

SEAGO Area Agency on Aging

Aging

Summer 2022

NEWSLETTER

We Have Moved!

1403 B W. HWY 92
Bisbee, AZ 85603

520-432-2528



The SEAGO Area Agency on Aging has relocated from the offices they held next to the Bisbee Senior Center to the SEAGO Main Campus.

Letter from the Director

In the middle of continued uncertainty, I see the opportunity for new ideas, new partnerships and most importantly good health. During 2022 our focus is Covid and the information we give to our seniors and most vulnerable population. With the help from South Eastern Arizona Education Center (SEAHEC) we have been able to deliver information, education and guidance on Covid-19. SEAHEC accomplished in eight months 14,968 activities, 2353 individuals assisted, 1308 over the age of 60 and 40 developmental disabled adults. We are happy to announce that there is still work to do and we plan to expand our partnership until September 2024 to continue these efforts throughout Region VI.

The Area Agency on Aging is happy to announce that we will be developing the Area Plan for the planning and service area for the next four years. We look forward to visiting each service area and distribute Needs Assessment surveys that will be helping us understand what the needs of the community are. We have wonderful partners throughout Cochise, Graham, Greenlee and Santa Cruz County that we know that we will accomplish our goal of collecting enough assessments and build the picture of the needs in Southeastern Arizona.

The good news continue, we are now in our new home. With dedicated and hard work from our executive director, the Area Agency on Aging is enjoying a new space. We look forward to the Open House and the opportunity to invite you to come and see the new location of your Area Agency on Aging. More details will be shared when the date is set but for now, please stay connected via our website or our Facebook page for any updates.

Young, old, professionals, neighbors, family members, we all will need the Area Agency on Aging at one point. It is important to know what your resources are, how you can access them and most importantly know about them as you never know when you will be out in your community and someone will need the information and you have the tools to provide it. The Area Agency on Aging works hard for you to receive the resources you need. If you feel you can contribute in some way to your community, reach out to your Area Agency on Aging and ask to become a volunteer. Our seniors are in dire need of further assistance and any volunteer contribution made will have a tangible effect on their lives. Our volunteers will also be able to immerse themselves in an agency who has service of the forefront of their mission. With additional support from volunteers we can all flourish in conjunction as we improve the communities in which we reside. This, while hopefully cultivating a community with robust social frameworks to ensure dignified aging. Want to be part of the AAA family, then call us. We are here waiting for you.

Let's prepare for the heat and stay cool!

Sincerely,

Laura Villa

AAA Director

Aging in Place

The term “aging in place” refers to the ability of older adults to live in their homes and communities safely, independently and comfortably, regardless of their age, income or abilities.

Nearly 80 percent of adults ages 50 and older want to remain in their current homes as they age, according to AARP.

"The stairs are getting so hard to climb."

"Since my wife died, I just open a can of soup for dinner. "I've lived here 40 years. No other place will seem like home.

These are common issues for older people. You may share the often-heard wish – "I want to stay in my own home!" The good news is that with the right help, you might be able to do just that. Staying in your own home as you get older is called "aging in place." We have a few suggestions to help you find the help you need to continue to live independently.

Planning ahead is hard because you never know how your needs might change. The first step is to consider the kind of help you might want in the future. Maybe you live alone, so there is no one living in your home who is available to help you. Perhaps you don't need help right now, but you live with a spouse or family member who does. Everyone has a different situation.

One way to begin planning is to look at any illnesses like diabetes or emphysema that you or your spouse might have. Talk with your doctor about how these health problems could make it hard for someone to get around or take care of themselves in the future. If you're a caregiver for an older adult, learn how you can get them the support they need to stay in their own home.



You can get almost any help you want in your home – often for a cost. Some things you want may cost a lot. Others may be free. Some might be covered by Medicare or other health insurance. Some may not.

Family, friends, and neighbors are the most significant source of help for many older people. Talk with those close to you about the best way to get what you need. If you are physically able, think about trading services with a friend or neighbor. One could do the grocery shopping, and the other could cook dinner, for example. SEAGO Area Agency on Aging can help by linking you to services in your community. We offer home and community-based services such as attendant care, home-delivered meals, and Respite care. The SEAGO AAA also has programs for chronic disease and health management, Medicare counseling, Long term care ombudsman, and a Family caregiver support program.

We are here to help. Give us a call at 520-462-2528 or go online to www.seago.org for more information

Home and Community Based Services Spotlight



washing your hair, or dressing getting harder to do?

Attendant Care is a Non-Medical Case managed service designed to meet the daily living needs of someone who require support to care for themselves or their home independently. It assists individuals aged 60 and up or under 60 with a disability with their personal physical needs such as bathing, dressing, meal prep, light housekeeping and related services at an individual's residence to help maintain their independence and avoid costly and unwanted placement in a facility.

TO MAKE A DECISION THAT MEDICARE BEST FITS YOUR NEEDS. REPORT ANY FRAUD OR SCAMS CONCERN.



SEAGO Area Agency on Aging/State Health Insurance Program & Senior Medicare Patrol is here to advocate and support you.
Call (520)432-2528

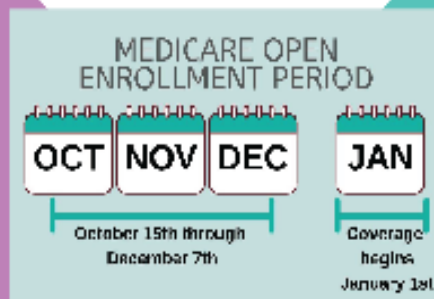
Original Medicare

Some people get Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) automatically, and some have to sign up for it. Original Medicare is a fee-for-service health plan that has **TWO PARTS**: Part A (Hospital Insurance) and Part B (Medical Insurance). After you pay a deductible, Medicare pays its share of the Medicare-approved amount, and you pay your share (coinsurance and deductibles).



Part D

Medicare drug coverage helps pay for prescription drugs you need. Even if you don't take prescription drugs now, you should consider getting Medicare drug coverage. Medicare drug coverage is optional and is offered to everyone with Medicare. If you decide not to get it when you're first eligible, and you don't have other creditable prescription drug coverage (like drug coverage from an employer or union) or get Extra Help, you'll likely pay a late enrollment penalty if you join a plan later.



Medicare Advantage Plans

Medicare Advantage Plans are another way to get your Medicare Part A and Part B coverage. Medicare Advantage Plans, sometimes called "Part C" or "MA Plans," are offered by Medicare-approved private companies that must follow rules set by Medicare. Most Medicare Advantage Plans include drug coverage (Part D).

New Medicare fraud fighting tool now offered to seniors

An estimated \$60 billion annually is lost to Medicare fraud according to the Arkansas Department of Human Services' Senior Medicare Patrol division and in hopes of helping combat fraud, DHS is offering a free My Health Care Tracker booklet.

Kathleen Pursell, Arkansas Medicare Patrol program director, told Seven On Your side seniors can use this booklet to keep track of doctor visits.

"This is just one tool we offer to help beneficiaries prevent, detect, and report suspected Medicare fraud and errors.

A lot of times you forget what happened to you in that doctor visit and so can take that out, compare it with your Medicare summary notice, or if you're on a Medicare Advantage Plan, you will have an explanation of benefits and so you're going to compare that and make sure that what is written in your book

By using this booklet, seniors can find discrepancies or detect identity theft.

You may see on your Medicare summary notice things that you didn't receive like back braces or any type of brace or medical equipment," she said. "And you say 'I didn't get that wheelchair or those braces' and so someone has stolen your identity and billed Medicare with your number and that's one way to detect that type of scam or fraud.

SEAGO Area Agency on Aging SHIP/SMP can help with questions call (520)432-2528 ext.222.





Support is Important!

If caring for a loved one leaves you frustrated and angry at times, that's normal — but you don't have to do this alone. In the world of caregiving, support groups are a place where others go to learn, feel less stress, and generally feel included socially.

A good caregiver support group can be a lifeline, providing a place — in person or online — to share feelings confidentially, make friends, get help navigating the health care system and learn from others who have walked a similar path. Caregivers often can't speak openly with family members about their emotional reactions, and a support group provides a safe place to share.

The SEAGO Area Agency on Aging, Family Caregiver Support Program is sponsoring two new in-person Support Groups in Cochise County, in addition to a weekly on-line group.

Balancing Wellness Support Group: In person (if vaccinated and boosted) or through Zoom.

Location: Holy Trinity Monastery, St. David

When: First and third Thursdays of each month 11:00 am -12:30 pm

Who: For those who have Parkinson's, Alzheimer's, or other dementia and their caregivers

To Register: Contact Carolyn Fiolek – Winson (520) 276-8343 or complete the Contact Me form at <https://www.balancingwellnessbenson.com/>

Caregiver Alumni Group: In-person

Location: Sierra Vista Public Library, small conference room

When: Second and fourth Mondays of each Month 12:30 pm - 2:00 pm

Who: Open to all current and former caregivers

Registration not required

Pinkie's Up-Caregiver Mingle: Virtual

Location: Via Zoom

When: Every Tuesday at 2:00 pm

Who: Open to all caregivers

To Register: call Karen Enriquez 520-432-2528 or on [Facebook](#) – SEAGO Area Agency on Aging/ Events



Arizona Caregiver Coalition

—Serving the Needs of Arizona Caregivers—

Caregiver Respite - Receive Vouchers up to \$300*

Call the Caregiver Resource
Line 888-737-7494

Caregivers:

- You are the primary caregiver of a loved one who:
 - Has a chronic condition
 - Has a developmental disability (Targeted Support Coordination eligible)
 - Has Alzheimer's Disease or dementia
 - Has a physical disability
- You are not receiving respite from another public program



How it works:

- You select your respite worker. It could be a neighbor, a friend, or a professional agency.
- We reimburse you for the expense, up to \$300.

Learn more about us
and our programs:
www.azcaregiver.org/respite

**Limited availability. Priority for rural areas and educational respite.*

This program is made possible through the Lifespan Respite Grant from the Administration of Community Living and in partnership with the Arizona Department of Economic Security and the Arizona Association of Area Agencies on Aging.

888-737-7494
info@azcaregiver.org
www.AZcaregiver.org





HOW DO I PROVIDE THE BEST CARE?

You're tired of general information. Trualta's Caregiver Portal addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager.

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers

FREE CAREGIVER TRAINING

“

And that fact that you can do a module in five minutes is great!

- JERRY, 65,
CARING FOR HIS WIFE WITH
ALZHEIMER'S

Sign up today!

SEAGOAAA.trualta.com



Scan me with
your camera
to visit!





The SEAGO, Area Agency on Aging, is excited to share Tualta, an online learning system to provide skill based training and resources for family caregivers.

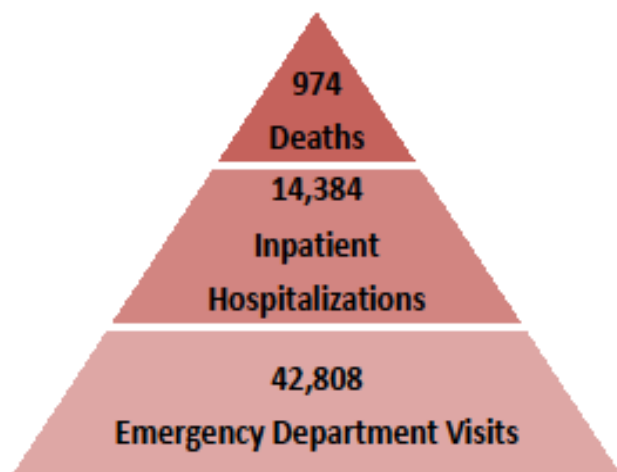
Built specifically for family caregivers, Tualta helps caregivers reduce stress, find local resources, and provide better care for their loved ones. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day. Tualta content is dementia focused and topics include personal care, safety and injury prevention, and caregiver wellness. Tualta also offers "expert level" dementia training from professional-level providers like Teepa Snow, adapted for the family caregiver.

Registration is by invitation only.



Contact us for more
information today!

Karen Enriquez
SEAGO Area Agency on Aging
kenriquez@seago.org
(520) 432-2528 x 221



Unintentional Falls among Arizonans 65 years and older, 2016

-Were the leading cause of injury-related deaths among Arizona residents 65+ Years

-Resulted on average a length of stay of 6 days in the hospital.

- Totaled charges over \$933.6 million for Inpatient Hospitalization and over \$344.7 million for ED Visits.

-These charges do not describe costs associated with physician care, EMS services, rehabilitation, or long-term disability.

What can be done to reduce the risk of unintentional falls?

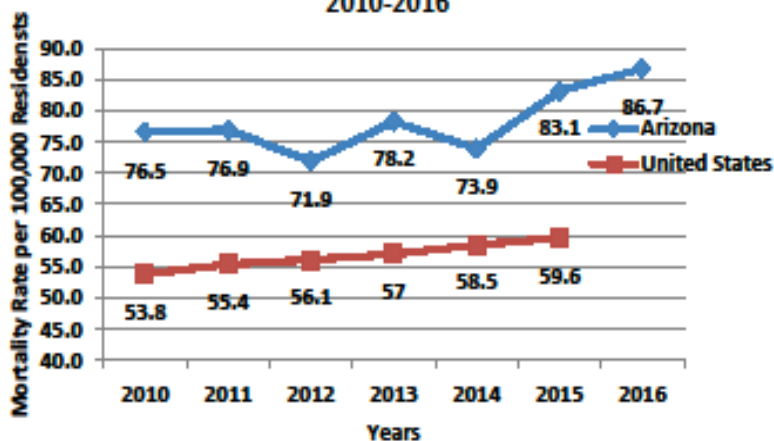
-Maintain a regular exercise program to increase strength, balance, and coordination Tai Chi classes are an evidence-based method.

- Regularly review meds with a healthcare provider, and dispose unused meds

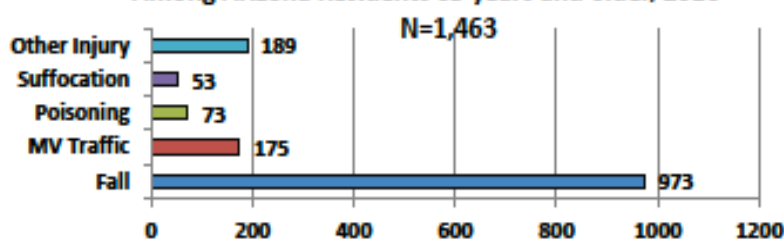
- Have yearly eye exams.

- Modify home environments to reduce hazards such as slippery floors, poor lighting, and uneven surfaces.

Mortality Rates Due to Unintentional Falls in those 65+ Years, Arizona Compared to the United States, 2010-2016



Leading Causes of Unintentional Injury-Related Deaths Among Arizona Residents 65 years and older, 2016



Visit the Arizona Healthy Aging website at: <http://www.azdhs.gov/phs/healthy-aging/>



Falls Prevention Programs

Sponsored by the SEAGO Area Agency on Aging

1 in 4 older adults will have a fall this year. The mission of the Arizona Falls Prevention Coalition is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy.

The SEAGO Area Agency on Aging is committed to advocating for the seniors and disabled citizens in our community by partnering with the CDC and the state of Arizona to deliver evidence-based Falls Prevention Programming. We offer the A Matter of Balance, Tai Chi for Arthritis and Falls Prevention, as well as other community outreach programs to reduce the risk of falls.

Please contact Cynthia Meyers for more information about workshops, classes and outreach happening in your local community.

A Matter of Balance is a cognitive restructuring program which helps reduce the fear of falling, improves balance and educates participants on how to reduce fall risks.



MANAGING CONCERNS ABOUT FALLS

Tai Chi for Arthritis & Falls Prevention helps people with arthritis to improve strength, flexibility and reduce joint pain. It improves balance both mentally and physically thus significantly reduces the risk of falls in older adults.



Dr Paul Lam

Tai Chi for Health Institute

EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

For More Information Contact:

Cynthia Meyers - Health & Nutrition Coordinator

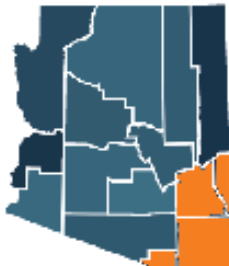
(520) 432-2528 x306

cmeyers@seago.org



The International Network launched World Elder Abuse Awareness Day (WEAAD) for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

This year of 2022 events were on June 3rd, June 10th and June 24th the World Elder Abuse Awareness Day (WEAAD) was commemorated throughout four counties in Region VI. Through WEAAD, we raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. SEAGO Area Agency on Aging Thank Region VI for the support and joining such a great cause.





As Americans, we believe in justice for all. Yet we fail to live up to this promise when we allow older members of our society to be abused or neglected. Older people are vital, contributing members of American society and their maltreatment diminishes all of us. Just as we have confronted and addressed the social issues of child abuse and domestic violence, so too can we find solutions to address issues like elder abuse, which also threatens the well-being of our community.

June 15th 2022 is World Elder Abuse Awareness Day (WEAAD). On that day, communities in the USA and all over the world will sponsor events to highlight solutions to this systemic social challenge. The SEAGO / Area Agency on Aging is proud to host three events to participate in this national conversation.

Our policies and practices make it hard for older people to stay involved with and connected to our communities as they age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. We can design stronger societal supports to keep our older people connected and protect them from abuse, whether financial, emotional, physical or sexual. When we address a root cause, like social isolation, we also make it less likely that people will experience neglect. Older adults who are socially connected and protected from harm are less likely to be hospitalized, less likely to go into nursing homes and less likely to die. We can and must create healthier and safer living environments for older adults, including their homes, nursing homes, and assisted living facilities.

There are many ways to get involved in strengthening our communities and preventing elder abuse:

It is up to everyone to prevent and address elder abuse. Talk about it – to your leaders, and to your neighbors.

- Advocate for elder abuse prevention and intervention programs.

- Raise public awareness by conducting friendly calls, virtual presentations and distributing materials via mail and email about elder abuse through networks of senior centers, places of worship, medical networks, etc.

- Educate yourself and enable others to better recognize the warning signs

Lend strength to existing social support structures

- Volunteer to be a friendly visitor and either call, mail or email an older person living in the community

- Suggest telephone helpline programs or assist in arranging meal or grocery delivery services for someone who is a caregiver

- Don't tolerate ageism – this begins with not making fun of older adults

Contribute to building new social support structures:

- Report concerns to your local Adult Protective Services program or law enforcement

- Get involved with the Long-Term Care Ombudsman program in your state, working to resolve problems related to the health, safety, welfare and rights of persons who live in long-term care facilities (e.g., nursing homes, assisted living).

We Have Moved

SEAGO Area Agency on Aging

1403 B Hwy 92

Bisbee, AZ 85603

Phone : 520-432-2528

FAX: 520-432-9168

Web Page: www.seago.org/area-agency-on-aging



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<https://www.facebook.com/seagoareaagencyonaging/>

Would you like to receive the SEAGO Area Agency on Aging newsletter by email?, Simply email us at mail@seago.org and let us know! Future issues of the quarterly newsletter (four per year) will automatically be sent to you.

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.