What’s New
• Healthcare Decisions ps. 5 & 17
• Healthy Living – p. 3 & 21
• Family Caregiver Support & Training – p. 4
• Caregiver Day in Green Valley – p. 10

AGING IN OUR COMMUNITY
from W. Mark Clark, President and CEO

Your Healthcare Decisions
In today’s busy world, it’s important to make time to pause, focus on ourselves and savor the company of people who can support, inspire and motivate us to be better.

It’s also time to connect specifically to engage in conversations that will empower you, and your healthcare providers to take part in important end of life care planning.

You’ve heard it countless times: Life is short, so appreciate each moment.

You may be inclined to delay these conversations if you don’t sense an imminent need. But they can positively impact your relationships and help you realize what’s most important. Having meaningful conversations can have a profound impact on how we feel about ourselves and those we love and care for.

Completing the advance directives documents is one part of the equation. The real work of completing an advance directive is communicating about your values, preferences and priorities for healthcare wishes.

PCOA has joined with other community partner organizations in a unique coalition dedicated to ensuring that the accurate information, opportunity and access needed to document your healthcare decisions is available to all decision-making capable adults in Pima County’s communities.

• Please mark your calendars for the observance of Healthcare Decisions during the week of April 15-19 in Tucson.

• Register for one or more of a series of free workshops and talks put together by the Arizona End of Life Care Planning (EOLCP) coalition organizations.

• Get more information & Register online at www.AZENDOFLIFE.ORG

We invite everyone to join our healthcare decisions movement.

In Service,

W. Mark Clark
President & CEO
PCOA Volunteer Opportunities  volunteer@pcoa.org — 520.305.3418

Important Opportunities to Serve

New Volunteer Opportunity – Do you enjoy reading Never Too Late (NTL)? Help 7,000 of your neighbors do the same! PCOA is looking for their next “NTL All-Star.” This critical volunteer will help PCOA staff with the distribution of Never Too Late on a monthly/bi-monthly (9 months a year) basis. This position serves in-office at 8467 E. Broadway.

To learn more about this opportunity, call Shane at (520) 305-3418 or email slynch@pcoa.org.

Volunteers Needed for Senior Companion Program – PCOA is now hosting the Senior Companion Program and partnering with other organizations in Pima County to provide companionship to homebound adults 60+ and persons with physical disabilities. Volunteers visit their partners, in their homes, and provide opportunities for them to remain engaged in the community by sharing an activity, shopping together, escorting someone to a medical appointment, writing letters, filling out forms, sharing a meal, or allowing family caregivers to have some respite. Senior Companions are a valuable resource for information and referrals, as they receive training before starting their roles as Senior Companions, and on a monthly basis.

All Volunteers: • serve a minimum of 15 hours per week, • must income qualify, and • pass a background check and health screening, • receive hourly stipends • may receive expense reimbursement. The Senior Companion Program has been nationally funded under Senior Corps since 1973 and depends on volunteers to help isolated older adults age in place.

For more details, please contact (520)305-3453.

Volunteer Opportunities in Green Valley–Sahuarita 520.625.1150 x108  gvsvolunteering.org

• Sahuarita Food Bank & Community Resource Center needs volunteers. Attend our next orientation on March 16. Kay, 520-262-6970, jknovak62@gmail.com.

• Keep Green Valley friends and neighbors safe from fires, falls and desert pests. Volunteer with the Green Valley Fire District Fire Corps in Administration, Field Operations and SHIM (Safety and Health in Motion.) Visit our office at 1285 W Camino Encanto, www.gvfire.org, 520-625-9438.

More volunteer opportunities in Tucson and Pima County, and an easy online volunteer application, are available at https://www.pcoa.org/how-you-can-help/volunteer/
Put Life Back in Your Life

Small steps. Positive changes. Healthier living.

At least 91% of older adults have at least one chronic condition and 73% have 2 or more. Diabetes affects 23% of older adults, and 1 in 3 older adults fall every year in the U.S. Most falls can be prevented.

Community-based health promotion programs help individuals gain self-confidence in controlling symptoms; manage the progression of long-term and chronic, age-related conditions; and lead the active, productive life that most strive for.

Sign up today for 1, 2, or all 5 of the evidence-based health promotion programs to be healthier, prevent disease and achieve positive results. Call 305-3410 for locations near you!

Learn practical skills • Gain self-confidence • Manage fall risks • Positive changes & healthier living

Pima Council on Aging offers a series of five evidence-based health promotion programs for adults 60 years and older, in collaboration with community partners. These programs are designed to assist you with managing your personal health, staying fit, and maintaining or improving quality of life.

**Healthy Living with Ongoing Health Conditions** – for those who are living with a chronic condition or are caring for someone with a chronic condition, including but not limited to hypertension, arthritis, heart and lung diseases, stroke, depression and diabetes. A fun, interactive course to help you manage your emotions, pain and fatigue, decrease frustration, and increase fitness and self-confidence.

**Healthy Living with Diabetes** – an interactive workshop for individuals with pre-diabetes or Type 2 Diabetes and their caregivers. Topics include managing your symptoms, learning relaxation techniques, the importance of healthy eating, effective communication with your healthcare providers, monitoring your blood sugar and using medications effectively.

**Healthy Living with Chronic Pain** – for those living with chronic pain & their caregivers. Topics for this interactive workshop include understanding acute and chronic pain, learning to balance activity and rest, managing your emotions, pain & fatigue & decreasing frustration. Also, addressing the importance of healthy eating, medications and interventions and more. Participants are led through 15 minutes of “Moving Easy” exercises selected for individuals with chronic pain.

**A Matter of Balance** – emphasizes the importance of maintaining an active lifestyle in order to reduce the risk of falling. Utilizing a small group discussion format, participants develop practical strategies to help them stay safe and active. Topics include: Fear of Falling, Getting Up from a Fall, Home Safety, and Exercising to Increase Strength and Flexibility.

**Enhance Fitness** – an ongoing low to moderate level exercise class taught by a certified fitness instructor. Includes a 20 minute no/ low-impact aerobic segment, stretches, and structured strength training exercises using weights. Fitness assessments included at 4 month intervals.

Level 1 class is a chair class. Levels 1 & 2 are both chair aerobics & low impact standing aerobics. Level 2 class is a standing low impact aerobics.

**What:** Eight 2-hour sessions, twice a week, for 4 weeks.
**Contribution:** $20 per person; $30 per couple.

**What:** A six-week program for 2.5 hours once a week.
**Contribution:** $20 per person; $30 per couple.

**What:** 1 hour, 3 times weekly. Classes are ongoing.
**Contribution:** $18 per month or $60 per 4 month session.

Sessions:
Jan. – Apr.
May – Aug. and
Sept. – Dec.

Pre-registration is required for all five programs. Program locations and availability change regularly. Call the PCOA Health Promotion Program at (520) 305-3410.

View program schedules and register online at www.pcoa.org/services/healthy-living/
Free Family Caregiver Training

Workshop Schedule

The demands of caring for a loved one can be stressful and it is difficult to provide care when you are unsure of what you’re doing. You’ll feel much better when you’re confident of your skills and we can help! Give us a call today to sign up for one or both workshops available every month!

**Workshop I - morning**

Tucson City Council Ward 6
3202 E. 1st St., Tucson 85716
Friday, April 26

Workshop 1 – 9:00 am – 12:30

30 minute break – lunch not provided

**Workshop II - afternoon**

Must register in advance
To RSVP call: 514-7642 x 201

**Workshop I**

- Stress and Time Management
- Communication Skills
- Alzheimer’s & other related dementias
- Infection control and providing Personal Care
- Nutrition, Assistance with Eating, & Redirecting
- Fall Prevention
- Activity Planning
- Psychological & Emotional Conditions
- Grief & End of Life Resources

**Workshop II**

- Proper Body Mechanics
- Home Environment Safety
- Planning for an Emergency
- Understanding Assistive Devices
- Proper Walking/Transferring techniques
- Re-positioning with reassessment
- Outings and Car Etiquette

This training is made possible through a partnership with Pima Council on Aging. Training is available to unpaid family caregivers who are caring for someone age 60 or older, or caring for someone of any age suffering from Alzheimer’s or a related dementia.

**PCOA Caregiver Support Groups – April**

**East Tucson**
Monday, 1, 1:00 p.m.
Pima Council on Aging
8467 E. Broadway, 85710

**Oro Valley**
Tuesday, 2, 12:00 p.m.
Rancho Vistoso Urgent Care (Board Room),
13101 N. Oracle, 85737

**Green Valley**
Monday, 8, 1:00 p.m.
Friends In Deed (Room A),
301 W. Camino Casa Verde, 85614

**Central Tucson**
Tuesday, 9, 5:30 p.m.
Grace St. Paul’s Church (Weeks Room)
2331 E. Adams St., 85719

**North Central Tucson**
Thursday, 11, 11:00 a.m.
City Council Ward 3 (Community room),
1510 E. Grant Rd., 85719

**North Tucson**
Thursday, 4, 1:30 p.m.
City Council Ward 6 (West room), 3202 E. 1st St., 85716

**Southwest Tucson**
Tuesday, 30, 9:00 a.m.
Tucson Estates Recreation Center, (Suite 1)
5900 W. Western Way, 85713

“Sometimes asking for help is the most meaningful example of self-reliance”.

— Unknown

PCOA family caregiver support groups are open to anyone providing care for a person 60 and older, or caring for someone of any age who has Alzheimer’s disease or a related dementia.

Pre-registration is required if attending a group for the first time.

**Pima Council on Aging Support Group Program:** (520) 305-3405
The young nurse sat in my office sobbing. She told a story of grief, family division and anguish about very difficult choices. She had just returned to work after spending weeks at her mother’s bedside in Intensive Care. Her mother had fallen, hit her head and broken her hip. She never awakened from the accident. “I asked her for years to make a living will or to appoint someone as her medical power of attorney. She said she’d think about it later, but she never did. Now my sister thinks I talked her into killing our mother and I wonder if I did, or if I made Mom suffer too much.”

Years later I sat with another daughter as life support was withdrawn from her father. She was tearful but calm. She said, “He made it very clear to us all what he wanted. He did not want to be kept alive on machines. It is so hard to watch him go, but my sisters and I know this is his decision and they support me in following his wishes.”

Two stories, two very different outcomes for grieving families.

When people ask me why they should complete advance directives, I tell them to do it as a gift to their loved ones and to themselves.

Advance directives are two forms: a living will, and a durable medical or healthcare power of attorney. The living will lets others know your wishes regarding artificial life support. A healthcare power of attorney appoints the person you wish to make healthcare decisions for you when you cannot. Arizona’s forms can be found at https://www.azag.gov/seniors/life-care-planning. Both forms are important to have, but because health issues are complex, a healthcare power of attorney is vital.

But advance care planning is more than just a document. It’s a process of planning and conversation. Which is why the Arizona End of Life Care Partnership (EOLCP) for which the United Way of Tucson and Southern Arizona is the backbone organization, has created a series of events in April to help demystify healthcare decision making and empower the community to first consider what do I value about my life?, and then talk about it with loved ones.

Why April? Inspired by Benjamin Franklin’s quip that “nothing in life is certain but death and taxes”, during the week of April 15 the Arizona End of Life Care Partnership (EOLCP) will provide free workshops and presentations that support individuals in planning for a time when they cannot make their own health care decisions.

We’d all like a chance to recover from a life threatening incident, but what does recovery mean to you? I tell my family that unless I can recover to a thinking, functioning person who can take care of my own basic needs, do not attempt to prolong my life through artificial means. I tell them if I cannot recover to this, you will be acting with loving compassion in following my wishes to allow a natural death.

While making healthcare decisions is often difficult in the best of circumstances, making decisions for others is even more complicated. Each of us has the ability to guide our healthcare providers and our loved ones about what we want. When it comes to making your wishes known, it always seems too early, until it’s too late.

Callene Bentoncoury (RN, BSN, MA) is the Director of Program Development at Casa de la Luz. She has been a leader in healthcare for more than 30 years and is a trained Arizona Hospital and Healthcare Association Advance Care Planning facilitator.

The Arizona End of Life Care Partnership (EOLCP) is a network of organizations and individuals working to create a community hub for end of life care support and resources – one of the largest initiatives of its kind. Visit www.azendoflife.org for more information.

Healthcare Decisions event details are on page 17.
Eastside Volunteers Bring Value

Neighbors Helping Neighbors is a simple thing to do. It’s an art, a generous gift of kindness. Fortunately, many people choose to do good things for others. The Neighbors Care Alliance (NCA) programs offer such opportunities and more.

One NCA member, the Eastside Neighbors Volunteer Program (ENVP) serves the east and southeast areas of Tucson. ENVP provides older adults with services that enable them to remain in their homes for as long as possible with independence, safely and with dignity.

ENVP is a collaboration of individuals working together as volunteers, friends, families and neighbors donating time and energy to help others. As aging advances, people often lose the ability to drive or complete other everyday tasks. So, in 2004 ENVP created a 501(C)(3) non-profit Arizona corporation to offer a variety of helpful neighborly, non-medical services provided currently by about 100 trained and dedicated volunteers.

Approximately 300 clients are registered to receive the services, with the largest request for needed transportation to and from doctor or dentist appointments and for trips to the pharmacy or grocery store. Many older neighbors have family and friends living elsewhere. Friendly visits and telephone calls are a great help in keeping people connected with others.

In 2018 ENVP volunteers contributed 5,962 hours of service, which equals a contributed value of $147,202 to the communities. Volunteers drove 37,400 miles transporting and performing errands for the recipients who received 5,257 services overall.

Friendly volunteers take calls at (520) 245-4729 to register new volunteers and schedule services for the registered clients living east of Swan, south of Tanque Verde, north of Irvington and west of Houghton. https://www.tucsonenvp.com/ and on Facebook.

ENVP is actively seeking more volunteer drivers, especially for the long, warm seasons. They also have an open, part-time paid position for Program Coordinator responsible for overseeing the administration, programs and strategic plan of the organization. For more information about this job, please email envp23@gmail.com.

For information about volunteering or starting a Neighbors Helping Neighbors program, please contact roads@pcoa.org, or call PCOA at 520.258.5063.

Need help, information? Call the PCOA Help Line at 520.790.7262

The University of Arizona Arthritis Center Living Healthy With Arthritis Lecture Series

Escape from INFLAMMATION NATION
Conquering the Inflammation Epidemic on the Path to Health and Resilience

Wednesday, April 3
6:00 – 7:15 p.m.
This event is free. Prior registration is required.

DuVal Auditorium
Banner - University Medical Center Tucson
1501 N. Campbell Avenue, Room 2600, Tucson, 85724

Speaker: Floyd "Ski" Chilton, PhD, Best-selling author of Inflammation Nation, Win the War Within, The Gene Smart Diet, Made to Crave Action Plan and The Rewired Brain

Professor, the University of Arizona Department of Nutritional Sciences
Associate Director, UA BIO5 Institute; Director, The Precision Wellness Initiative, the University of Arizona

About the Lecture

In this exclusive presentation, internationally-recognized scientist and author Dr. Floyd H. Chilton exposes the driving force behind a host of seemingly disparate diseases, such as arthritis, heart disease, cancer, obesity, diabetes, eczema, lupus, Alzheimer’s, and emphysema: unbridled inflammation.


A little help. A big difference.
Assisted living services that are about the whole family and the whole YOU. But the best part? No matter if you need a little help or a lot, the difference you’ll feel will be amazing. Please call Amber Lights to schedule your complimentary lunch and tour.

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Independent & Assisted Living Residences
6231 N. Montebella Road • Tucson, AZ
520.395.9616
AmberLightsRetirement.com
PCOA News in Philanthropy

Your membership makes life-changing services possible for older adults and their families in Pima County. Thank you for helping older adults live healthier, happier, more independent lives. Names listed are of those who have renewed or joined our membership program from February 1, 2019 to March 10, 2019.

Thanks to our renewing members!

Therese V. Berg  
James J. Britt III  
Anne C. Britt  
Sandy Davenport  
Johnnie and Evelyn Edmond  
Eleanor Francis  
Jo Ann Gord  
Shirley Gould  
Brad and Teresa Gushing  
Barbara J. Hall  
Michael and Jenny Hartung  
Theodora A. Hausman  
Donna Hefley  
Carol M. Kelly  
Barbara W. Macpherson  
S. Marmion-Rendon  
Manuel G. and Socorro P. Montano  
Anthony R. Nespoli  
Pat A. O'Donnell  
Barbara Parkinson  
Steven and Mary Repola  
Beverly A. Ross  
Dennis B. Shumaker  
Tim Wernette and Carolyn Brown

Welcome, new members!

J. Lisa Jones and Kathy Roberson  
Debra J. Thompson

Memorials & Tributes

In Memory Of
Mary Jane Broadhurst  
by Gretchen Gibbs

Nancy Mairs  
by George Mairs

Wanda Taylor Brown  
by Theresa and Pat Petrillo

In Honor Of
PCOA support groups  
by Maria Montez

Memorials & Tributes are recognized in Never Too Late. An appropriate card is mailed to the family of the deceased or to the honoree.

- The amount of your gift is not mentioned.
- All donations may be tax deductible – consult a tax advisor.

Mail Your Gift along with the name of the person to be memorialized or honored and the address of the next of kin or honoree to:

PCOA, Memorials & Tributes  
8467 E. Broadway Blvd., Tucson, AZ 85710-4009

Give Online  
www.pcoa.org

For more information, contact  
Kristin McPeters at 305-3401.
Mom Didn’t Plan for This

My mother was the planning type. She made lists, she thought through situations to every possible eventuality and prepared accordingly, and every time she got on a plane, she sent me an email reminding me where her will and other important documents were. But for all her foresight, terminal cancer at the age of 53 was something she never saw coming.

Mom thought she had plenty of time to think about the end of her life, how she wanted to die and how she wished to be laid to rest. Even when she was diagnosed, she refused to plan for the possibility of debilitating illness or death. I think having those conversations felt to her like giving up on life.

By the time Mom reached the stage at which it was clear, even to her, that she was not going to recover, she was heavily medicated for pain and had suffered some cognitive decline. She was not able to make active decisions for herself any longer. We stopped talking about treatment and only talked about comfort. We, as a family, made it up as we went.

The uncertainty we felt about important decisions regarding Mom’s care was unnecessarily stressful for my family during what was already a deeply traumatic time.

Completing written end of life care plans is not only necessary to ensure your wishes are carried out, it is a kindness to those who love you. Mom trusted her family to act in her best interests, and of course, we did, but with better planning those final days of her life could have been less troubled with decision-making and concerns about whether we were making the right choices, and focused more instead on spending precious time with her.

It is never too soon to make a plan for your end of life care, for your own peace of mind and for that of those closest to you. Even if it doesn’t feel important for you personally, you can be certain that it will be enormously important someday for someone who loves you.

In Service,
Lana Baldwin, CFRE
VP of Philanthropy & Communications
How does Medicare cover emergency room services?

If you have Original Medicare, Part B covers emergency room services anywhere in the U.S. Emergency room services are typically provided when you have a medical condition that requires immediate action, such as an injury or sudden illness. After meeting your deductible, you will be responsible for a 20% coinsurance charge for doctors’ services, as long as your provider accepts assignment (accepts Medicare's approved amount as full payment for a service). You will also be responsible for copayments for each emergency department visit and hospital service.

If you have a Medicare Advantage plan, you plan must also cover emergency room services anywhere in the country, as long as you are receiving emergency or urgently needed services (services that are necessary to evaluate or treat an emergency medical condition or are immediately required as a result of an unforeseen illness, injury, or condition). Be aware that:

- Your plan cannot require you to see an in-network provider
- You do not need a referral
- There are limits on how much your plan can bill you if you receive emergency care while out of your plan’s network
- Your plan must cover medically necessary follow-up care related to the medical emergency if delaying care would endanger your health
- You have the right to an appeal if your plan does not cover your care

Can I receive covered emergency services outside the U.S.?

Original Medicare generally does not cover medical care that you receive while travelling outside the U.S. and its territories. There are some exceptions, including if you receive care while traveling from Alaska to another state, or if you are on a cruise ship and receive emergency services while the ship is in U.S. territorial waters. Some Medigap policies provide coverage for travel abroad. Check with your policy for coverage rules.

Medicare Advantage Plans may also cover emergency care abroad. Contact your plan for more information about its costs and coverage rules.

Does Medicare cover emergency ambulance transportation?

Original Medicare Part B covers emergency ambulance services and, in limited cases, non-emergency ambulance services. Medicare considers an emergency, in this case, to be any situation when your health is in serious danger and you cannot be transported safely by any other means. Emergency ambulance services are covered if:

- An ambulance is medically necessary (it is the only safe way to transport you)
- The reason for your trip is to receive a Medicare-covered service or to return from receiving care
- You are transported to/from certain locations, following Medicare's coverage guidelines (such as from your home to the nearest hospital or skilled nursing facility)
- And, the transportation supplier meets Medicare's ambulance requirements

If you have a Medicare Advantage Plan, your plan must cover the same services that Original Medicare covers, but can do so with different costs and restrictions. Remember that your Medicare Advantage Plan cannot require that you receive prior authorization or see an in-network provider to receive emergency services. Contact your plan to learn more about its costs for ambulance transportation.

Help Stamp Out Fraud!

Luis has Original Medicare, and he gets dialysis at a facility a few miles away from his home. His wife or other family members drive him to and from the facility, so he was surprised when an employee at an ambulance company affiliated with his facility suggested that he get ambulance transportation to and from his appointments. Luis doesn’t have any medical needs during the course of the ride, and he doesn’t need help moving around or walking. Luis told this to the employee, and she said that they wouldn’t have a problem getting Medicare to cover it.

What should Luis do?

- Luis should call PCOA’s Senior Medicare Patrol (SMP) for help understanding what is happening.
- The SMP will confirm with Luis that he is not eligible for Medicare coverage of non-emergency transportation.
  - For Medicare to cover non-emergency ambulance transportation, you must either be confined to your bed or need essential medical services during the course of your transportation that you could not receive outside of an ambulance.
- The SMP can suggest that Luis speak with the ambulance provider again to see if there was a misunderstanding about the Medicare coverage rules or about Luis’s medical condition or circumstances.
  - If the SMP, based upon the available information from Luis, believes that the ambulance company could be intentionally providing ambulance transportation that is not medically necessary,
Medicare Coverage (continued from page 9)

which would constitute fraud, the SMP will report the problem to the proper authorities for further investigation.

Who can I contact if I need more assistance?

Call your State Health Insurance Assistance Program (SHIP) if you need help understanding Medicare's coverage rules or appealing a health or drug denial.

Call your Senior Medicare Patrol (SMP) if you believe you were a victim of Medicare fraud or abuse. Your SMP can help you identify and report cases of fraud or attempted fraud.

PCOA is among the 23 Community Sponsors.

Posada Life Community Services

Pima Council on Aging (PCOA) is your SHIP and your SMP in Pima County

SHIP/SMP helpline: 520.790.7262

SHIP/SMP email: medicare@pcoa.org

SHIP/SMP website: www.pcoa.org/ways-we-help/medicare

To find a SHIP outside Pima County: Call 877.839.2675 or visit www.shiptacenter.org.

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SHIP National Technical Assistance Center: 877-839-2675, www.shiptacenter.org

SMP National Resource Center 877-808-2468 | www.smpresource.org | info@smpresource.org

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Tuesday, 2

8 a.m. – 3 p.m., Golden Age Club #1
Every Tuesday. Randolph Recreation Center, 200 S. Alvernon Way, Performing Arts Bldg.
Contact: 791-4560

9 a.m. – 3 p.m., Sunnyside Senior Club
Every Tuesday. El Pueblo Senior Center, 101 W. Irvington Rd.
Contact: 791-7461

9:30 a.m. – 11:30 a.m., Kin Support Group
Every Tuesday, for Kinship Caregivers. K.A.R.E. Family Center, 220 E. Speedway Blvd.
Contact: 323-4476

9:30 a.m. – 1 p.m., Tucson Society of the Blind
Every Tuesday. Bring a sack lunch. Christ Presbyterian Church, 6565 E. Broadway.
Contact: Barbara, 298-2427 or Tom, 721-1019 or visit www.tucsonsoctocietyoftheblind.org

1 p.m. – 2 p.m., Peer Support Group, ALOHA - Adult Loss of Hearing Association
Contact: 795-9887 or info@alohaaz.org

1:30 p.m. – 3:30 p.m., Seniors’ Dance
Every Tuesday. Live music by Ken Novak & Ron Wagner, $3.00 members, $4.50 non-members. Udall Center, 7200 E. Tanque Verde Rd.
Contact: 551-6154

3 p.m. – 4:30 p.m., FREE Individual and Group Support Counseling for Survivors of Abuse, Financial Exploitation, and Neglect
Call for Intake. Deena Stewart-Hitzke, c. EdD- Administration of Resources and Choices Office: 623-3341 or Cell 358-3887 or visit arc-az.org

6 p.m. – 7 p.m., Tucson Tuesday Laughter Yoga
Every Tuesday. Come laugh with us for peace, healing and maybe even flat abs! Free! Everyone is welcome. All ages and abilities! Quaker Meeting House, 931 N 5th Ave. Drop-in or call: Loti, 490-5500.

7 p.m. – 8 p.m., ALOHA - Adult Loss of Hearing Association, Evening Support Group
Every Tuesday. Adult Loss of Hearing Association, 4001 E. Ft. Lowell.
Contact: 795-9887 or info@alohaaz.org

Wednesday, 3

2:30 p.m. – 4 p.m., LGBTQI Grief Support Group
A safe and accepting place to share about grief and loss. Sponsored by Soreo Hospice and Senior Pride. Every other Wednesday (except holidays).
No Charge. Soreo Hospice, 2475 E. Water St.
Must call to RSVP Tuesday before by 3pm. Contact: 520-547-7000 or samantha@soreo.com

5 p.m. – 7 p.m., Tucson Singletarians
A friendly, active 50+ single, social club for adults 50+ and older. 1st and 3rd Wednesdays/Westside, 2nd and 4th Thursdays/Eastside @ various monthly locations.
For a newsletter contact: 326-9174 or event information: 222-2423

6 p.m. – 7:15 p.m., Escape from INFLAMMATION NATION Conquering the Inflammation Epidemic on the Path to Health and Resilience (See page 6)

6 p.m. – 9 p.m., Lupus Foundation of Southern Arizona Support Groups
Are you or someone you know struggling with Lupus? Come join us for a supportive discussion about Lupus, its signs, symptoms, and coping strategies. Coffee Talk Support Group every first Wednesday of the month. Lupus Foundation of Southern Arizona, 4602 E Grant Rd.
Contact: 622-9006 or visit www.lupus-az.org

Thursday, 4

8 a.m. – 1 p.m., Exercise Class, Line dancing, Qi gong, Tai Ji followed by Mahjong and light lunch
Lunch and free play at 12:00 p.m. Tucson Chinese Cultural Center, 1288 W. River Rd.
Contact: Patsy Lee, 292-6900

9:30 a.m. – 11:30 a.m., Peer - LED Kinship Caregiver Support Groups
Come be supported by others sharing a similar journey of caring for kin children! ¡Venga a recibir apoyo de personas que comparten el camino de crianza de niños familiares! Studies show that peer-led support groups improve outcomes for kinship families. Los estudios han comprobado que la participación en grupos de apoyo mutuo mejoran los resultados para el cuidado de familiares. SUPPORT GROUP DAY &
TIME • Grupo de apoyo mutuo, 1er y 3er lunes del mes: 6-7:30 p.m. Cuidado de niños disponible • Monday Night, 2nd & 4th, 6-7:30 p.m. Childcare available • Tuesday Morning, 9:30-11:30 a.m. Childcare is available only on non-school days. • Children of Incarcerated Parents, 1st & 3rd Thurs: 5:30-7:30 p.m. Call to register. Childcare available • Green Valley, 3rd Friday of the month, 10 a.m.-12 p.m. Green Valley Public Library, Childcare available. This program was partially funded through a contract with Pima Council on Aging, utilizing funds from the Arizona Department of Economic Security. KARE Family Center, 220 E. Speedway Blvd. Contact: 323-4766 10 a.m. – 3 p.m., Jacobs Park Seniors 50 and older welcome. Join us every Thursday. Games, pinochle, hand & foot canasta, coffee & snacks. Jacobs Park YMCA on Fairview Ave. YMCA, on Fairview Ave. Contact: Kathy, 292-2666 10:30 a.m. – 3 p.m., The Embroiderers’ Guild of America Tucson Chapter Every Thursday. Ellie Towne Flowing Wells Community Center, 1660 W. Ruthrauff Rd. Contact: Linda, 398-7268 or visit tucsonega.org 11:30 a.m. – 1:30 p.m., Mid-America Club First Thursday unless falls on a Holiday, lunch (cost for lunch). All present/past residents of Mid-states welcome. Contact: Marilyn, 792-2333 or Judy, 370-2675 12:30 p.m. – 2:30 p.m., Reading For Pleasure First Thursday of each month. Tucson City Council Ward 6 office, 3202 E. 1st St. Contact: Henry, 795-1584 or hh71939@gmail.com 6 p.m. – 8 p.m., Survivors of Suicide Tucson - Support Group 1st & 3rd Thursday. Catalina Methodist Church, 2700 E. Speedway, Bldg. H-30. Contact: 323-8660 or sostucson@aol.com Saturday, 6 8 a.m. – 9 a.m., Walk With A Doc - Pima County Medical Society Walk led by Seth Peterson, a physical therapist will lead the walks. One to two mile walk on level ground. Children’s Memorial Park, 701 W. Edgewater Drive. Contact: 795-7985 or dcarey5199@gmail.com 10 a.m. – noon, Women’s Army Corps Veterans Association, Palo Verde Chapter #87 Girl Scout Headquarters, Broadway & Columbus. Contact: Norma, 624-3827 1 p.m. – 3:30 p.m., National Federation of the Blind (NFB) Southern Arizona Association for the Visually Impaired, 3767 E. Grant Rd. Contact: Sami, 903-1190 or Bob, 733-5894 or www.nfb.org Sunday, 7 9 a.m. – 3 p.m., Cyclovia Tucson 3 miles of car-free city streets will be open to people of all ages to walk, bike, skate, explore neighborhoods, participate in free activities, discover businesses, and connect with one another. Banner University Medicine to the Warehouse Arts District. For more information: visit www.cycloviatucson.org Noon – 2 p.m., Reach for the Stars workshop - for LGBTQ+ older adults (and youth) The workshop is an opportunity to express yourself through dance, achieve personal growth and inspire others to do the same. This workshop is a unique chance for seniors in our community who are looking to stay active, break a sweat and reach for the stars! Join Michael La Salta every Sunday. Michael will be conducting a beginner and intermediate level dance class. Michael has 35+ years of experience in a multitude of disciplines that he will utilize to help you discover a balanced, effective way of moving! Offered by Colby Olsen Foundation. The Historic Y, 738 N 5th Ave. Contact: www.colbyolsenfoundation.org 3:45 p.m. – 5 p.m., Gamblers Anonymous (GA) Every Sunday. Streams in the Desert Lutheran Church - Room A, 5360 E. Pima St. Contact: Susan, 747-5018 4 p.m. – 5 p.m., Clutterer’s Anonymous (CLA) Every Sunday. Streams in the Desert Lutheran Church - Room B, 5360 E. Pima St. Contact: Wendy, 888-0088 Monday, 8 11 a.m. – 1:30 p.m., National Active and Retired Federal Employees (NARFE) Association, Chapter 55 Attendees pay for their lunch. Golden Corral, 4380 E. 22nd St. Contact: 444-6970 Tuesday, 9 10:30 a.m. – 2 p.m., Pima & Swan Seniors Club 2nd and 4th Tuesdays. Fun, fellowship and friendship. Local Church, Call for more information. Contact: 444-4714 Wednesday, 10 2:30 p.m. – 3:30 p.m., Alzheimer’s Association Support Group 2nd & 4th Wednesday. Pima Council on Aging, 8467 E. Broadway Blvd. Contact: Robin, 373-0349 (See page 14 for more locations and times)
**PCOA Community Calendar**

**Thursday, 11**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>10:30 a.m. – noon, The Tucson Retirees of AFSCME</td>
<td></td>
<td>Donna Liggins Center, 6th Ave. off of Grant Rd.</td>
<td>Contact: Vikki, 904-0785 or Peggy, 609-3037</td>
</tr>
<tr>
<td>11 a.m. – 1:30 p.m., National Association of Retired and Veteran Railroad Employee's Inc., Unit 63</td>
<td></td>
<td>The Golden Corral, 4380 E. 22nd St.</td>
<td>Contact: Ken, 520-288-8221 or Dan, 296-4576</td>
</tr>
<tr>
<td>11:30 a.m. – 1:45 p.m., Pima County School Retiree Association Meeting</td>
<td></td>
<td>PCSRA, meets the second Thursday of each month (September through May), for luncheons with great guest speakers or entertainment. Any retired school employee – teacher, school staff, administrators and guest – can join.</td>
<td>April 11: Honoring Our Volunteers Viscount Hotel, 4855 E. Broadway. For more information or to join: call President Steve Poe 623-810-5228 or Terry Bagwell at 520-748-1720, (call or text) <a href="mailto:tbasketcase@cox.net">tbasketcase@cox.net</a> or go to our web site, <a href="http://www.pcsra.com">www.pcsra.com</a></td>
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**Saturday, 13**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>8 a.m. – 9 a.m., Walk With A Doc - Pima County Medical Society</td>
<td></td>
<td>St. Elizabeth's Health Center, 140 W Speedway Blvd Ste 100</td>
<td>The discussion is “Allergies and Asthma in Arizona” with dermatologist Mirelle Algazi MD. Laurie Dodd, MD, continues with her Lifestyle Medicine Walk With A Doc event on April 20, at 8:00 a.m. at Rillito River Park. Walkers sign in at the ramada east of Swan Bridge on the south bank. The walk covers a one-or two-mile course on level ground. Rillito River Park, Rillito River Park. Contact: 795-7985 or <a href="mailto:dcarey5199@gmail.com">dcarey5199@gmail.com</a></td>
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**Monday, 15**

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<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>10:30 a.m. – noon, Stroke Support Group for survivors &amp; loved ones</td>
<td></td>
<td>TMC Healthy Living Connections, Seniors Classrooms, El Dorado Health Campus, 1400 N. Wilmot.</td>
<td>Contact: 324-4345 to sign up</td>
</tr>
<tr>
<td>11:30 a.m. – 1:30 p.m., National Active and Retired Federal Employees (NARFE) Chapter 1874</td>
<td></td>
<td>Information &amp; Reservations: Rosie, 400-3456 or visit <a href="http://www.narfe.org/site/chapter1874">www.narfe.org/site/chapter1874</a></td>
<td></td>
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**Tuesday, 16**

<table>
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<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>10 a.m. – 11:30 a.m., Community Forum on Affordable Housing for Older Adults</td>
<td></td>
<td>Tucson City Council - Ward 6, 3202 E. 1st St.</td>
<td>(See page 23)</td>
</tr>
<tr>
<td>1 p.m. – 2 p.m., Ostomy Support Group</td>
<td></td>
<td>3rd Tuesday.</td>
<td>Tuscano City Council - Ward 6, 3202 E. 1st St.</td>
</tr>
<tr>
<td>1 p.m. – 2:30 p.m., LGBT Welcoming Caregivers Group</td>
<td></td>
<td>For all caregivers. No charge. Preregistration is required. Sponsored by PCOA. Pima Council on Aging, 8467 E. Broadway Blvd.</td>
<td>Contact: 609-1271</td>
</tr>
</tbody>
</table>

**SightSavers - Eye Screenings**

Eye screenings are recommended for individuals over 18 years of age, those with a family history of eye disease, a diagnosis of diabetes and/or high blood pressure, and those taking certain medications.

St. Elizabeth’s Health Center, 140 W Speedway Blvd Ste 100.

Call to schedule an appointment: 694-1471.
PCOA Community Calendar

Wednesday, 17

10 a.m. – noon, Lupus Foundation of Southern Arizona Support Groups
Are you or someone you know struggling with Lupus? Come join us for a supportive discussion about Lupus, its signs, symptoms, and coping strategies. Living with Lupus Support Group every third Wednesday of the month. Lupus Foundation of Southern Arizona, 4602 E Grant Rd.
Contact: 622-9006 or visit www.lupus-az.org

11:30 a.m. – 1:30 p.m., CalPERS Retirees Chapter 103 Lunch Meeting
Contact: Bev, 393-1855

 Noon – 2 p.m., Society of Military Widows
Davis Monthan Air Force Base, Ironwood Club.
RSVP: Kathy, 721-1688 at least ten days prior.

Thursday, 18

11:45 a.m. – 1:30 p.m., Illinois Lincolntes Club
3rd Thursday, past or present residents of Illinois welcome. Cost for lunch.
Reservations: 574-0198 or 293-3272

Friday, 19

10:30 a.m. – 12:30 p.m., Green Valley/Sahuarita Support Group
For grandparents, adoptive and other kinship caregivers. Childcare & lunch provided. Conrad Joyner Library, 601 N. La Canada Dr.
Contact: Thelma, 323-4476, Ext. 109

Saturday, 20

10 a.m. – noon, The AZ Council of the Blind (AZCB) Chapter SA
3rd Saturday. SAAVI, 3739 E. Grant Rd.
Contact: 742-7787

Tuesday, 23

6 p.m. – 7 p.m., Doggie Shorts - A Furry Film Fest
Benefiting Handi-Dogs
Doggie Shorts is a selection of 10 second to 10 minute short films and videos from across the globe – all featuring dogs. NEW THIS YEAR!
Dogs of Tucson film. Loft Cinema in Tucson, 3233 E Speedway Blvd
DoggieShorts.org

Wednesday, 24

10 a.m. – noon, The AZ Council of the Blind (AZCB) Chapter SA
3rd Saturday. SAAVI, 3739 E. Grant Rd.
Contact: 742-7787

alzheimer's association®

Desert Southwest Chapter
Support Groups - No cost

Arizona State Veterans Home
555 Ajo Way, Building 1 (Gate Code: 1344)
2nd Tuesday - 2:00 pm

Civano Business Center
10501 E 7 Generations Way (Board Room)
1st & 3rd Monday - 2:00 pm
- Care partners & persons with dementia
- Art program available for persons with dementia during care partner support group

Grace Health & Healing Clinic
7340 E Speedway, Suite 101
1st & 3rd Saturday - 9:00 am

Pima Council on Aging
8467 E Broadway
2nd & 4th Wednesday - 2:30 pm

Por Un Arizona Unido
2913 22nd Street
3rd Tuesday - 10:00 am
- Spanish language group

TMC Senior Services
1400 N Wilmot Road
2nd Wednesday - 5:00 pm
- Care partners of persons with young onset

TMC Senior Services
1400 N Wilmot Road, Wellness Room
1st & 3rd Thursday - 10:30 am

Our Saviour’s Lutheran Church
1200 N Campbell Avenue
(parking is off of Mabel Street)
3rd Tuesday - 10:30 am
- Care partners & persons with dementia
- Activities program available for persons with dementia during care partner support group

Veteran’s Administration Hospital
3601 S 6th Avenue, Building 60, Room C108
2nd Friday - 3:00 pm

Wheeler Taft Abbott Senior Library
7800 N Schisler Dr
4th Wednesday - 10:30 am

For more information call 520.322.6601 or visit alz.org/dsw
PCOA Community Calendar

On-Going

Southern Arizona Senior Pride
Information for and about Lesbian, Gay, Bisexual and Transgender (LGBT) older adults in the community. Call 312-8923, www.soazseniorpride.org
Facebook: soazseniorpride
soazseniorpride@gmail.com

Southern Arizona Senior Pride Speakers Series, 2:00 p.m. - 3:00 p.m., 2nd Tuesday, Himmel Park Library, 1035 N. Treat Ave.
No speaker in August.
Contact: 312-8923

Senior Pride Potluck, 4th Saturday every month, 12-2pm, Cornerstone Fellowship, 2902 N. Geronimo (and Laguna near First Ave. & Glenn)
Contact: 312-8923

Outreach to Tucson’s LGBTQI Elder Community
Are you isolated from your LGBTQI Community? Lonely? Friendly Visits and/or Phone Calls. Contact Program Coordinator: 520-351-2724 or sasp.ccp@gmail.com for more information or for an application and home visit.

AARP Defensive Driving
Monthly classes offered.
Call 571-9884 or 888-227-7669 for a catalog for this and other interesting learning experiences.

Alzheimer’s Association Support & Education Programs
Various locations; Tucson, Sierra Vista, Green Valley, Safford, Yuma. Also Early-Stage Alzheimer’s Groups
Contact: Alzheimer’s Association - Desert Southwest Chapter: 322-6601 or visit www.alz.org/dsw

March Elder Circles, discussion groups
The Wisdom Journey: A safe and respectful place to share our stories, learn from each other, and gain a renewed sense of our contributions to others.

Elder Circles are open to anyone who desires to join in the adventure of aging consciously and to find joy in continuously learning and giving to their community.

A project of the Center for Community Dialogue. www.ourfamilyservices.org,

1st Sundays – 1 pm, Jewish Community Center (3800 E River Rd)
2nd Mondays – (On hiatus) 1 pm, Udall Senior Center (7200 E Tanque Verde Rd)
2nd Wednesdays – 10 am, Oro Valley Library (1305 W Naranja Dr, Oro Valley)
2nd Wednesdays – 11:00 am, Sierra Del Sol Senior Living (8151 E Speedway)
3rd Wednesdays – 10:30 am, Ellie Towne Flowing Wells Community Center (1660 W Ruthrauff Rd)
3rd Saturdays – 1:00 pm, LGBTQI Elder Circle, Cornerstone Fellowship (2902 N Geronimo Ave)
4th Tuesdays – 10:30 am, Casa Community Center (780 S Park Centre Ave., Green Valley)
4th Tuesdays – 3:00 pm, Amber Lights Senior Living Community (6231 N Montebella Rd)

Information: Christina Medvescek: cmedvescek@ourfamilyservices.org (520)323-1708 x122

Tucson Singletarians
A friendly, active social club for single adults 50 yrs and older. Activities: potlucks, dineouts, dances, game days, trips, etc. or 5:00 - 7:00 p.m.
Social Hour either Wednesday/Westside or Thursday/Eastside at various monthly locations.
For a newsletter contact 326-9174 or http://singletariansocial.com/
Pima Council on Aging Lunch Programs + Fun

DO YOU KNOW...

• Someone who could benefit from a lunch program that also provides an opportunity to make new friends?

Let’s face it, eating alone, at home, is no fun.

• These programs are typically open from Monday – Friday (except as noted and holidays) from 9:00 am to after lunch?

• There are fun activities available during these hours? Depending on the site, activities include games, movies, crafts and even field trips.

• A transportation subsidy may be available to get someone to these lunch programs?

Transportation is provided via Sun Van, to individuals with disabilities with a current ADA Eligibility Card issued by the City of Tucson.

• That these lunch programs are open to all individuals 60 and older and their spouse regardless of age?

Once you register for a program, you will be required to reserve your meals each week. That way, we know you’re coming and your lunch is waiting for you.

A suggested donation of $2.00 - $3.00 is requested. Senior Center Lunches are a program of the Pima Council on Aging in collaboration with sub-contracted agencies: Catholic Social Services, and the City of Tucson Parks & Recreation Department.

Ajo Community
290 W. Fifth St.  Ajo 85321  520-387-5040

Archer Neighborhood
1665 S. La Cholla Blvd.  Tucson 85713  791-4353

Armory Park Senior *
220 S. 5th Ave.  Tucson 85701  791-4070

Casa Community Center
780 S. Park Centre Ave.  Green Valley 85614  393-6814

Eastside El Dorado
1400 N. Wilmot Rd.  Tucson 85712  546-2257

TMC El Dorado Health Campus

El Pueblo Neighborhood Center
101 W. Irvington Rd.  Tucson 85714  889-0928

El Rio Neighborhood Center
1390 W. Speedway Blvd.  Tucson 85705  837-8210

Ellie Towne/Flowing Wells **
1660 W. Ruthrauff Rd.  Tucson 85705  887-9786

Community Center

Freedom Recreation Center
5000 E. 29th St.  Tucson 85711  791-4969

Donna Liggins Center
2160 N. 6th Ave.  Tucson 85705  791-3247

Quincie Douglas Senior Center
1575 E. 36th St.  Tucson 85713  791-2509

Robles Junction Comm. Center **
16150 W. Ajo Way  Tucson 85735  822-4408

William Clements Center
8155 E. Poinciana Dr.  Tucson 85730  791-5787

* Dinner meal ** Open Mon., Wed., Fri.

Please call in advance to reserve a meal and for days and hours of operation.

Funded by: Federal Older Americans Act through AZ DES/DAAS, United Way of Tucson and Southern Arizona, City of Tucson, and Individual Contributions
PCOA Your Healthcare Decisions

For more information and to register, visit azendolife.org

'Meet & Complete'
An open session for those interested to learn about, begin, or revise their advance directives. Following a brief explanation of the documents, event staff are available to provide one-on-one or small-group coaching.

**Monday, April 15**
9:00am – 12:00 pm  
Pima Council on Aging  
8467 E. Broadway Blvd.

**Tuesday, April 16**
2:30 – 4:30 pm  
Jewish Family & Children Services  
4301 E. 5th St.  
*Notary will be available

**Wednesday, April 17**
10:00 am – 12:00 pm  
Interfaith Community Services  
2820 W. Ina Rd.

Honoring a Life: Advance Care Planning Conversations
Take a guided deep dive into advance care planning in this two-hour workshop. Includes an introduction to methods for making decisions and conversing with others on the topic, plus a review of the two kinds of documents accepted as legal and binding by the State of Arizona.

**Wednesday, April 17**
2:00 – 4:00 pm  
Joyner-Green Valley Library  
601 N. La Canada Dr.  
Green Valley, 85614

**Thursday, April 18**
9:30 – 11:30 am  
Our Family Services  
3830 E. Bellevue

Solo Seniors: Getting the Medical Care You Want
Examine the medical and cognitive changes that can occur, especially at end of life, and how to plan ahead as a solo senior - which are individuals who self-identify as not having someone to rely upon for decision making assistance or advocacy, if needed. For example, seniors with estranged family or those whose close friends or family live far away.

**Tuesday, April 16**
1:00 – 2:15 pm  
Jewish Family & Children Services  
4301 E. 5th St.

Ethical Will workshop
Writing an ethical will (also called legacy letters) allows us to examine our lives and notice what we hold precious and meaningful. Join Rabbi Stephanie Aaron to begin the process of writing an ethical will. All welcome.

**Tuesday, April 23**
1:00 – 3:00 pm  
Jewish Family & Children Services  
4301 E. 5th St.

For all of these free events, please register through www.azendolife.org/communityevents or contact Karen MacDonald, kmacdonald@icstucson.org; 526-9309 or Suzanne Morrison, smorrison@icstucson.org; 526-9296.
Lack of Awareness vs. Denial in Dementia

A common problem we encounter in a new diagnosis of Alzheimer's disease/related dementia is well-meaning family members wanting assistance to help the person with memory loss accept and understand that s/he has a dementia diagnosis. While this might sound like a rational task, we know that in most cases, the person with the memory disorder is simply not aware of their own cognitive changes and limitations. The notion that we can bring logic or convince the person to believe something they lack an understanding about is unrealistic at best and can lead to great deal of conflict and resistance between the person and family.

“Anosognosia” is the term that describes the lack of self-awareness, a condition in which a person who suffers from a disability seems unaware of the existence of his or her disease. From a practical standpoint, we contend that the lack of awareness that we perceive in persons with dementia is quite different than an actual denial which describes a psychological defense mechanism when an individual refuse to accept their illness.

So why can’t a person with dementia see what is so apparent to those around them? We must understand that the frontal lobes in the brain that help us organize information fail in dementia. In fact, this is a core feature in the neurobiology of Alzheimer's and other dementias. Frontal lobes organize information and help to interpret experiences. In conditions like Alzheimer’s disease/related dementias, frontal lobe problems are central to the neurological processes that underlie these conditions. There is an idea that the lack of awareness in the person with dementia can in turn, lead to a lack of insight or even denial in the people closest to them.

For those individuals who lack awareness of their illness, there is often a dramatic impact on their care partners who want to help them understand this deficit. This in turn creates difficult challenges and awkward moments as the caregiver struggles to provide adequate care and supervision for someone who lacks insight into their situation. The person with dementia may insist they are perfectly capable to stay alone, drive a car safely, or effectively shower and groom on their own; when their spouse or adult child clearly knows that this is unsafe and/or impractical.

The desire to assist someone we care about when they are unaware of their own needs can present an enormous challenge. First, we must acknowledge that the person is really trying to do their best and they did not choose this illness. It is also essential to remember that although the behavior can at times appear childlike; we must treat the person respectfully and as an adult. This means we trade arguing, convincing, negotiating and giving long explanations for more creative and gentle solutions.

Efforts to get a person to see that’s/he has dementia are often fraught with frustration and anger. We must avoid confrontation and instead focus on their strengths and what they are able to manage. If the person says that they have a memory problem, we use the same language. If they report they have no memory problem at all, we respect their feelings and avoid disagreement.

Changing the subject and approaching the person in a supportive way will likely lead to a better outcome.

Reframing the situation in a more gentle way can also help circumvent a quarrel. If a person rejects the idea of allowing someone to stay with them while the primary care partner is away, think about phrasing the information in a more neutral way. Instead of telling the person with dementia that they have to be supervised, consider posing the idea that you will feel more comfortable having an assistant take care of a few things while you are gone.

If a person with dementia refuses to cease driving, it may be that their physician must give that directive in writing, and then the family can reinforce the physician’s recommendation without accepting the blame. It can be effective to take the approach of validating the person with dementia’s frustration in having to give up driving, while confirming it is important to follow the doctor’s orders and then reassuring them that you will take them anywhere they need to go.

Acknowledging there is a lack of awareness in your person with dementia is important in helping you shape your approach to communication. Using a gentle, empathic strategy will lead to increasingly effective interactions and more optimistic family solutions to better manage the challenges that can occur throughout the illness.

By Lori Nisson, MSW, LCSW
Reprinted with permission: Banner Alzheimer’s Institute, BAI BEACON, February 2015, Volume 8, Number 2
Making healthy food choices is a smart thing to do—no matter how old you are! Use these tips to choose foods for better health at any stage of life.

1. **Drink plenty of liquids.** With age, you may lose some of your sense of thirst. Drink water often and limit beverages that have lots of added sugars or salt.

2. **Make eating a social event.** Meals are more enjoyable when you eat with others. Invite a friend to join you or look for shared meals at senior centers or places of worship.

3. **Plan healthy meals.** Check our resources on what to eat, how much to eat, and which foods to choose.

4. **Know how much to eat.** Learn to recognize how much to eat so you can control portion sizes. When eating out, pack part of your meal to eat later.

5. **Vary your vegetables.** Brighten your plate with different colored vegetables for a variety of nutrients and good sources of fiber.

6. **Eat for your teeth and gums.** Dental problems may make it hard to chew fruits, vegetables, or meats. Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7. **Use herbs and spices.** Your sense of smell, sense of taste, or both can change as you age. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8. **Keep food safe.** Throw out food that might not be safe and be sure not to eat raw or undercooked foods like eggs, fish, shellfish, meat, or poultry.

9. **Read the Nutrition Facts label.** Pay attention to what's on the Nutrition Facts label on your food. This will tell you about things like calories, fats, sodium, and more.

10. **Ask your doctor about vitamins or supplements.** Your doctor will know best if you need any dietary supplements. It’s important to tell your doctor about all the dietary supplements you take, because they could interfere with your medicines or affect your medical conditions.

Making healthy food choices is a smart thing to do—no matter your age! Check out these tips to choose foods for better health at any stage of life. [https://www.nia.nih.gov/health/choosing-healthy-meals-you-get-older](https://www.nia.nih.gov/health/choosing-healthy-meals-you-get-older)

Most of us would agree that aging gives meaning to our lives, but it’s complicated. In the words of Philadelphia photographer Sarah R. Bloom, “...[there is] the push/pull of our identity as we age. There is light and dark, sadness and beauty, fear and acceptance, a folding into and a pushing out all at once.”


Jan Lesher, Chief Deputy County Administrator of Pima County moderated the discussion.

Blue Cross Blue Shield of Arizona celebrates the work of Pima Council on Aging and its many volunteers who generously give their time to improve the quality of life for deserving Arizonans. Your support is making life better for so many. And that's a gift we can all cherish.
**Healthy Living with Ongoing Health Conditions**

Additional workshop schedules for 2019 are pending, please call 305-3410 for a workshop in your area.

**EnhanceFitness (ongoing)**

Enhance Fitness classes are ongoing. You are welcome to visit the site you are interested in attending. To register for classes at one of these 7 locations, call 305-3410.

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<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Time</th>
<th>Level</th>
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<tbody>
<tr>
<td>El Dorado Campus Cafeteria</td>
<td>Monday, Wednesday, Friday</td>
<td>9:00 – 10:00 a.m.</td>
<td>Level 1</td>
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<tr>
<td>of TMC Senior Services</td>
<td></td>
<td>10:30 – 11:30 a.m.</td>
<td>Level 2</td>
</tr>
<tr>
<td>El Pueblo Neighborhood Center</td>
<td>Monday, Wednesday, Friday</td>
<td>9:00 – 10:00 a.m.</td>
<td>Level 1</td>
</tr>
<tr>
<td>Center</td>
<td></td>
<td>10:30 – 11:30 a.m.</td>
<td>Level 2</td>
</tr>
<tr>
<td>El Rio Community Center</td>
<td>Monday, Wednesday, Friday</td>
<td>10:30 – 11:30 a.m.</td>
<td>Level 2</td>
</tr>
<tr>
<td>Randolph Recreation Center</td>
<td>Monday, Wednesday, Friday</td>
<td>10:15 – 11:15 a.m.</td>
<td>Levels 1 &amp; 2</td>
</tr>
<tr>
<td>Tucson Estates</td>
<td>Monday, Thursday, Saturday</td>
<td>12:30 – 1:30 p.m.</td>
<td>Level 1</td>
</tr>
<tr>
<td>William Clements Regional Center</td>
<td>Monday, Wednesday, Friday</td>
<td>8:30 – 9:30 a.m.</td>
<td>Levels 1 &amp; 2</td>
</tr>
<tr>
<td>Colonia Verde Clubhouse (limited availability)</td>
<td>Monday,</td>
<td>1:00 – 3:00 p.m.</td>
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<td>(limited availability)</td>
<td>Tuesday, Thursday, Saturday, Tuesday, Thursday, Saturday, Tuesday, Thursday, Saturday</td>
<td>1:00 – 3:00 p.m.</td>
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<tr>
<td>Randoph Recreation Center</td>
<td>Monday, Wednesday, Friday</td>
<td>10:15 – 11:15 a.m.</td>
<td>Level 1</td>
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<tr>
<td>Tucson Estates</td>
<td>Monday, Wednesday, Friday</td>
<td>2:30 – 3:30 p.m.</td>
<td>Levels 1 &amp; 2</td>
</tr>
<tr>
<td>William Clements Regional Center</td>
<td>Monday, Wednesday, Friday</td>
<td>8:30 – 9:30 a.m.</td>
<td>Levels 1 &amp; 2</td>
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Medicare does not pay for programs.
Contact PCOA Health Promotion, at 305-3410.
PCOA   Facts About Aging and Alcohol

Uncle George's and Grandma Betty's Stories

Anyone at any age can have a drinking problem. Uncle George always liked his liquor, so his family may not see that his drinking is getting worse as he gets older. Grandma Betty was a teetotaler all her life until she started having a drink each night to help her sleep after her husband died. Now, no one realizes that she needs a couple of drinks to get through each day.

These are common stories. The fact is that families, friends, and healthcare workers often overlook their concerns about older people drinking. Sometimes trouble with alcohol in older people is mistaken for other conditions related to aging, for example, a problem with balance. But, how the body handles alcohol can change with age. You may have the same drinking habits, but your body has changed.

Alcohol may act differently in older people than in younger people. Some older people can feel "high" without increasing the amount of alcohol they drink. This "high" can make them more likely to have accidents, including falls and fractures and car crashes. Also, older women are more sensitive than men to the effects of alcohol.

Drinking too much alcohol over a long time can:

- Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage
- Worsen some health conditions like osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss and mood disorders
- Make some medical problems hard for doctors to find and treat—for example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.
- Cause some older people to be forgetful and confused—these symptoms could be mistaken for signs of Alzheimer's disease.

Medicines and alcohol don't mix

Many prescriptions, over-the-counter medicines and herbal remedies can be dangerous or even deadly when mixed with alcohol. Always ask your doctor or pharmacist if you can safely drink alcohol. Read the labels on all your medicines. Some problems mixing medicine and alcohol are:

- Taking aspirin and alcohol can raise the chance of bleeding in your stomach
- You can get very sleepy if you drink alcohol and take cold or allergy medicines
- Drinking alcohol while taking some sleeping pills, pain pills, or anxiety or depression medicine can be very dangerous
- You can hurt your liver if you drink and take a lot of painkillers that have the word "acetaminophen" on the label. Always check warning labels.

How Alcohol Affects Safety

Drinking even a small amount of alcohol can lead to dangerous or even deadly situations. Drinking can impair a person's judgment, coordination, and reaction time. This increases the risk of falls, household accidents, and car crashes. Alcohol is a factor in 30 percent of suicides, 40 percent of crashes and burns, 50 percent of drownings and homicides, and 60 percent of falls. People who plan to drive, use machinery, or perform other activities that require attention, skill, or coordination should not drink.

In older adults, too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries. Older people have thinner bones than younger people, so their bones break more easily. Studies show that the rate of hip fractures in older adults increases with alcohol use.

Adults of all ages who drink and drive are at higher risk of traffic accidents and related problems than those who do not drink. Drinking slows reaction times and coordination and interferes with eye movement and information processing. People who drink even a moderate amount can have traffic accidents, possibly resulting in injury or death to themselves and others. Even without alcohol, the risk of crashes goes up starting at age 55. Also, older drivers tend to be more seriously hurt in crashes than younger drivers. Alcohol adds to these age-related risks.

In addition, alcohol misuse and abuse can strain relationships with family members, friends, and others. At the extreme, heavy drinking can contribute to domestic violence and child abuse or neglect. Alcohol use is often involved when people become violent, as well as when they are violently attacked. If you feel that alcohol is endangering you or someone else, call 911 or get other help right away.

Hummingbirds at PCOA

Who’s excited?! Want to see a baby hummingbird? Maybe even two? They’re hard to see at first, and each day they get fatter and fluffier.

Each year since early spring of 2015 hummingbird nests have appeared in the same place – even with an unexpected tree replacement – in the courtyard of Pima Council on Aging (PCOA) at 8467 E Broadway in Tucson. Each year the nests begin to take shape just about eye-level and just a foot or so from the hall window for ALL to see! Some years there have been two broods with one to two babies each time.

PCOA is the Area Agency on Aging in Pima County, Arizona – assisting many, many people for over 50 years with various aging issues, concerns, advocacy and information. The offices are buzzing with busy-ness – much like hummingbirds. So, when the first sighting of a new nest appears, the excitement builds and builds. Like kids pressed against a toy store window, visitors or staff might check once or twice a day. Are there any eggs yet? Yes, maybe stand on tip-toes to barely see tiny jelly beans in there! Are they hatched yet? Momma sure seems very busy fluffing herself around in the nest.

This year Momma even chipped tiny bright green specks of paint from the courtyard garden bench to “decorate” her nest in camouflage. This year also gave her a challenge of rare Tucson snow weighing down the protective leaves over her home. On early mornings she might take a dip in the nearby bird bath, hopping and dancing in the water! Is she swimming? Who knew?

The Hummingbird Society knew. In the early days of this special experience, PCOA staff sought and received much needed and appreciated information from the Society. They learned to keep the feeder farther from the nest and to provide a bath for Momma. Staff and volunteers continue to maintain hummingbird friendly flowering plants for nourishment, too. The staff doesn’t approach the situation as scientists, accurately recording details because they are so busy helping others. Yet all visitors and staff do have this special chance to celebrate the magic of Momma hummer and Mother Nature! What a boost to morale! Sometimes clients who visit the office are feeling overwhelmed with their specific issues, but when they see the nest, it always puts a smile on their faces. And a new one is on the way. What a burst of Joy!

Of course, the little tiny things grow fatter and fluffier as they build strength from Momma’s feedings. Very quickly they become too big for their nest. With Momma’s coaching they practice flight inside the courtyard and then, one day and one-by-one they’ll fly out the top opening into the big sky world. Maybe next year one of them will come back to this sanctuary and continue sharing the very special, magical joy of hummingbird life!

By Bridget Roads, Nancy Coker, Jan Baker
PCOA staff

Photo courtesy of Nancy Coker, Intake Specialist Team Lead, PCOA

Community Forum on Affordable Housing for Older Adults

Tuesday, April 16
10:00 – 11:30 a.m.
El Pueblo Senior Center
Richard Ortiz Barker
Regional Complex
101 W. Irvington Rd.
Tucson, 85706

Join the ELDER Alliance Housing Action Team for a community forum on affordable housing for older adults. Community leaders, including elected officials, will be in attendance to hear from older adults and their advocates about their experience with local affordable housing issues.

This session is free and open to the public. Please join us and share your story.

For more information, please call Sally Krommes:
(520) 207-0790 or grants@stlukeshometucson.org

Want to be an Aging Advocate?

We need your help to connect with elected officials.

Go to pcoa.org.
Click on: How You Can Help then Advocate, then Take Action

https://www.pcoa.org/how-you-can-help/advocate/take-action/
Attention
All PCOA Members!

• Changing your address? Temporarily out of state? Please use the form below or contact Jan Baker at jbaker@pcoa.org or 790-0504.

• Choose to get the digital edition of Never Too Late. It’s simple but you must be a PCOA member. Email Jan Baker at jbaker@pcoa.org.

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Never Too Late is a official publication of Pima Council on Aging, the Area Agency on Aging. Never Too Late staff: Adina Wingate, Editor; Jan Baker, Editorial Assistant. Comments and communications: ntl@pcoa.org or call Adina Wingate at PCOA 790-0504. Web address: pcoa.org. Deadlines for next issue: Articles – Apr. 5; Advertising – Apr. 5. Please include the name and phone number of a contact person with all submitted material. All items are subject to editing in accordance with technical and policy guidelines but will not be altered in content without permission of the author. Publication of material is not guaranteed. Ads are not to be seen as products, services, or individuals endorsed by the PCOA. Advertising: Contact Adina Wingate, awingate@pcoa.org or Jan Baker, jbaker@pcoa.org, 790-0504.

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(Enclose old label if available.)

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E-mail __________________________________________ Current Date ______________

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EngAGING Together
Saturday, April 13
6:00-10:00 p.m.
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pcoagala.org

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