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# Home and Community Based Services

HCBS refers to services and supports that are provided to seniors in their homes or offered in the community including home-delivered meals, personal care, light housekeeping, and respite care. These Services can be acquired through our Case Managers.

- **Yolanda Thomas (520)805-5631**  
Douglas, McNeal, Elfrida
- **Marla Tamez (520)586-8191** Benson, St. David, Pomerene, Dagoon, Tombstone
- **Shirley Thomas (520)586-8192**(Benson Office)**(520)432-9683**(Bisbee Office)Bisbee, Miracle Valley, Palominas, Hereford, Willcox, Sunizona, Pearce, Bowie
- **Seana Riffle (520)803-3950**  
Sierra Vista, Huachuca City, Whetstone
- **Stephanie Nabor (928) 428-3229**  
Graham County
- **Diane Leaman (928)865-2601**  
Greenlee County
- **Areli Parrales (520) 375-7892**  
Santa Cruz County



# Advance Care Planning

When it comes to end-of-life care, one conversation can make all the difference. Learn how to talk to others about their wishes; review healthcare planning decisions, resources and documents; learn with whom to share their healthcare planning documents; and discuss when to review and update these documents.

Contact SEAGO Area Agency on Aging at 520-432-2528, or Ronni Squyres at 520-355-5226, email: [feelwellsleepwell@gmail.com](mailto:feelwellsleepwell@gmail.com)



# What We Do!

**The 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 and communities. AAA Coordinators and Case Managers work with older adults, their families, and support systems to help find resources for elderly and disabled individuals. Through our partnerships and service providers a variety of services are offered including: information and referral, congregate and home-delivered meals, health and wellness programs, in-home care, transportation, elder abuse prevention, caregiver support, and advance care planning.



# Health Insurance Assistance Programs

SHIP/SMP Program can provide you with up-to-date information, tips on what to consider when comparing plans, and resources where you can get detailed information and personalized help.



**Ramona MacMurtrie**  
State Health Insurance Assistance Programs Coordinator  
[rmacmurtrie@seago.org](mailto:rmacmurtrie@seago.org)  
(520) 432-2528 ext 222



# Family Caregiver Support Programs

Evidence suggests that the extra burden on caregivers can put them at risk of physical health and emotional stress and strain. These services work together with State and Community Based Services to provide a coordinated set of supports.

For More information call 520-432-2528





# Healthy Aging and Long-term Care Programs

Chronic health conditions can create challenges that affect every aspect of a person's life. However, learning to manage those conditions enables people to stay healthy, active, and engaged in their communities.

The primary purpose of the Long Term Care Ombudsman Program is to identify, investigate and resolve complaints made by or on behalf of residents of long term care facilities.

The logo for the Arizona Long-Term Care Ombudsman features a yellow cactus icon on a green background, a blue figure with arms raised in a circle, and the text "Arizona Long-Term Care Ombudsman".

**A MATTER OF BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**Shi Martin**  
LTC Ombudsman/Health and Nutrition Coordinator  
smartin@seago.org  
(520) 432-2528 ext 206



## **SEAGO Area Agency on Aging**

**Resource Directories for Cochise,  
Graham/Greenlee, and Santa Cruz  
Counties are available for download and  
print at:**

**<http://www.seago.org/aaa/> or call 520-432-2528**





*Region VI*

## **SEAGO Area Agency on Aging**

*Cochise*

*Graham*

*Greenlee*

*Santa Cruz*



**520-432-2528**

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# Seago Area Agency on Aging Would like to Thank our Service Providers

- Accent Care
- City of Benson
- City of Bisbee
- Catholic Community Services
- Cochise Health and Social Services
- Arizona Consumer Direct
- DARC
- City Of Douglas
- Greenlee County Health Department
- Lutheran Social Services
- Pure Foods –Moms Meals
- South Eastern Arizona Legal Aid
- Santa Cruz Council on aging
- Senior Citizens of Patagonia
- Santa Cruz Public fiduciary
- SouthEastern Arizona Unique Services (S.E.A.C.U.S)
- Tombstone
- Vicap
- Easter seals Blake Foundation

**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.**



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DEPARTMENT OF ECONOMIC SECURITY

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*Your Partner For A Stronger Arizona*

Arizona Division of Aging and Adult Services

# Thank You to Our





## Do I qualify for a bus card?

### Under 60 years of age:

- Must be disabled.
- Must bring a current award letter from the social security office.
- Must bring a utility bill providing proof of residency.
- Must provide a photo ID.

### Where can I use my Bus Card?

- \* All Benson Buses
- \* All Bisbee Buses
- \* All Cochise Connection Buses
- \* All Douglas Rides

### Over 60 years of age:

- Must bring a utility bill providing proof of residency
- Must provide a photo ID.

### Can I ride the bus if I don't qualify for a card?

**Yes.** Current fares are as follows:

Adults \$1.00 Students 25¢

Seniors/Disabled .50¢



**For more Information Please call  
520-432-6002**





## Do I qualify for a bus card?

### Under 60 years of age:

- Must be disabled.
- Must bring a current award letter from the social security office.
- Must bring a utility bill providing proof of residency.
- Must provide a photo ID.

### Where can I use my Bus Card?

- \* All Benson Buses
- \* All Bisbee Buses
- \* All Cochise Connection Buses
- \* All Douglas Rides

### Over 60 years of age:

- Must bring a utility bill providing proof of residency
- Must provide a photo ID.

### Can I ride the bus if I don't qualify for a card?

**Yes.** Current fares are as follows:  
Adults \$1.00 Students .50¢  
Seniors/Disabled .50¢

# BAT BENSON AREA TRANSIT



For more Information Please call  
**520-586-9406**





# Do I qualify for a bus card?



### Under 60 years of age:

- Must be disabled.
- Must bring a current award letter from the social security office.
- Must bring a utility bill providing proof of residency.
- Must provide a photo ID.

### Where can I use my Bus Card?

- \* All Benson Buses
- \* All Bisbee Buses
- \* All Cochise Connection Buses
- \* All Douglas Rides Buses
- \* All Douglas Dial-A-Ride Services

### Over 60 years of age:

- Must bring a utility bill providing proof of residency
- Must provide a photo ID.

Can I ride the bus if I don't qualify for a card?

**Yes.** Current fares are as follows:

Adults \$1.00      Students 75¢

Seniors/Disabled .50¢

**For more Information Please call**  
**520-364-4474**  
 or  
**520-417-7400**

