



SEAGO Area Agency on Aging  
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**Providing services to empower our seniors in Southeastern Arizona**

Area Agencies on Aging were established through the Older Americans Act amendments of 1973 in order to provide a local structure for addressing the needs and concerns of older persons. Nationwide there are 629 Area Agencies on Aging, 57 State Units on Aging and innumerable local service providers which together with the Federal Administration on Aging (AOA) constitute the National Aging Network.

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.

**TAI CHI**

Strengthen your mind, body and spirit! Our Tai Chi classes have been so popular in Patagonia that we have added classed in Tubac! See page 4

Follow us on Facebook!  
Seago/Area Agency on Aging




**OUR MISSION STATEMENT:**  
To provide services that empower individual choice, independence & dignity for our aging & disabled population & their caregivers.

**OUR VISION:**  
To create age-friendly communities in Southeastern Arizona that encourage & support individuals to live with dignity & choice.

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**SEAGO AAA AREA AGENCY ON AGING**

300 Collins Road, Bisbee, AZ 85603

Serving Cochise, Graham, Greenlee & Santa Cruz Counties

Quarterly Newsletter—Winter 2019

**We LOVE Our Volunteers!**

What an honor it was to spend time with existing and new members of our team! SEAGO AAA volunteers for the Tai Chi, Matter of Balance, Long-Term Care Ombudsman, and State Health Insurance programs gathered for a morning training session in Sierra Vista on Friday, December 14 to receive required training about Case Management from Banner Health and Disaster

Preparedness from Fry Fire. Both topics were well received by our volunteers and valuable information was shared. These and several other SEAGO AAA volunteers were treated to a buffet style feast following

the morning training session at our annual Volunteer Appreciation Luncheon. The services being provided to elders in our four-county area would not be possible without our valuable volunteers. We could not do it without them! Thank you, SEAGO AAA volunteers for your dedication and commitment! ♥



**Interested in Volunteering?**

If you're looking for a meaningful way to help your friends, neighbors and community...WE NEED YOU! The SEAGO Area Agency on Aging is always looking for dedicated, volunteers to make a real difference

in the lives of elderly or special needs people who need help. There are many opportunities.. For further information, please contact the SEAGO AAA office at 520-432-2528. ♥





## Real Emergency & Disaster Initiative Meals Program (“READI MEALS”)



READI MEALS will introduce an innovative way to eliminate food waste

Shi Martin, our Health and Nutrition Program Coordinator, introduced an innovative way to eliminate food waste and increase the amount of food available for our members. Department of Economic Security-Division of Adult and Aging services was so supportive of the proposed plan, it provided \$39,717

to start the pilot program with purchase of four (4) Freeze Dryers. SEAGO AAA will ‘experiment’ with the freeze drying process on various foods to develop program instructions to train our nutrition sites on the use and maintenance of the equipment. Each site will be provided with enough supplies to produce

freeze dried meals for approximately 3 years of operation. After initial deployment, nutrition sites will be monitored monthly to ensure best practices and program instructions are being followed. SEAGO AAA staff will be collecting data about the program in the first year. ♥

## MEDICARE Open Enrollment Sets New Record

This Medicare Open Enrollment season was extremely busy. SHIP Counselors saw 198 clients during October and 339 clients during the month of November.

SEAGO-AAA added a new SHIP Volunteer Counselor in Safford and she jumped right in to help counsel our members during the 2018 Open Enrollment season. We have a total of 5 SHIP Volunteer counselors: 1 in Sierra Vista/Hereford, 1 in Huachuca City/Whetstone, 2 in Patagonia/Sonoita and 1 in Safford. 2 new volunteer counselors will undergo training at the beginning of 2019; 1 in the Benson area and another in the Douglas area. Both of the new counselors are bilingual which will be a great advantage in their respective areas.

Medicare Savings 10/15 - 12/7/2019		
County	# Clients	\$ Savings
Cochise	423	\$ 177,949.00
Graham	103	\$ 21,939.00
Greenlee	27	\$ 1,830.00
Santa Cruz	174	\$ 107,271.00
<b>Totals</b>	<b>727</b>	<b>\$ 308,989.00</b>

AAA will be adding the Willcox Senior Center as a regular counseling site beginning in 2019. With the new counselors in Benson and Douglas, this will give us the best coverage we have ever had in Cochise County.

AAA is still recruiting for bilingual volunteers in Santa Cruz County.

SEAGO AAA is always looking for sites where we can schedule regular counseling sessions. If your community would like for a counselor to visit regularly, please contact Ramona at 520-432-2528 ext. 222 or at [shiphelp@seago.org](mailto:shiphelp@seago.org). ♥



AAA is always looking for sites where we can schedule regular Medicare counseling sessions





## Volunteer Training & Appreciation Luncheon



## Love Has No Borders

It was a Christmas wish that crossed international borders. SEAGO's own Executive Director, Randy Heiss, fulfilled the Christmas list of an 8-year-old girl in Mexico whose letter to Santa reached him by way of balloon.

Last month, Randy was hiking in Patagonia with his dog when he saw the ragged remains of a balloon with a note attached. One side of the note read: "Dayami." On the other was a numbered list written in Spanish.

Randy's wife translated the list and they identified its likely sender as a girl named Dayami. The note was intended for Santa and asked for art supplies, slime, a doll and a dollhouse, among other things. No contact information was left on the note.

"It really touched my heart to find it and I said, 'Well, how in the heck am I going to be able to figure out how to make contact with this little girl and make her wishes come true?'" Randy wondered.

He believed the winds carried Dayami's Christmas wish list about 20 miles away from Nogales, Mexico.

He shared the letter on his Facebook account. After a few days with no leads, he enlisted the help of Radio XENY, a station in Nogales. The station posted Randy's story to its Facebook page. Within an hour, they were able to find Dayami, who lives in Nogales.

The radio station arranged for Randy and his wife to meet Dayami and her family at its offices just before Christmas. Passing themselves off as Santa's Helpers, Randy and his wife delivered the toys to Dayami and her younger sister, Ximena, during the meeting. It brought him "healing joy" to see the children's happy faces. "Love has no borders," he said. "That wall melted away for the day."

As it turns out, the experience was a gift for the couple, too. "We lost our son nine years ago," Randy shared. "So we don't have grandchildren in our future and so really getting to share Christmas with kids was something that's been missing in our lives."

News of Randy's good deed spread rapidly through the news community and has even gone international! People from all over the US sent gifts for the girls, as well. Love has no borders, indeed. ❤️



## March Events

2	<b>8AM-12PM Benson Hospital Health Fair</b> 450 Ocotillo Ave., Benson Meet some of our AAA staff and see what's new in the senior world. 520-720-6516 for info.
5	<b>By Appt Questions About Medicare?</b> THRIVE Canyon Vista Medical Center , 5750 E Hwy 90, Bldg #2, Sierra Vista To make an appointment, call 520-417-6980
7	<b>Walk-Ins Questions About Medicare?</b> Welcome Huachuca City Senior Center, 504 N. Gonzales Blvd, Huachuca City To make an appointment, call 520-456-3059
19	<b>By Appt Questions About Medicare?</b> THRIVE Canyon Vista Medical Center , 5750 E Hwy 90, Bldg #2, Sierra Vista To make an appointment, call 520-417-6980
21	<b>By Appt Questions About Medicare?</b> SEACUS, 1124 Thatcher Blvd, Safford To make an appointment, call 928-428-3229



## January Events

12	<b>12-4PM Bisbee Health Expo,</b> <b>St. Patrick's Parrish Hall, 100 Quality Hill, Bisbee</b> Our own Ramona MacMurtrie will be available to answer your Medicare questions.
14	<b>1-2 PM Tai Chi for Arthritis &amp; Fall Prevention: Mondays &amp; Wednesdays thru 3/6</b> <b>Tubac Community Center, 50 Bridge Rd., Tubac</b> Join us for an opportunity to strengthen your mind, body & spirit. Tai Chi is an ancient Chinese exercise program that promotes strength, flexibility & balance. It combines slow movement with deep breathing. Come to the 1st class to register.
17	<b>10AM Advisory Council on Aging (ACOA) Quarterly Meeting,</b> <b>Methodist Church, 124 S. Curtis Ave., Willcox</b> Quarterly forum to allow the elderly of Planning District VI to identify the principal problems confronting them and determine practical solutions to them.
19	<b>10AM-2PM Health Fair</b> <b>CQCH Palominas Rural Health Clinic, Hereford</b> See what's new in the senior world with information and equipment.
23	<b>1-3PM Honoring a Life Workshop: Advance Care Planning</b> <b>Cochise College, 1025 S. SR-90, Benson</b> When it comes to end-of-life care, one conversation can make all the difference. This 2-hour workshop helps people begin the conversation and outlines a clear process for them to ensure that their priorities and preferences for end-of-life care are known, documented and honored. Register at: <a href="https://www.eventbrite.com/e/benson-cochise-college-advance-care-planning-workshop-tickets-54352482739">https://www.eventbrite.com/e/benson-cochise-college-advance-care-planning-workshop-tickets-54352482739</a>
26	<b>1:30-3:30PM Honoring a Life Workshop: Advance Care Planning</b> <b>1st Presbyterian Church, 1020 D Ave., Douglas</b> See above for course details. Register at: <a href="https://www.eventbrite.com/e/douglas-honoring-a-life-advance-care-planning-tickets-54249455582">https://www.eventbrite.com/e/douglas-honoring-a-life-advance-care-planning-tickets-54249455582</a>
28	<b>8:30AM-4PM Case Management Training, Benson</b> <b>Cochise College, 1025 S. SR-90, Benson</b> Annual mandatory training for congregate and home delivered meal providers.

## Greenlee County Seniors Have a Happy Thanksgiving



SEAGO AAA recently received and thank you card from the Greenlee County Senior Center staff for their donation of \$200. SEAGO AAA was just one of several community organizations who donated funds the Greenlee County Senior Center which enabled them to prepare and serve Thanksgiving dinners for 23 homebound citizens and CPES clients of Greenlee County. ♥

## February Events

1	<b>9AM-2PM Honoring A Life Train the Trainer</b> <b>Legacy Foundation, 302-02 El Camino Real, Sierra Vista</b> A 5 hour workshop to train community representatives and volunteers to facilitate the Honoring A Life: Advance Care Planning Conversations workshop. Registration is free, but space is limited. Register online: <a href="https://www.eventbrite.com/e/honoring-a-life-advance-care-planning-train-the-trainer-tickets-53074310692">https://www.eventbrite.com/e/honoring-a-life-advance-care-planning-train-the-trainer-tickets-53074310692</a> .
4	<b>1-2PM Tai Chi for Arthritis &amp; Fall Prevention</b> <b>Tubac Community Center, 50 Bridge Rd., Tubac</b> See January 14 entry for details
4	<b>2-4PM A Matter of Balance</b> <b>Bisbee Senior Center, 300 Collins Rd., Bisbee</b> Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.
5	<b>By Appt Questions About Medicare?</b> <b>THRIVE Canyon Vista Medical Center, 5750 E Hwy 90, Bldg #2, Sierra Vista</b> To make an appointment, call 520-263-3293
7	<b>Walk-Ins Questions About Medicare?</b> <b>Welcome Huachuca City Senior Center, 504 N. Gonzales Blvd, Huachuca City</b> To make an appointment, call 520-456-3059
9	<b>10AM-2PM Senior Expo 2019</b> <b>Ethel H. Berger Center, 2950 Tacoma St., Sierra Vista</b> The ever-popular Senior Health Fair and Exposition is like a trade show and health festival all rolled into one. See what's new in specialty equipment & the latest gizmos for seniors. There will be information on health & financial issues that will benefit everyone! Presenters will speak on a myriad of topics and lunch is available at the snack bar.
13	<b>9AM Medicare Advantage Plans Presentation</b> <b>Ethel H. Berger Center, 2950 Tacoma St., Sierra Vista</b> For more information, call 520-417-6980
19	<b>By Appt Questions About Medicare?</b> <b>Canyon Vista Medical Center THRIVE, 5750 E Hwy 90, Bldg #2, Sierra Vista</b> To make an appointment, call 520-263-3293
19	<b>1-3PM Honoring a Life Workshop: Advance Care Planning</b> <b>Patagonia Public Library - 346 Duquesne</b> See 1/23 entry for course details. Register at: <a href="https://www.eventbrite.com/e/patagonia-library-advance-care-planning-workshop-tickets-54770151999">https://www.eventbrite.com/e/patagonia-library-advance-care-planning-workshop-tickets-54770151999</a>
21	<b>By Appt Questions About Medicare?</b> <b>SEACUS, 1124 Thatcher Blvd, Safford</b> To make an appointment, call 928-428-3229

Would you like to learn more about SEAGO Area Agency on Aging and all that we do? Schedule a Community Coffee Hour and invite your neighbors to join us for coffee, conversation & an overview of AAA services. Call 520-432-2528 to schedule.