



2020

Annual Report

Delivering a Difference Together



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.

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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.

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

SERVING YOU!

SEAGO Area Agency on Aging



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-do-
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

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

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From the Director

Too many accomplishments to remember, but I do.

As we reflect on the fiscal year all that seemingly transpired for the good of the Area Agency on Aging is overshadowed by the effects of the notorious virus. Despite this predicament, the year was not devoid of accomplishments and achievements. The resiliency of our organization prevailed, and rather than lament the disaster imposed upon us by COVID-19, we can see the fiscal year 2020 as a milestone year for our organization. It was a year where achievements displayed themselves in many ways, from the birth of new programs to the advancement and expansion of existing programs. Ultimately this year was likely one of the best ones we have had, as it reaffirmed that we could thrive even in adverse circumstances because our team, community, and partners are all committed to improving our region.

Among our most noteworthy achievements, we were greater further to integrate and collaborate between our case managers and our staff. This collaboration formulates a more cohesive link between two entities that had previously acted autonomously within our organization. As a result, we have seen an increasing number of clients under case management whose needs are more significant than just minimal housekeeping. The Area Agency on Aging focuses on educating our communities on what the Older American's Act offers. Still, we also prioritize our services based on the need and demand of services that are critical for older adults to live independently in their own homes for as long as possible. Thus, we are saving the state many thousands of dollars in long-term care. As we increase our visibility in our communities, the need to enhance our programs becomes essential, and the need to advocate for more funding becomes imperative. With the integration of the Family Caregiver Support Program and a dedicated and passionate coordinator, we see an increase in family caregivers reaching out to receive available resources. The Health and Nutrition Program shows an increase in participants since the beginning of the year. With our pioneer Tai Chi instructors' help, this evidence-based class takes Southeastern Arizona to a whole new level. The more types of services we have to offer, the greater the interest of individuals who want to participate. And not only that, but we have been able to recruit more volunteers to teach the classes in their respective communities. Who could ask for anything more!

All of this is great, but the fact is that none of this would be possible without the help of our local partners, volunteers, staff, member entities, and our seniors. The Area Agency on Aging is here to plan, coordinate and innovate new programs, but we need our communities to help us get from point A to point B. We have seen some of our clients refuse greatly needed services because of COVID, which decreased the number of units/hours provided during the last quarter of the year. However, we ramped up our efforts and continued to provide the services we are here to deliver. Thank you to all of our clients and partners for believing in the SEAGO Area Agency on Aging and cooperating with us through the tough months.

The best is yet to come!

Sincerely,

*Laura Villa
Director SEAGO Area Agency on Aging*



Who We Serve

The SEAGO Area Agency on Aging serves people who are age 60 and over and/or their family caregivers, and disabled adults in Cochise, Graham, Greenlee, and Santa Cruz Counties in Southeastern Arizona by providing information and assistance in accessing services that will help older adults stay in their own homes and communities. The goal of an Area Agency on Aging is to enable older people to maintain maximum independence and dignity in the least restrictive environment. The amount of assistance that is provided is dependent upon the needs of the older adult. These services can be short-term (such as getting signed up for a prescription drug program) or long-term (such as someone who is frail or who has a chronic health condition receiving ongoing monitoring and support from a Case Manager) and anywhere in between. Examples of community-based services include: congregate and home delivered meals, caregiver support, case management, attendant care and help with benefit questions.

MISSION:

SEAGO Area Agency on Aging's mission is to provide services that empower individual choice, independence and dignity for our aging & disabled population and their caregivers.

VISION:

SEAGO AAA's vision is to create age-friendly communities in Southeastern Arizona that encourage and support individuals to live with dignity and choice



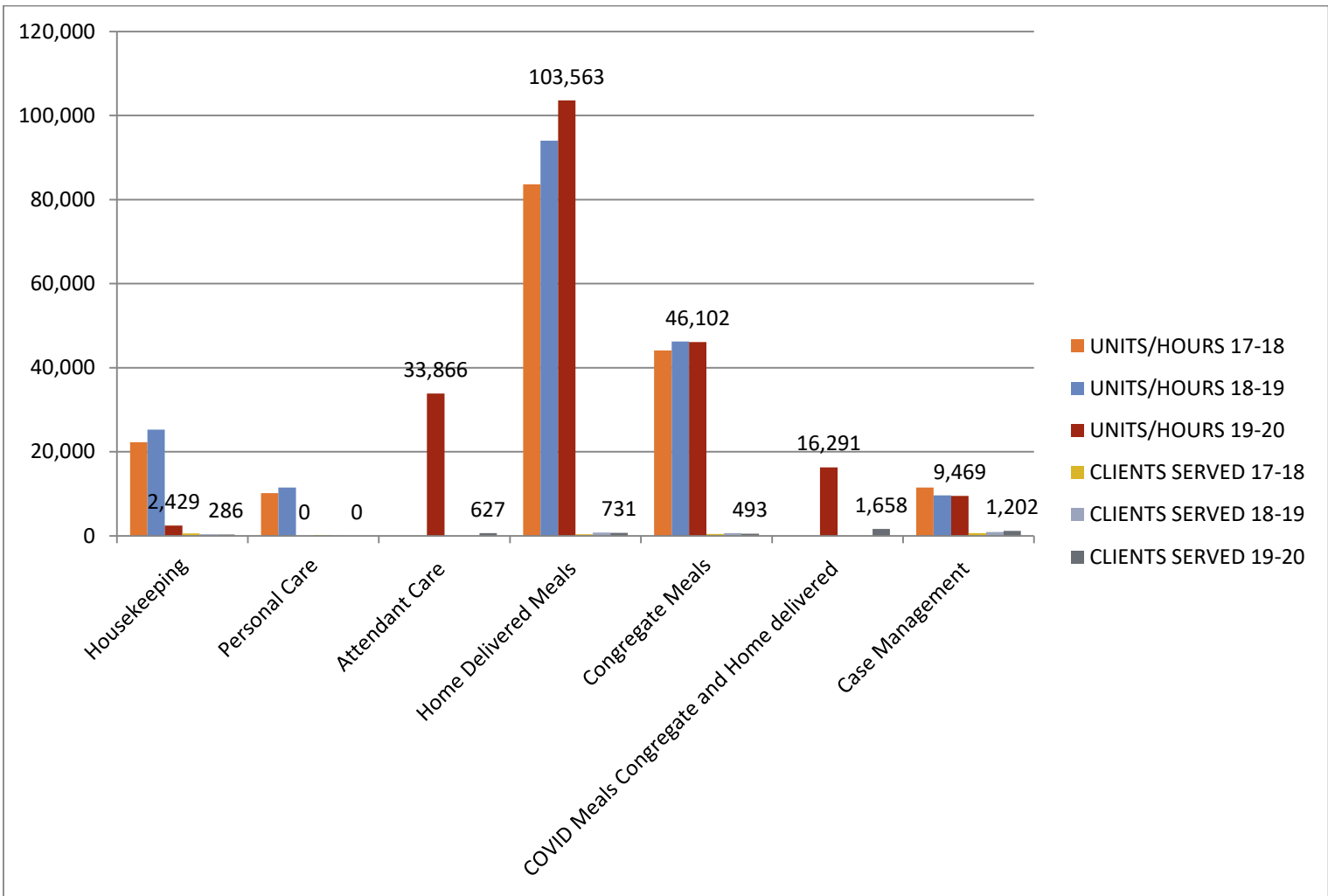
SERVICE	UNITS/HOURS 17-18	UNITS/HOURS 18-19	UNITS/HOURS 19-20	CLIENTS SERVED 17-18	CLIENTS SERVED 18-19	CLIENTS SERVED 19- 20
<i>Home and Community based services</i>						
Housekeeping	22,299	25,264	2,429	554	375	286
Personal Care	10,162	11,490	0	149	70	0
Attendant Care	0	0	33,866	0	0	627
Home Delivered Meals	83,625	93,984	103,563	388	745	731
Congregate Meals	44,080	46,240	46,102	431	651	493
COVID Meals Congregate and Home delivered	0	0	16,291	0	0	1,658
Case Management	11,493	9,642	9,469	639	892	1,202
Visiting Nurse	238	103	193	10	11	17
Legal Services	327	0	0	170	0	0
Transportation	110,710	99,303	84,953	110,710	99,303	84,953
<i>Family Caregiver Support Program</i>						
Respite	3,015	3,471	3,113	24	42	46
Caregiver training	7	12	11	98	209	150
Outreach events	0	0	34	0	0	798
Peer Counseling Support groups(in person and virtual)	0	0	26	0	0	64
Virtual outreach events	0	0	28	0	0	511
<i>State Health Insurance Program-Senior Medicare Patrol</i>						
Medicare Counseling	1,632	1,067	1,660	1129	1,826	1,177
Scam Jams/ Medicare Workshops	27	17	26	617	1,791	1,068
<i>Long Term Care Ombudsman Program</i>						
Closed Case Complaints	26	25	15	808	808	808
<i>Health and Nutrition</i>						
A Matter of Balance	21	12	0	56	0	0
Aging Mastery Program	1	1	0	10	0	0
Tai Chi for Arthritis	0	108	98	0	142	162
Virtual Tai Chi for Arthritis	0	0	23	0	0	18
<i>Information and Referral(units averaged 15 min per Client served)</i>						
Calls/Walk-ins	180	78	133	719	310	532
Total	287,843	290,817	302,033	116,512	107,174	95,301

SEAGO Area Agency on Aging receives designated federal funding through the Older Americans Act, state funding through Arizona Department of Aging Services and local organizations to directly provide these services within each county.



SFY 2019-2020 Service Providers

- Accent Care
- Arizona Consumer Direct
- City of Benson
- City of Bisbee
- City of Douglas
- City of Tombstone
- Catholic Community Services
- Cochise Health and Social Services
- Douglas ARC
- Easter Seals Blake Foundation
- Greenlee County Health Department
- Lutheran Social Services
- Moms Meals
- Southern Arizona Legal Aid
- Santa Cruz Council on Aging
- Senior Citizens of Patagonia
- Santa Cruz Public Fiduciary
- South Eastern Arizona Community Unique Services
- Volunteer Interfaith Caregiver Program
- Patagonia Assisted Care



SFY 19-20 SEAGO Area Agency on Aging Financial Statement

REVENUE

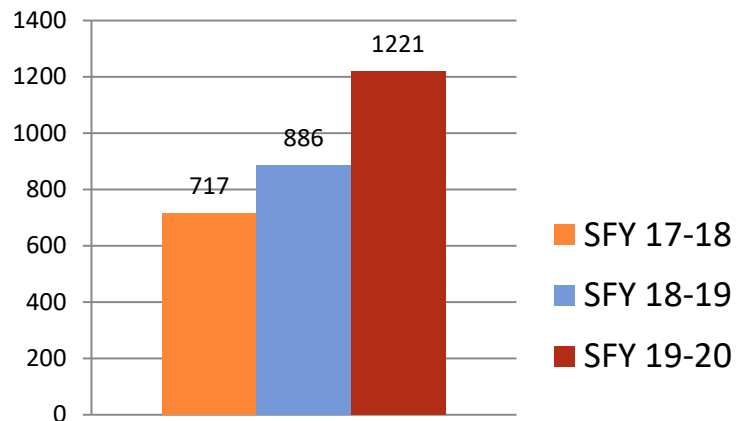
Older Americans Act	\$ 1,792,672.63
Social Services Block Grant	\$ 887,723.00
State Funding	\$ 540,108.04
Local funds(includes sponsorships)	\$ 101,100.00
personal contribution	\$ 100.00
Arizona Community Foundation EOL	\$ 25,000.00
Health & Nutrition Willcox class	
Material-Southwest Gas	\$ 750.00
End of Life/David and Lura Lovell Foundation	\$ 75,250.00
COVID19	\$ 1,076,932.33
TOTAL REVENUE	\$ 4,499,636.00

DIRECT SERVICES

Administration	\$ 227,458.36
Advocacy	\$ 31,430.37
LTC Ombudsman	\$ 48,632.93
Information & Referral	\$ 12,488.86
Caregiver training	\$ 7,561.09
Outreach	\$ 40,046.56
Medicare & Benefits	\$ 86,901.36
Health & Wellness	\$ 23,648.27
Program Development (READI)	\$ 64,683.25
COVID-19	\$ 5,684.10
End of Life	\$ 93,191.00
TOTAL	\$ 641,726.15

SUB-CONTRACTED SERVICES

COVID-19	\$ 178,769.98
Case Management	\$ 260,840.40
Home & Adult Care	\$ 1,772,671.87
Transportation	\$ 216,866.92
Legal Aid	\$ -
TOTAL	\$ 2,250,379.19



New Clients Added

Up to 20% of unused funds may be carried over to SFY21





SERVICE	UNITS/ HOURS 17-18	UNITS/ HOURS 18-19	UNITS/ HOURS 19-20	CLIENTS SERVED 17-18	CLIENTS SERVED 18-19	CLIENTS SERVED 19-20
<i>Home and Community based services</i>						
Housekeeping	11,018	14,560	1,120	353	491	162
Personal Care	3,613	4,791	0	78	152	0
Attendant Care			17,729			339
Home Delivered Meals	52,138	59,546	70,439	254	411	467
Congregate Meals	16,236	17,645	20,725	144	449	329
COVID Meals Congregate and Home delivered			6,404			605
Case Management	7,384	6,606	6,227	421	676	704
Visiting Nurse	0	0	0	0	0	0
Legal Services	0	0	0	0	0	0
Transportation	100,321	87,751	74,274	100,321	87,751	74,274
<i>Family Caregiver Support Program</i>						
Respite	1,752	2,521	2,339	12	29	29
Caregiver training	3	6	8	26	76	88
Outreach events	0	0	30	0	0	737
<i>State Health Insurance Program-Senior Medicare Patrol</i>						
Medicare Counseling	1,150	479	1,660	727	487	1177
Scam Jams/ Medicare Workshops	20	12	26	383	1055	1068
<i>Long Term Care Ombudsman Program</i>						
Closed Case Complaints	17	19	14	648	648	648
<i>Health and Nutrition</i>						
A Matter of Balance	10	12	0	18	18	0
Aging Mastery Program	1	1	0	10	14	0
Tai Chi for Arthritis	0	48	23	0	12	29
<i>Information and Referral(not available in county breakdown)</i>						
Calls/Walk-ins	0	0	0	0	0	0
Total	193,663	193,995	201,017	103,395	92,268	80,656

SERVICE	UNITS/ HOURS 17-18	UNITS/ HOURS 18-19	UNITS/ HOURS 19-20	CLIENTS SERVED 17-18	CLIENTS SERVED 18-19	CLIENTS SERVED 19-20
<i>Home and Community based services</i>						
Housekeeping	3,515	3,731	566	88	93.67	56
Personal Care	1,390	1,724	0	25	29.08	0
Attendant Care	0	0	5,217	0	0	92
Home Delivered Meals	17,925	22,109	16,140	71	214.83	162
Congregate Meals	4,459	6,179	3,276	46	72	65
COVID Meals Congregate and Home delivered	0	0	2,736	0	0	118
Case Management	765	673.45	572.52	72	82	223
Visiting Nurse	0	0	0	0	0	0
Legal Services	0	0		0	0	
Transportation	4,871	4,667	4,915	4871	4667	4915
<i>Family Caregiver Support Program</i>						
Respite	1,057	696	545	9	8.17	9
Caregiver training	2	1	1	28	10	12
Outreach events	0	0	1	0	0	3
<i>State Health Insurance Program-Senior Medicare Patrol</i>						
Medicare Counseling	90	323	410	186	310	270
Scam Jams/ Medicare Workshops	1	1	7	70	336	241
<i>Long Term Care Ombudsman Program</i>						
Closed Case Complaints	3	2	0	122	122	122
<i>Health and Nutrition</i>						
A Matter of Balance	0	0	0	0	0	0
Aging Mastery Program	0	0	0	0	0	0
Tai Chi for Arthritis	0	12	0	0	18	0
<i>Information and Referral(not available in county breakdown)</i>						
Calls/Walk-ins	0	0		0	0	
Total	34,078	40,119	34,386	5,588	5,963	6,288





SERVICE	UNITS/ HOURS 17-18	UNITS/ HOURS 18-19	UNITS/ HOURS 19-20	CLIENTS SERVED 17-18	CLIENTS SERVED 18-19	CLIENTS SERVED 18-19
<i>Home and Community-based services</i>						
Housekeeping	3,777	2,458	39	56	51.42	5
Personal Care	1,634	2,357	0	26	25.25	0
Attendant Care	0	0	3,897	0	0	93
Home Delivered Meals	7,345	8,471	13,129	35	42	75
Congregate Meals	2,229	1,665	1,150	22	37	23
COVID Meals Congregate and Home delivered	0	0	660	0	0	30
Case Management	781	783.97	870.9	52	56.58	134
Visiting Nurse	238	103	193	10	11.42	17
Legal Services	0	0	0	0	0	0
Transportation	5,518	6,885	5,764	5518	6885	5764
<i>Family Caregiver Support Program</i>						
Respite	202	162	118	2	2.4	4
Caregiver training	1	3	1	21	13	16
Outreach events	0	0	0	0	0	0
<i>State Health Insurance Program-Senior Medicare Patrol</i>						
Medicare Counseling	52	73	137	52	97	123
Scam Jams/ Medicare Workshops	0	1	4	0	132	136
<i>Long Term Care Ombudsman Program</i>						
Closed Case Complaints	0	0	0	0	0	0
<i>Health and Nutrition</i>						
A Matter of Balance	3	0	0	12	0	0
Aging Mastery Program	0	0	0	0	0	0
Tai Chi for Arthritis	0	0	0	0	0	0
<i>Information and Referral(not available in county breakdown)</i>						
Calls/Walk-ins	0	0		0	0	
Total	21,780	22,961	25,963	5,806	7,353	6,420

SERVICE	UNITS/ HOURS 17-18	UNITS/ HOURS 18-19	UNITS/ HOURS 19-20	CLIENTS SERVED 17-18	CLIENTS SERVED 18-19	CLIENTS SERVED 19-20
<i>Home and Community based services</i>						
Housekeeping	3,989	4,515	705	57	67.92	63
Personal Care	3,525	2,619	0	20	15.42	0
Attendant Care	0	0	7,024	0	0	103
Home Delivered Meals	6,217	3,858	3,855	28	20.7	27
Congregate Meals	21,156	20,751	20,951	219	212.5	405
COVID Meals Congregate and Home delivered	0	0	6,491	0	0	905
Case Management	2,563	1,579	1,799	94	49.25	141
Visiting Nurse	0	0	0	0	0	0
Legal Services	0	0	0	0	0	0
Transportation	0	0	0	0	0	0
<i>Family Caregiver Support Program</i>						
Respite	4	92	111	1	2	4
Caregiver training	1	2	1	23	98	34
Outreach events	0	0	3	0	0	58
<i>State Health Insurance Program-Senior Medicare Patrol</i>						
Medicare Counseling	340	192	273	164	242	206
Scam Jams/ Medicare Workshops	6	3	5	164	255	174
<i>Long Term Care Ombudsman Program</i>						
Closed Case Complaints	6	4	1	38	38	38
<i>Health and Nutrition</i>						
A Matter of Balance	8	0	0	26	0	0
Aging Mastery Program	0	0	0	0	0	0
Tai Chi for Arthritis	0	48	75	0	95	133
<i>Information and Referral(not available in county breakdown)</i>						
Calls/Walk-ins	0	0	0	0	0	0
Total	37,815	33,663	41,293	834	1,096	2,291



HEALTH & NUTRITION



Virtual TAI CHI Classes



Participants learn:

Good body alignment and posture.

Strength building exercises to reduce joint pain and stiffness.

Skills to improve balance and coordination for fall prevention.

Coordinated movements to increase flexibility which improves circulation of body fluid and blood to enhance healing.



Register today at:

Eventbrite

seagovirtualtaichi.eventbrite.com

For more information contact:

(520)432-2528

SEAGO AREA AGENCY ON AGING OFFERS VIRTUAL FALL PREVENTION PROGRAM FOR AREA SENIORS

Health and Nutrition Program. The Health and Nutrition Program offers fall prevention programs for area seniors. Evidence based programs like Tai-Chi for Arthritis and A Matter of Balance allow the Area Agency on Aging to look for ways to help older adults reduce their risk of falls.

The Real Emergency and Disaster Innovative meals (READI) Program moves forward. READI is a freeze drying method that our four-county region congregates and home delivered meal providers can use to prepare for emergency situations. By freeze drying left over food, veggies, fruits and more, these sites will be able to reduce food waste but most importantly provide their participants with shelf stable food that can last over 25 years and does not lose its nutrients or its flavor.



SEAGO

AREA AGENCY ON AGING

CONGREGATE MEAL SITES

COCHISE COUNTY

DOUGLAS ARC

610 9th Street

Douglas, AZ

520.364.7473

TOMBSTONE

SENIOR CENTER

507 East Toughnut

Tombstone, AZ

520.457.2525

GRAHAM/GREENLEE COUNTIES

SAFFORD SENIOR CENTER

822 Main Street

Safford, AZ

928.428.4328

CLIFTON SENIOR CENTER

104 4th Street

Clifton, AZ

928.865.5240

SANTA CRUZ COUNTY

SANTA CRUZ COUNCIL ON AGING

125 E. Madison St #4

Nogales, AZ

520.287.7422

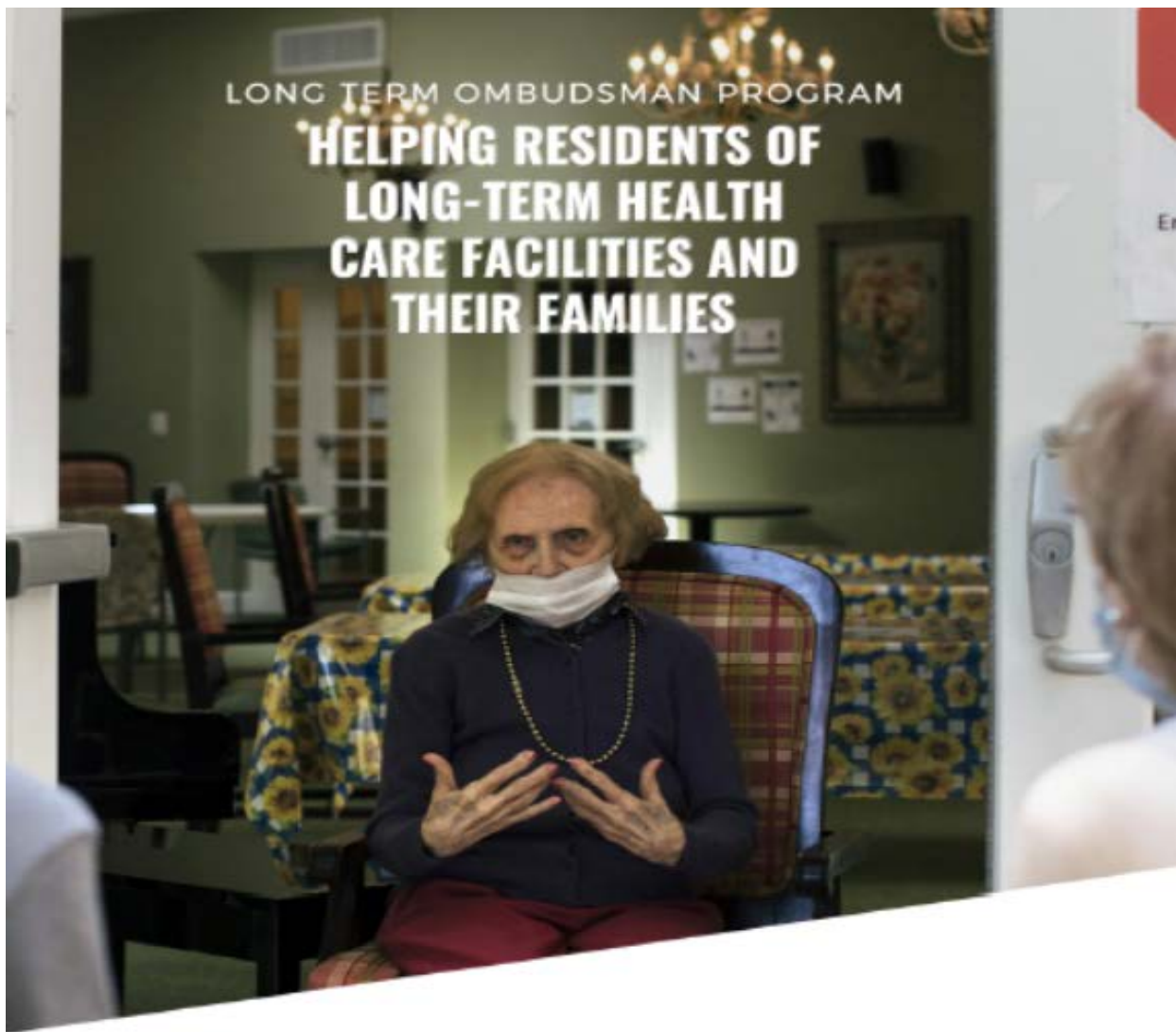
SENIOR CITIZENS OF PATAGONIA

100 Quiroga Lane

Patagonia, AZ

520.394.2494





Ombudsmen is committed to protecting the rights of persons living in long-term care facilities.

Call (520)432-2528 or visit <https://www.seago.org/long-term-care-ombudsman> for more information.

Long-Term Care Ombudsman are advocates and protects the rights of residents in Long-term care facilities. Ombudsman postponed visiting residents in long-term care settings on 3/12/2020 when the CMS rule of no visitation for long-term care and assisted living went into effect. Since that time, we have been sending out mailings to all the long-term care residences in the three counties. We've done outreach to facilities and families and taking resident, and resident family calls over the phone. In SFY 19-20 we lost 3 assisted living homes in Cochise County, and 1 assisted living in Santa Cruz for a total loss of 4 in the region.

PLANNING TODAY FOR YOUR HEALTHCARE NEEDS TOMORROW

DISCUSSING AND DOCUMENTING WISHES FOR FUTURE MEDICAL CARE

Whether you're in the prime of your life, or in the throes of a serious illness, having Thoughtful Life Conversations about future medical care that's right for you should you become unable to speak for yourself, is the first step to ensuring your values and personal preferences will be honored. Having these thought-provoking conversations—and then documenting them for healthcare providers to access in real-time—ensures your wishes are honored in almost every possible medical situation. Expressing exactly what medical treatments you want, and very importantly the ones you don't want, saves friends and family members from stress at a very sensitive time should you become incapacitated or too frail to make decisions. Give your family and loved ones a great gift. Plan today for your healthcare tomorrow.



"Through collaboration and education, provide the resources to prepare individuals to make informed end of life choices that are consistent with their values and beliefs."

Advanced Care Planning: SEAGO partnered with the Community Coalition for Advanced Care Planning to bring education and awareness of a delicate subject, End of Life. The Legacy Foundation of Southeast Arizona granted funds at the end of 2018 to begin our journey with Thoughtful Life Conversations in Cochise and Eastern Santa Cruz counties. We subcontracted with Veronica "Ronnie" Squyres, and Ronnie has taken this project to a whole new level. The David and Lura Lovell Foundation saw how much progress was made in one year and granted funds for another two years to expand to Graham and Greenlee County. These funds are still in use until December 2021. Thoughtful Life Conversations Workshops help people start conversations, empower decision-making and make advanced healthcare planning (including completing forms) more straightforward. Thus far, we have hosted 45 workshops, and 609 participants have benefited from this beautiful presentation.



Family Caregiver Support Program

Serving the Needs of Family Caregivers



The FCSP Program started FY19-20 strong.

FCSP Coordinator, Karen Enriquez was hired 7/8/2019. In the first quarter of 2019, Outreach was In-person and introductory workshops were held throughout our region. "Lunch and Learn" workshops were held at our Senior Center Congregate sites during the lunch service. Outreach and The Second Quarter of FY19-20 in-person workshops were held in Graham, Greenlee, and Santa Cruz Counties. Three volunteers were recruited to provide assistance with our Spanish speaking communities and led to our first Caregiver Support group. FCSP partnered with our SHIP Program Coordinator to hold dual topic workshops for caregivers and Scam-Jam awareness.

In the third quarter of FY 19-20 the FCSP and SHIP Coordinators were in an accident and the FCSP Coordinator was on Convalescent leave until Jan 26th, 2020.

Karen returned to work on Jan 27, 2020 and February was a busy month for catching up and planning.

Outreach in the Willcox community was targeted to establish partnerships with Charles Wm. Leighton Jr. Hospice staff, Northern Cochise Community Hospital, and Grow Healthy Willcox, to promote Aging Mastery Classes and to explore establishing a Willcox Caregiver support group. Outreach was also targeted in Douglas resulting in the scheduling two FCSP activities for March. However, March brought COVID-19 mandates and an immediate shift in all of our AAA programs to virtual platforms. Following a rapid learning curve, virtual outreach and on-line webinars replaced in-person events. Caregiver in-person trainings and outreach continued until March 2020.

In the 3rd and 4th quarters of FY19-20, Due to Covid-19 and social distancing mandates, all scheduled trainings, outreach, and Health fairs were cancelled. FCSP changed service delivery models and adapted to working remotely. Virtual C.A.R.E., Zoom Caregiver Support Group meetings began in April. The FCSP initiated the Caregiver Reassurance Program, with direct mailings, email, and phone outreach, to provide Covid-19 updates and relevant information. Well-check calls and providing information was the priority. Community Connections, Zoom panel meetings were initiated to enable outreach to, and foster partnerships with, organizations by sharing AAA programs and services.

“

I am so thankful for the services we received from the Area Agency on Aging.

NORMA PENNELL



State Health Insurance Assistance Program and Senior Medicare Patrol Programs

counseled 1177 clients and reached over 1068 people in outreach events in SFY 19-20. We were able to help our clients by advising them of their Medicare options and assisting them to enroll in the most cost effective Medicare Prescription Drug Plans. A good portion of our counseling time is spent on billing issues that can often be resolved with hospital and clinic billing offices, thereby saving our clients' money and protecting their credit rating. Many clients were screened and given application assistance for Medicare Saving Programs which save each eligible client over \$1734.00 annually in Medicare Part B premiums alone. Screenings and application assistance for the Low Income Subsidy or "Extra Help" save eligible clients approximately \$420.00 annually depending on the level of assistance. Our SHIP volunteers spend over 700 volunteer hours a year, giving back to

their communities and assisting their neighbors with Medicare questions and issues. We also offer educational presentations in person and Virtual geared at keeping our seniors safe from fraudulent schemes and health care scams.

SMP SCAM WATCH
CORONAVIRUS (COVID-19)

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time sensitive offers.

Contact the SMP for questions or to report Medicare fraud, error, or abuse at 877.808.2468 or at smpresource.org





WE NEED YOUR HELP VOLUNTEER TODAY

SEAGO Area Agency on Aging is looking for dedicated volunteers to work in a variety of areas. Our outreach programs provide many opportunities for interested individuals to give of their time while improving the lives of others.



SEAGO

AREA AGENCY ON AGING

Call (520)432-2528 to find out how you can help



SFY 19-20 AAA Volunteers

Cindy Donahue	Kim Jackson	Norma Sullivan
Ann Peschka	Sandy Boyer	Kathy Spangler
Bill Peschka	Jaime Aguilar	Kim Burks
Mary Jackson	David Morse	Monica Romero
Derek Morgan	Dr. Arnoldo Montiel	Frank Montoya
Pam Masters	Saundra Gaines	Don Behnke
Elton Bowman	Gary Clark	Lisa Conley
Karina Lizarraga	Diane Shell	Royce Hunt
Aileen Lee	Valadee Crofts	Chris Vaughn
Bernice Bagnaschi	Cynthia Meyers	Linda Huffstetler-Dearing
Denise Wilson	Delcia Acosta	



The Advisory Council is charged with furthering the agency's mission of developing and coordinating community-based systems of services for all older persons in the planning and service area. Advisory council members are an important resource to the AAA in expanding the agency's — lead beyond the walls. Our dedicated Advisory Council on Aging (L to R): President Jaime Aguilar, David Morse, Dr. Arnoldo Montiel, Saundra Gaines, Gary Clark, Kim Jackson, Valadee Crofts, Linda Huffstetler-Dearing, Royce Hunt, Norma Sullivan, Kathy Spangler, Kim Burks, Monica Romero, Frank Montoya. We thank you for volunteering to represent your respective communities!

SEAGO Area Agency on Aging

Helping You Age with Confidence!!



When you need a little extra help finding the services you need to remain in your home and community as you age, our experts are here to help, connecting you to the services you need to remain independent.



Being a caregiver is truly a selfless task. This invaluable service that approximately 52 million people provide to a family member of loved one each year is nothing short of amazing. Our caregiving experts provide caregiver support through support groups and resources to help you in your caregiving journey.



It is important to get involved with activities to keep you active, healthy and reduces the risk of falls as you age, exercising both your mind and body! Tai Chi, Matter of Balance, and Aging Mastery Program are a few of the health based programs we offer to promote active aging.



Getting the nutrition you need is a key component to remaining healthy and independent. From nutrition education opportunities to help you in making quick healthy meals and providing meals at a meal site or meals delivered to your door, we help to enhance your health with a variety of nutrition services.

Serving Cochise, Graham, Greenlee, and Santa Cruz Counties
seago.org/area-agency-on-aging (520)432-2528

300 COLLINS ROAD

BISBEE, AZ 85603

(520) 432-5301, ext. 208

Web site: www.seago.org

e-mail: aging@seago.org



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