



SEAGO Area Agency on Aging

Serving Cochise • Graham • Greenlee • Santa Cruz Counties

Quarterly Newsletter

Summer 2019

The Transportation Issue



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On the Cover

Pictured are the Region VI Area Agency on Aging staff at the fifth annual Conference on Aging with keynote speaker Sandy Markwood, CEO for the National Association of Areas on Aging. From top to bottom: Shi Martin, AAA Program Director Laura Villa, Heather Glenn, Sandy Markwood, Carrie Gibbons and Ramona MacMurtrie.



Another Conference on Aging on the Books

The SEAGO Area Agency on Aging's 5th Annual Conference—Life's A Journey—Tools for the Road—has come and gone. On June 5th, over 170 attendees joined us at the Cochise College Sierra Vista Campus to learn, network and share resources. Starting with the CEO for the National Association of Area Agencies on Aging, Sandy Markwood's dynamic keynote address "What Does the Future Hold for You: Trends and New Directions in Aging," set the tone. Conference goers were treated to a lineup of outstanding presenters. David Parra, the Associate State Director for Multicultural Outreach for AARP galvanized the audience with his presentation on "Social Security & Medicare – Challenges Ahead." Kathleen Heard, retired Director of SEAGO – Area Agency on Aging was honored with the Pioneer in Aging Service Award for her 40 plus years of service.

The afternoon was filled with resources and information from Ronnie Squyres "Journey's End Conversations," Amber Frame's relaxing "Tai Chi for Health" demonstration, and Laura Morehouse's informative "Aging and Addicted: Opioid Use in Older Adults." The day closed out with Doc Morgan from the American Red Cross giving us tips on "Personal Disaster Preparedness" and Greg McQuaide from Cochise Health and Social Services educating us on the importance of the "Cochise County at Risk Population Registration." Definitely a full day! A conference of this scope would not be possible without the generous contributions of our sponsors. Our gratitude goes out to long time Platinum Sponsors **AARP** and **Legacy Foundation of Southeast Arizona**; we couldn't do this conference without them! A warm welcome and thank you to our newest Platinum sponsor, **Banner University Health Plans**. We are grateful to first time Gold Sponsors **Mom's Meals** and **Southwest Gas**; their support was vital in making this conference so enjoyable. Our heartfelt appreciation also goes out to our Silver Sponsors **Adobe Case Management**, **Life Care Center of Sierra Vista**, **Premier Alliances, Inc.**, and **Arizona Community Foundation**. These sponsors, our loyal vendors and especially you, our conference attendees, inspire us to bring you the best resources, most current information and the greatest speakers we can find.

Please save the date: June 9, 2021, for our biggest, best Conference yet.

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.

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.

SEAGO Area Agency on Aging
300 Collins Road
Bisbee, AZ 85603

Phone: 520-432-2528

Fax: 520-432-9168

www.seago.org/area-agency-on-aging

Be Aware of Correspondence You Receive from Medicare

The Low Income Subsidy (LIS) helps people with Medicare pay for prescription drugs, and lowers the costs of Medicare prescription drug coverage.

Each September, the Centers for Medicare and Medicare Services mails out (CMS Publication No. 11198) on gray paper to people who'll no longer automatically get the LIS. This notice is a LIS application, and it includes a postage-paid pre-addressed envelope. These people may still qualify for the LIS, but they will need to send in a new application. The gray notice:

- Tells the person why they no longer automatically qualify for the LIS.
- Encourages them to fill out and send in a LIS application

In early October, they mail a (CMS Publication No. 11199) on orange paper to people who'll qualify for extra help, but will have a change to their co-payment.

In early November, they mail a notice on blue paper (CMS Publication No. 11208) to people who qualify for the LIS, but will be reassigned to a new prescription drug plan starting on January 1st.

CMS automatically reassigns people who:

- Qualify for the full (100%) premium subsidy
- Are in a prescription drug plan that's raising the premium above the low-income premium amount
- Were enrolled in their current plan by CMS

They will also automatically reassign people who qualify for the LIS, if their prescription drug plan leaves the Medicare Program.

In early November, CMS mails a notice (CMS Publication No. 11267) to people:

- Whose premium cost will increase, but we're not automatically reassigning to a new plan, because they chose and joined their plan.
- Who qualify for the full (100%) premium subsidy, but are in a plan that's increasing their premium amount so it's more than the standard low-income premium subsidy amount.

This notice tells people about the increase in their drug plan premium costs, and explains their options to stay in their plan or join another plan (including plans for which they won't pay a monthly premium).

If you receive any of these notices and need further explanation, contact your State Health Insurance Assistance Program (SHIP) by calling 1-800-432-4040.

SEAGO AWARDED FTA GRANT



In May, SEAGO was awarded a \$235,852 grant from the Federal Transportation Administration to create a mobile service hub in which medical, food, and transportation services will be offered simultaneously at strategic locations throughout Cochise County. SEAGO was one of only 14 awards across the US – and the only award in Arizona. We will provide more details as the new program unveils.

Maricopa Association of Governments Launches Arizona Rural Transportation Incubator

Is Your Community Interested in Participating?

The Maricopa Association of Governments is looking for communities that are interested in launching new and/or expanded transportation services for older adults in rural areas. Program participants in the Exploratory Track will access workshops and a peer to peer network. Participants in the Implementer Track will access these resources, as well as one-on-one technical assistance and a stipend of \$30,000 to help them launch new and/or expanded transportation services for older adults. Communities wanting to apply by the deadline of July 18 can access the application at this [link](#) or by contacting Nancy Knoche or Amy St. Peter at 602.254.6300.

Schedule a Community Coffee Conversation Today!



Learn more about SEAGO's Area Agency on Aging and all that we do! Schedule a Community Coffee Hour with AAA's Program Director, Laura Villa, and invite your neighbors for coffee, conversation and an overview of AAA services.

Call us at 520-432-2528 ext. 220, click on the coffee image, or send us an email request at aging@seago.org.

Advance Care Planning News

Our first National Healthcare Decision Day Luncheon was held April 16 at Cochise College. Participants got an opportunity to learn and ask questions about palliative care, legal aspects of advance care planning, hospice and area resources from local speakers and agency staff who manned display tables. It was well attended (79 participants) and great feedback was received from those attending about the quality of speakers and the lunch! We are looking forward to an even bigger event next year. A big thank you to our sponsors: Legacy Foundation of Southeast AZ, David and Lura Lovell Foundation and Cochise College.

By participating as a speaker at local conferences (Annual Aging Conference and Greenlee County Caregiver Education), we have been able to spread the word about how having conversations and completing documents on advance care planning is a gift to your family and yourself!

Through our new David and Lura Lovell Foundation grant, we have been continuing to provide free advance care planning workshops throughout Cochise County and are expanding to Graham County. Many have commented how the workshops have increased their confidence in having these important conversations with their healthcare providers and family. In partnership with Thoughtful Life Conversations, a number of excellent facilitators were trained in Graham recently. So be



on the lookout for new advance care planning workshops (free) in that area. You can go to our website for resources, directives, workshops and for registration:

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

We have new AzHHA advance directives that are user friendly and easy to complete – check website!

We celebrated our volunteer facilitators at a luncheon on 6/18/19. What a wonderful, passionate and dedicated group! We could not do it without you!

Veronica “Ronnie” Squyres

Community Education Coordinator, Cochise County

New Fiscal Year Brings Changes

July 2019 marks a change in some of the Home and Community Based services subcontracted with vendors who receive SEAGO-Area Agency on Aging funds. The new sub awards granted for the next four-year period include these significant changes for AAA clients:

First, the transition from Housekeeping and Personal Care to Attendant Care services as a result of a screening tool AAA Case Manager use. This was implemented for existing and new clients for home and community based services. This change allows the Area Agency on Aging to give priority to those who are in greater need due to higher physical limitations. It will also allow AAA to reduce the waitlist and provide quality care to our clients in the future.

Home Repair and Adaptive Aids, such as ramps and grab bars, will no longer be subcontracted out. Our AAA Case Managers will work hand in hand with our Family Caregiver Support Program coordinator who will oversee the need and based on availability of funds and resources, AAA will

accept referrals from providers who deliver these services in their areas.

Another change is the increase in demand for home delivered meals. AAA lost a subcontractor from Tucson due to their high meal rate. We have been able to increase units of service with Mom’s Meals who provides frozen meals at a lower cost. Mom’s covers an extensive area of our 4-county region and provides nutritious meals which allowed AAA to provide home delivered meals to everyone who was on the waitlist. This means we will be able to provide home delivered meals to more clients in the future, thereby improving their quality of life.

SEAGO Area Agency on Aging continues searching for and implementing tactics to deliver services to our clients in the most efficient and economical manner possible. By partnering with our providers and listening to our clients, we can achieve even more!

Getting Help Paying Your Medicare Costs

You can get help from your state paying your Medicare premiums. In some cases, Medicare Savings Programs may also pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments if you meet certain conditions.

PROGRAM	QUALIFIED MEDICARE BENEFICIARY (QMB)	SPECIFIED LOW INCOME MEDICARE BENEFICIARY (SLMB)	QUALIFIED INDIVIDUAL (QI)	QUALIFIED DISABLED AND WORKING INDIVIDUALS (QDWI)
Single Monthly Income	\$1,061	\$1,269	\$1,426	\$4,249
Couple Monthly Income	\$1,430	\$1,711	\$1,923	\$5,722
Single Resource Limit	\$7,730	\$7,730	\$7,730	\$4,000
Couple Resource Limit	\$11,600	\$11,600	\$11,600	\$6,000
Program Helps Pay For:	Part A & B premiums, deductibles, coinsurance and copayments	Part B Premiums only	Part B Premiums only	Part A Premium
Other Information	Automatic Renewal	Automatic Renewal	Must Re-apply every year.	You may qualify if any of these apply to you: You're working disabled under 65 - You lost your premium-free Part A when you went back to work - You aren't getting medical assistance from your state - You meet the income and resource limits required by your state

If you qualify for the QMB program, SLMB, or QI program, you automatically qualify to get **Extra Help** paying for Medicare prescription drug coverage.

You may qualify for Extra Help from Medicare to pay the costs of Medicare prescription drug coverage even if you don't qualify for the MSP's. In 2019, costs are no more than \$3.40 for each generic/\$8.50 for each brand-name covered drug.

Some people pay only a portion of their Medicare drug plan premiums and deductibles based on their income level. In 2019, you may qualify if you have up to \$18,735 in yearly income (\$25,365 for a married couple) and up to \$14,390 in resources (\$28,720 for a married couple).

Social Security is sending out letters to people who may potentially qualify for these programs. In SEAGO's 4 county region we have many people who may qualify.

COUNTY	MSP ONLY	LIS (EXTRA HELP) & MSP
Cochise	837	174
Graham	119	31
Greenlee	28	
Santa Cruz	191	88

If you think you may qualify for MSP and/or LIS, or you have received a letter from Social Security stating that you may qualify, contact your local State Health Insurance Assistance Program (SHIP) for assistance.

SEAGO – AAA SHIP/SMP: 520-432-2528 ext. 222 email: shiphelp@seago.org



Benson Area Transit (Affectionately called “The BATmobile”)

The City of Benson offers a fixed route and a flex route to riders with a reliable schedule as well as para-transit services through a dial-a-ride program that serves elderly and disabled riders who do not live near the fixed route stops. Benson Area Transit currently serves the City of Benson and surrounding areas. Our mission is to build capacity with our transit system and partners to enhance Southeastern Arizona mobility.

The City of Benson recognizes the great need for a transit system in the San Pedro Valley and it relies heavily on grant funding from ADOT and the Area Agency on Aging to operate. The City of Benson has participated in coordination efforts identified through regional coordination meetings. We currently partner with local government and non-profit agencies to increase the utilization of their services by providing needed transportation.

Moving forward, the City of Benson plans to expand both the dial-a-ride program and the flex route service to make the community more mobile. BAT needs additional operating funds to maintain and expand our service to the residents of Benson and surrounding areas and to train new and existing staff in the Transportation Program. BAT also needs additional administrating funds to expand and train support staff in the Transportation Program. Finally, BAT needs capital funds to expand and update the fleet and add safety equipment such as AEDs

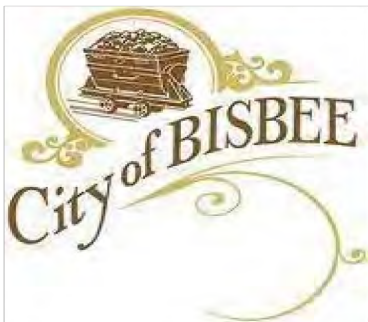
Contact: 520.720.6315

www.cityofbenson.com

Primary Service Area: Benson, J Six/Mescal, Pomerene and St. David.

Service Days / Hours:

Mon-Fri 8:00 am until 4:00 pm



Bisbee Bus

The Mission of the City of Bisbee Transit Program is to provide transit services that benefit the residents of the City of Bisbee and the surrounding area. Its mission includes providing safe reliable and affordable transportation service which is cost-effective, reduces energy consumption and contributes to the culture and economic betterment of the residents of Bisbee and the surrounding area.

The Bisbee Bus Program is a deviated, flex-route transit program serving the community of Bisbee with connecting service to Naco, AZ and the Cochise Connections Route. It operates six days a week. Riders can request deviations from the route with a one day notice and be picked up and dropped off if the location is within one mile of the route.

The City of Bisbee has contracted with Douglas Rides to run the day to day operations of the Bisbee Transit Program. Additional support to elderly riders and the disabled is received from SEAGO Area Agency on Aging. Bisbee Bus staff meets quarterly with the regional Transportation Advisory Councils (TAC), including the City of Douglas TAC, City of Sierra Vista TAC, and City of Benson TAC Transit/Transportation Coordination group.

Contact: 520.432.6002

www.bisbeeaz.gov

Primary Service Area:

Old Bisbee, Warren, San Jose and Naco area neighborhoods

Service Days / Hours:

Mon-Friday 5:54 am- 6:40 pm

Sat 9:30 am - 4:00 pm



EASTERSEALS BLAKE FOUNDATION SAGE PROGRAM

Graham, Greenlee, Santa Cruz, and Cochise Counties

Easterseals Blake Foundation is a 501 (c) (3) that provides employment opportunities, community day programs, residential services, transportation and behavioral health services throughout Southern Arizona. ESBF’s mission is to enable each individual served to discover and meet his/her maximum potential for independence, productive living and developmental growth. EBF has a history of providing innovative community services which enrich the lives of individuals we support.

ESBF provides transportation that goes above and beyond ADA requirements and is based on the need of each individual. This transportation provides access to each individuals communities in a safe and appropriate manner. It is our goal to provide transportation management solutions that deliver the highest levels of quality and satisfaction to our consumers and partners, while making a continued effort to identify and address regional service gaps.

Due to the absence of cost effective transportation providers EBF works with local transportation providers to build a network of transportation to outlying areas. Since July of 2017 ESBF has been working closely with SEAGO and AAA to ensure there are no gaps in service due to another Agency discontinuing services. ESBF is working closely with SEAGO and AAA to fill in the transportation gap created by another Agency closing its service. EBF was at the forefront in developing a Mutual Aid Agreement with Graham/Greenlee Transit Coordination Team and has assisted in the development of several Memorandums of Understanding to provide back-up transportation.

ESBF hosts the Area Transit Coordination meetings in Graham and Greenlee Counties for the SEAGO regional Mobility Manager. EBF is an active participant in mobility coordination throughout the SEAGO region.

Contact: 928.428.5990

www.blakefoundation.easterseals.com

Primary Service areas: Graham, Greenlee, Santa Cruz and Cochise Counties.

Service Days / Hours:

24 hours / 7 days / 365 days



Thoughtful Life Conversations Advance Care Planning Workshop

Tuesday, 7/23/19 5:30 – 6:30 p.m.

Copper Queen Library

6 Main Street

Bisbee, AZ



When it comes to end-of-life care, one conversation can make all the difference. This 1-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. Objectives are to reduce fear and stigma around talking about dying and to allow people to consider what’s important to them; 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. **Target Audience:** The general public, anyone 18 years or older but with special focus on the elderly or those with serious illness.

No Registration is required.

If you have any questions, please contact:

Veronica “Ronnie” Squyres – 520-355-5226 feelwellsleepwell@gmail.com





Douglas Rides / Cochise Connections

Douglas Rides is a deviated fixed route transit service in the City of Douglas. With service open to the general public, Douglas Rides operates 4 routes with 50+ stops throughout the City.

In addition to general public transportation, Douglas Rides provides the following services:

An intercity bus service branded as the Cochise Connection providing a connection from Douglas to Bisbee, Palominas, Nicksville and Sierra Vista.

Contracts with Southeastern Arizona Government Organization (SEAGO Area Agency on Aging) to provide transportation to the elderly and the disabled in the following communities: Douglas, Pirtleville, Bay Acres, Elfrida, Bisbee & Sierra Vista.

In the City of Douglas, Dial-A-Ride service is provided by the Douglas Rides program, and requires a 24 hour advance notice. • Service to Elfrida is provided one day a week, every other week. Elderly and disabled clients are brought to Douglas for grocery shopping, nutrition services, and medical appointments. • The Cochise Connection Route now includes transportation to elderly and disabled program

Through an agreement with Cochise College, student transportation is provided 4 days a week along with an inter-city connection to the City of Bisbee. ☐ Contract with the Douglas Call Center, ACT to provide service from the Douglas port of entry to ACT twice daily.

The City of Douglas is an active participant in the Coordination efforts by regularly participating in the Cochise County Coordination meetings.

Contact: 520-417-7400
<http://www.douglasaz.gov/283>

Primary Service Area: Within the City limits, Bay Acres, Pirtleville, Elfrida, Cochise College, Bisbee, and Sierra Vista

Service Days / Hours:

Monday—Saturday

8 am - 5 pm

Cochise College/Bisbee

Monday—Thursday

6:30 am - 5:30 pm

Cochise Connection

Monday – Saturday

M-F 6:08 am to 5:44 pm

Sat 8:00am to 4:04pm

Sierra Vista Interfaith Caregiver Program (VICaP)

The Volunteer Interfaith Caregiver Program (VICaP), a 501(C)(3) non-profit organization, started in 1994 and based in Sierra Vista, provides vital transportation services for seniors, disabled, and homebound residents throughout Cochise County. Rides are provided as far into Tucson as NW Hospital, as far East as Bowie/San Simon, as far South as Douglas, and as far North as Safford. Services offered are free, with donations gratefully accepted.

Transportation services are provided primarily by volunteers driving their own vehicles, with two paid drivers supporting the greater Willcox area with VICaP owned vans, one of which is handicap-accessible. Our mission is to help our “Neighbors” continue to live independently and maintain their quality of life.

VICaP coordinates and collaborates with the Easter Seals Blake Foundation and drops off and picks up Neighbors at the designated transfer point for medical appointments, and shopping in Safford/Thatcher area.

Contact: 520.459.8146

www.vicapsv.org

Primary Service Area: Palominas, Hereford, Sierra Vista, Huachuca City, Whetstone, Bisbee, Douglass, Benson, and Willcox

Service Days / Hours:

Mon-Fri 8:00 am to 4:00 pm





Sierra Vista Interfaith Caregiver Program (VICaP)

VICaP was incorporated as a 501(c)(3) designated charitable organization in 1994 and is a cost-effective model of how communities can be mobilized to provide essential services to senior and disabled citizens of our county, whom we call our “Neighbors.” Our Neighbors are seniors (60+) and persons with disabilities of any age.

VICaP’s 140 volunteers provide support to over 800 Neighbors throughout Cochise County. In addition to transportation, VICaP volunteers provide other key services to help our Neighbors emotionally and even financially. We provide calling, visiting, respite sitting, handyman support, financial assistance,



emergency dialers, and chaplain support.

Our most requested service is transportation as our Neighbors have lost the freedom and

self-determination that driving a vehicle provides. VICaP provides door-through-door transportation via our volunteers’ privately owned and insured vehicles. (VICaP carries a full coverage policy as well.) Our Neighbors rely on VICaP to provide transportation security that does not negatively impact their very limited financial means. Our transportation support priorities are medical appointments and grocery shopping. VICaP volunteers also provide food bank pick-up and delivery. Thanks to the generosity of our communities, we were able to raise \$25,000 in 2018 and now have a Sierra Vista-based wheelchair-accessible minivan to provide increased access for our wheelchair-bound Neighbors in Southern Cochise County. VICaP’s mission is to help all of our Neighbors continue to live independently and maintain their quality of life.

All services are provided free of charge. The most often repeated comment from our Neighbors is that they do not know what they would do without VICaP. VICaP gratefully welcomes donations, conducts fundraisers, and pursues grant opportunities to ensure we can continue to provide this critical access to healthcare and wellness services for our Neighbors.

VICaP’s volunteers are a key factor in why VICaP has been and continues to be so successful. Volunteers are recruited, references are checked, and training is thorough. But it is the hearts of our volunteers that truly cannot be measured. Dedicated and truly caring, they routinely go above and beyond for our Neighbors. Active listeners, our volunteers contribute signifi-

cantly to the emotional well-being of our Neighbors as well, helping them feel connected to the community and assisting with referrals to other available services. Socialization is a key part of what our Volunteers provide our Neighbors. The same is true of our Willcox part time (paid) dispatcher and paid drivers. Thanks to the generosity of ADOT, SEAGO and AAA, we operate and maintain a wheelchair-accessible 9-passenger van, and two, 7-passenger minivans. VICaP provides the only transportation support for the greater Willcox area – west to Benson, east to Bowie and San Simon, and south to Pearce/Sunsites.

The cards and letters from Neighbors all over the county arrive weekly with heartfelt expressions of gratitude – and often a check! Our volunteers and paid drivers understand that our Neighbors have lost their freedom and independence once they became unable to drive. We fill that gap to the best of our ability, providing access to needed services while also helping them regain some measure of independence by being able to continue to live in their own homes.

The 65 and older population makes up 12% of Arizona’s population, around 463,000 people. By 2020, the number of older adults will increase to 700,000 people. One in four citizens will be over the age of 60. This population increase of 50% will require changes in the way the state, counties, cities, and towns ensure sufficient services, as well as ensuring enough access to services is provided. VICaP is now enrolling an average of 48 new Neighbors each month. We are requesting our Neighbors schedule their appointments seven to ten days in advance versus three to four days in advance, to ensure we can provide support. This, as well as the significant increase in the number of trips to Tucson-area medical facilities, bears witness to that significant increase in our aging population. Our statistics for 2018 for miles, hours, and trips showed a 14% increase over 2017, and our 2019 budget reflected an 18% increase in Volunteer mileage reimbursement.

Although we moved 174 Neighbors to “inactive” status that had not used VICaP services in 2018 (from a total enrollment of 832), our active enrollment is already over 800 for the first five months of 2019, supported by 140 dedicated volunteers.

VICaP is a unique organization and proven performer that fills a critical void: we provide caring and committed support for our County’s senior and disabled Neighbors on a donation-only basis. This support is invaluable to the population we serve as their financial means are stretched to the limit to cover housing, food, utility bills, and medical co-pays. VICaP is committed to providing the Neighbors of Cochise County (not supported by other state or local funding programs) access to critical wellness services, within the county, and to Tucson.



Start Advocating TODAY for OAA!

The current Older Americans Act (OAA) authorization—signed into law in April 2016—expires at the end of September, which means Congress will have to once again reauthorize the law to keep programs up to date. This spring, key lawmakers and congressional staff have been working with national and local advocates, including your n4a policy team, to learn more about aging issues and to consider Older Americans Act reauthorization proposals.

Here's How You Can Help:

Engage your members of Congress and grassroots advocates! You can do any/all of the below to get started!

Send an email or letter to your Representatives and Senators. Send a letter. Get started educating your members of Congress. It is particularly important that lawmakers hear from you if they serve on the Senate HELP or Aging Committees or the House Committee on Education and Labor, which all have jurisdiction over OAA in Congress. Don't forget to personalize the letter to suit your agency and community!

Engage your Members of Congress on social media. Use Facebook and Twitter to spread the word about the importance of OAA reauthorization.

Share the OAA Facts with lawmakers and your grassroots. Share with local stakeholders to raise awareness about the critical role that OAA plays and what we need to do for getting this reauthorization.

Ask your grassroots to email/post a short social media note to lawmakers. Members monitor their email/website traffic for constituent correspondence, and personal messages resonate most. Ask your grassroots advocates to share why OAA is important to them.

Share stories in person. Encourage your advocacy stakeholders to read our stories, share your stories with us.

Engage the media. Your local media outlets can be important partners to raise visibility and awareness of the Act in your community.

We need all AAA communities, Title VI Native American programs and local allies to raise their voices to build congressional and public awareness about the Older Americans Act and the importance of reauthorizing these bipartisan, trusted programs. **We must ensure that all members of Congress know that OAA enables their older constituents and their caregivers to age with health, well-being, dignity and independence in their districts and states.**

SEAGO
Area Agency on Aging
is looking for members for
their Advisory Council on
Aging (ACOA)



Get Involved

Southeastern Arizona Governments Organization Area Agency on Aging Program (SEAGO/AAA) is seeking persons interested in participating as members of the Advisory Council on Aging. Members attend a quarterly meeting and their primary role is to identify problem areas important to the older people of their region and help to determine programs which could help to resolve these problems.

Currently, there are three (3) vacant seats and members are selected to represent incorporated cities, towns and the unincorporated portions of each county. The current vacancies apply to Santa Cruz County Unincorporated areas of Rio Rico, Sonoita or Elgin, Cochise County Sierra Vista and Douglas

Each member of the ACOA is appointed for a three year term and no member may serve more than two consecutive terms.

Should you be interested, please contact Laura Villa, Area Agency on Aging Director at (520) 432-2528 ext. 208.

Nominations of those interested will be addressed at the following ACOA meeting. Thank you

Fall Prevention Awareness Kicks Off This September

Falls are the leading cause of death among people age 65 and older. Researchers have been investigating specific exercise programs in an effort to prevent falls among older adults. One specific exercise that targets the physical essentials of mobility is Tai Chi. According to Harvard Medical School's Institute for Aging Research, "Regular Tai Chi practice aids the muscular system, movement coordination, balance, and even higher level cognitive skills such as complex reaction time and problem solving."

Many factors, including balance and stability, work together to prevent falling. Even falls that don't result in injury can have a very real negative impact on a person's quality of life. A fall can lead to a vicious cycle of fear of additional falls, reduced physical activity, depression and lack of social engagement and these can lead to an increased risk of suffering another fall.

The National Center for Complementary and Integrative Health, part of the National Institutes of Health, has summarized the benefits of Tai Chi and concluded that Tai Chi's benefits go beyond the physical paybacks of improving balance and stability. Tai chi also helps with focus and calming the mind and has been shown to be helpful in dealing with depression, hypertension, arthritis and fibromyalgia.

Be on the lookout as SEAGO AAA adds more Tai Chi for Fall Prevention classes and expands into all four counties of our region!



Karen's title is Family Caregiver Support Coordinator and she is responsible for Caregiver Training, Information & Referral, and Outreach throughout Cochise, Graham, Greenlee and Santa Cruz counties.

The Family Caregiver Support Program offers many services to caregivers such as In-Home respite, training events with relevant topics, information and resources, End of Life care, adaptive aids and devices, and in the future, assistance with home repair. Karen's goal is to continue to grow the Caregiver Support Program outreach and to bring people and services together.

Join Karen at her first workshop, "Who Cares? We Do!" on August 21st, 1:00 pm to be held at the Copper Queen Library, Bisbee, AZ. This workshop is an overview of the Family Caregiver Support Program, providing participants with information to simplify the connection between caregivers and the services available to them.

Karen is asking everyone to be on the lookout for future events in your area, and know that she is always open to suggestions or ideas for future events.

Meet Karen Enriquez

Please help us welcome Karen Enriquez, the newest member of the SEAGO, Area Agency on Aging team.

Caregiver Workshop

"WHO CARES? WE DO!"



If you are caring for an elderly or disabled family member, a friend or neighbor, or just considering the Caregiver Role:

Please join this FREE training session.

You will find it to be a valuable source of information regarding our program and services.

Wednesday, August 21, 2019

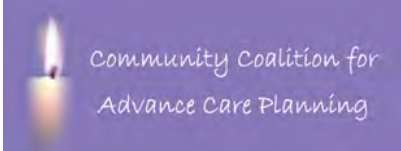
At 1:00 PM

**Copper Queen Library
6 Main St., Bisbee, AZ**

Click Image to register or visit <https://eventbrite.com/e/who-care-we-do-registration-65707732597>



Thoughtful Life Conversations: Advance Care Planning Workshop



Tuesday, 9/10/19 10 a.m. - 12:00 p.m.
Sunsites Public Library – 210 N. Ford St.
Pearce, AZ



When it comes to end-of-life care, one conversation can make all the difference. This 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. Objectives are to reduce fear and stigma around talking about dying and to allow people to consider what’s important to them; 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 (Healthcare Power of Attorney, Living Will, etc.). **Target Audience:** The general public, anyone 18 years or older but with special focus on the elderly or those with serious illness. Registration includes program materials.

Registration is free but space is limited.

REGISTER by dropping by or calling the library (520-826-3866) to sign up.

Or go to www.seago.org/advance-care-planning to register using Eventbrite link

If you have any questions, please contact:

Veronica “Ronnie” Squyres – 520-355-5226 feelwellsleepwell@gmail.com



SEAGO-AAA Completes Programmatic Monitoring for SFY 18-19

Programmatic monitoring allows us to work with Providers and Case Managers in implementing best practices, along with assuring that there is compliance with state and federal requirements. During the months of March, April, May and June; Management Analyst Carrie Gibbons visited five providers and 7 Case Managers within our four county region. As part of her monitoring, she reviewed files for housekeeping, personal care, respite and case management to ensure continuity and compliance with state regulations. All visits went well and no major discrepancies were found in the reviewed files. During the visits with AAA Case Managers, Carrie was able to show the Case Managers a preview of some of the new procedures they would be implementing in the new SFY 19-20. Programmatic monitoring also provides hands on guidance and sharing best practices for challenges the Case Managers are dealing with.

SEAGO Area Agency on Aging

Providing services to empower our seniors in
Southeastern Arizona



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Connect with us!

