Agency on Aging in April of 2015 and she has been nonstop ever since. Laura is responsible for planning, organizing and directing the operations and staff of the Area Agency on Aging for the SEAGO region. She recently completed a survey of our region and is in the process of formulating the SEAGO-Area Agency on Aging 4 year plan due out in 2018. Laura has been instrumental in reaching out and initiating new partnerships in the SEAGO 4-county region. Laura continues to advocate for seniors at the state level through the Association of Area Agencies on Aging.



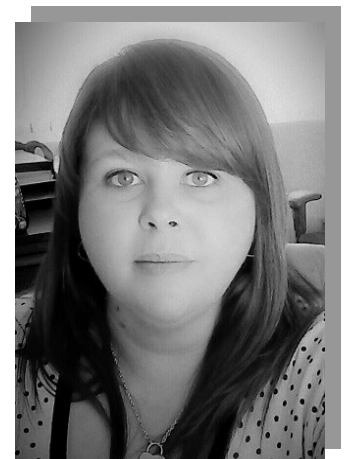
**Ramona MacMurtrie:** is the State Health Insurance Assistance Programs (SHIP) and Senior Medicare Patrol (SMP) Coordinator for the 4 - County SEAGO region. Ramona is a native Arizonan who grew up in Bisbee and returned in 2012 after spending the intervening years at a variety of jobs around the United States and Mexico. The SHIP/SMP programs help people with Medicare/Medicaid, low income subsidies, claims, appeals and services for the disabled.





**Shi Martin** accepted the position of Long Term Care Ombudsman in May of 2015. She comes to SEAGO from Kindred Hacienda Nursing and Rehabilitation where she was the Social Services Director for the last 4 years. Working in the Social Services field in Las Vegas for 7 years before coming to Arizona has made her uniquely qualified to head up the Ombudsman program in Southeastern Arizona. Her current projects include the *A Matter of Balance* program which seeks to help people over age 60 learn to control fear of falling through exercise, practical tips, and problem solving in a supportive group environment. Shi is an avid potter and has worked with the Empty Bowls program both as an organizer and contributor .

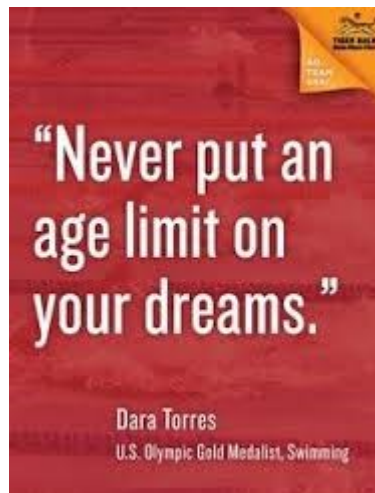
Office Specialist: **Carrie Gibbons** came to SEAGO – Area Agency on Aging in November 2014 as our Office Specialist. Carrie Started the SEAGO – Area Agency on Aging Face book page and has enjoyed applying her love for graphic arts to her position with AAA. Carrie was born in Texas and graduated from Samuel Clemens High School in 1995. In 1998 she became a licensed Medical Assistant. In 1999 Carrie moved to Oklahoma where she was Chief Video Editor for a local ABC affiliate. She came to Arizona in 2005 and spent 9 years as a Back Office Specialist with American Express where she earned several awards for outstanding service and quality. Carrie has been in Bisbee AZ since 2014 and plans on putting down strong roots here.





## Anti-Aging Tips

Remain curious.  
Try new things.  
Don't take yourself  
too seriously.  
Keep an open mind.  
Listen to new music.  
Make new friends.  
Dance!



A beautiful face will age and a  
perfect body will change but a  
beautiful soul will always be a  
beautiful soul.



“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.”

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