What’s New

• Healthy Living – p. 3
• Family Caregiver Support – p. 4
• Aging Mastery Program – p. 6
• Healthy Living EXPO – p. 18
• Classes: Healthy Habits for Adults – p. 20

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

PCOA Advocates for Vulnerable Adults

PCOA is working with the other seven Area Agencies on Aging (AAAs) in Arizona and our state legislators to increase dollars for services that strive to keep older Arizonans and adults with physical disabilities in their homes.

Upwards of 85% of people wish to remain in their homes for as long as possible, and home and community-based services are critical to achieving this goal. These include Adult Day Health Care, assistance with bathing and dressing, meal preparation, shopping, bed linen changing, laundry and home delivered meals. PCOA and our community partners provide these services in Tucson and Pima County, as do our sister Area Agencies on Aging across the state.

Sadly, there are more people in communities across Pima County and Arizona in need of these services than current resources allow us to serve. As I write this there are 2,459 people statewide waiting for help, including 238 in Pima County. The

PCOA Department of Economic Security (DES) estimates that providing home and community-based services – excluding the cost of meals – to each older or physically disabled adult costs on average $3,342 per year – substantially less costly than institutional care.

If older adults are unable to receive the supports they need at home, they are more likely to come to the attention of Adult Protective Services (APS), often for reported self-neglect, or end up in an emergency room. No matter what emergent care they receive, it will be costlier than providing services to keep them safe in their own homes with dignity and respect.

Approximately 17% of APS cases are referred to the PCOA and the other AAAs in Arizona for ongoing service. This link is a vital connection that helps older adults get the services and supports they need – and when vulnerable adults are referred to PCOA, it is critical that we have the resources to respond to their needs.

Home and community-based services are the primary buffer to the slow expansion of people needing more expensive support such as nursing home placement or other forms of institutionalization.

Between 2008 to 2013, during the height of the economic crisis in Arizona, funding for home and community-based services was cut by 67% statewide. While our advocacy efforts have been successful in restoring a portion of these funds over the past few years, we still have a big gap to close before we can eliminate the waiting list and ensure older adults have the supports they need.

I encourage you to visit our website at pcoa.org, look for the Advocacy page under How You Can Help, and click Take Action to send a letter to your state legislators urging their support of increased funds for home and community-based services for older and physically disabled adults.

And best wishes for a wonderful 2019.

W. Mark Clark
President & CEO
Volunteer Opportunities

Important Opportunities to Serve

Long Term Care Ombudsman Program – Do residents of nursing homes touch your heart? Volunteers are trained and assigned to elder care facilities to advocate for residents of those facilities.

Personal Budgeting Assistant – Is finance your area of interest? Trained volunteers assist low income individuals to balance their bank accounts, prepare a budget and organize bills.

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

Volunteer Opportunities in Green Valley–Sahuarita

520.625.1150 x108  gvsvolunteering.org

- Help your Green Valley friends and neighbors be safe from fires, falls and desert pests. Join the Green Valley Fire District Fire Corps. Openings in Administration, Field Operations and SHIM (Safety and Health in Motion.) Please stop by our office at 1285 W Camino Encanto, 520-625-9438 or visit www.gvfire.org.

- The American Red Cross Blood Services needs volunteers for our blood drives in Green Valley. We have blood drives a couple of times a month and need to build on our team of volunteers. The role is flexible with a once a month commitment based on your schedule. Assist the donors in the blood drive process by providing customer service at the registration area; be a part of our life-saving mission! Lisa, 480-352-3146 or lisa.jenk@redcross.org.

- The Interfaith Community Services Care Partners Program needs volunteers willing to be trained and to provide non-medical social support for people discharged from the hospital who have no social support at home. The goal is help folks recover well so they can stay at home and not return to the hospital! Tori, tcarlson@icstucson.org, 520-526-9308 or www.icstucson.org/become-volunteer.

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/
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.

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

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.

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

Contribution covers your book and program supplies.

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.

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

Contribution covers your book and program supplies.

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.

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

Contribution covers your book and program supplies.

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.

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

Contribution covers workbook, materials and snacks.

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

Sessions:
Jan. – Apr.
PCOA  Caregiving

Family Caregiver Training
FREE Workshops
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!

<table>
<thead>
<tr>
<th>Workshop I - morning</th>
<th>Workshop II - afternoon</th>
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<tbody>
<tr>
<td>Ellie Towne Flowing Wells Community Center</td>
<td>1660 W. Ruthrauff Rd., 85705</td>
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<td>Friday, January 18</td>
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<tr>
<td>Workshop 1 – 9:30 am – 1:00</td>
<td>Workshop 2 – 1:30 – 5:00 pm</td>
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<td>30 minute break – lunch not provided</td>
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<tr>
<td>Must register in advance</td>
<td>To RSVP call: 514-7642 x 201</td>
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<tr>
<th>Workshop I</th>
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<tr>
<td>• Basic Infection Control &amp; Prevention</td>
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<td>• Stress Management</td>
<td>• Proper Body Mechanics</td>
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<td>• Home Environment Safety</td>
<td>• Evacuation &amp; Fire Safety</td>
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<td>• Psychological &amp; Emotional Conditions</td>
<td>• Nutrition, Assistance with Eating &amp; Redirecting</td>
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<td>• Grief &amp; End of Life Issues</td>
<td>• Transferring &amp; Walking, Gait Belt Usage</td>
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<td>• Activity Planning</td>
<td>• Transferring Out of Bed &amp; Wheelchairs</td>
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<td>• Transfers &amp; Positioning</td>
<td>• Re-positioning in Bed &amp; in a Wheelchair</td>
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<td>• Personal Care</td>
<td>• Proper Bed Bath Techniques</td>
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<td>• Communication Skills</td>
<td>• Catheter Bag Care</td>
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<td>• Nutrition &amp; Food Preparation</td>
<td>• Bed Pan Care</td>
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<td>• Fall Prevention</td>
<td>• Hygiene Care</td>
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<td>• Alzheimer’s &amp; other related dementias</td>
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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.

This training is made possible through a partnership with Pima Council on Aging and funded by the Department of Economic Security, Division of Aging and Adult Services.

To register or receive information, please contact: Lutheran Social Services of the Southwest (520) 514-7642 ext. 201 or email Jason Browne at jbrowne@lss-sw.org

PCOA Caregiver Support Groups – January

**Oro Valley**
*Rescheduled because PCOA closed Tues. 1/1*
**Green Valley**
*Monday, 14, 1:00 p.m.*
Friends In Deed (Room A), 301 W. Camino Casa Verde, 85614

**North Tucson**
*Same location DIFFERENT DAY & TIME*
**East Tucson**
*LGBT Welcoming!*
*Tuesday, 15, 1:00 p.m.*
Pima Council on Aging 8467 E. Broadway, 85710

**North Tucson**
*Same location DIFFERENT DAY & TIME*
**East Tucson**
*Monday, 28, 1:00 p.m.*
Pima Council on Aging 8467 E. Broadway, 85710

**Southwest Tucson**
*Tuesday, 29, 9:00 a.m.*
Tucson Estates Recreation Center, (Suite 1) 5900 W. Western Way, 85713

**North Central Tucson**
*Thursday, 10, 11:00 a.m.*
City Council Ward 3 (Community room), 1510 E. Grant Rd., 85719

“*When life feels overwhelming, don’t be fooled into thinking that more action is needed to create order and peace. Get quiet and go inside. You’ll find everything you need right there.*”

—Cheryl Richardson

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) 609-1271
Whether you are caring for a child, a parent, a spouse, or someone else you are close to, it means you are concerned about their well-being. You want this person to be as healthy and comfortable as possible.

Unfortunately, a frequent companion of “concern” is “worry.” You worry about what the test results will be, if the person is eating right, what will happen tomorrow, next week, and next month. You may feel like you are obligated to worry because, if you don’t, who will?

Unfortunately, worry can drain our energy which actually makes us less effective at times. It can feel like you are on a mental hamster wheel, your thoughts going round and round but not getting you anywhere. Human brains are very good at reminding us we have something to worry about even when we are trying to focus on something else. And even when something we worry about doesn’t happen (which is usually the case), we can convince ourselves that the reason “the worst” didn’t happen is because we worried about it. We keep ourselves on that hamster wheel no matter how illogical it is and how miserable it makes us.

I propose you try a different approach to caregiving by becoming a Caregiver Warrior. Warriors are strong and confident because they have to be so they can take care of themselves and others. If a warrior sat around worrying all day they would never have enough energy to leave the tent let alone win battles. Or their anxiety would make them too restless and nervous to make a plan and they would rush into battle unprepared.

Warriors are motivated, determined, focused, take on big challenges, and are survivors who also save others. They identify a problem, draw up a plan, and take action. Effective caregivers do as well, when they aren’t too worn out from worry. Caregivers express their inner warrior whenever they advocate for the person they care for, when they support that person, when they gather resources and figure out the best way to proceed, and when they ask for help because warriors don’t win big battles without lots of assistance.

In practical terms, there are several ways to reduce time and energy spent on worry:

1. Write down your worries. Get them out of your brain and onto paper. You can always review them later. You may discover some of them look pretty unrealistic once you see them written down.

2. Set aside time to worry. Perhaps if you are worried about a doctor’s appointment tomorrow at 11:00, write down on your “worry list” that you will worry about it tomorrow at 9:00.

3. List the challenges you are facing and strategize. Once you have a plan, you will feel more empowered and warrior-like.

4. Recognize that you can’t control everything and everyone and you are NOT responsible for all of the things that go wrong. People make their own choices in life and there is only so much you can do to protect them from themselves and from unexpected life events.

5. Make sure you have supportive people in your life who will listen, understand, and remind you what a great job you are doing in a difficult, and sometimes consuming, situation.

The good news is that Pima Council on Aging is here to help you. Give us a call at 790-7262 and ask to speak to a Caregiver Specialist. We will be happy to give you lots of resource information to help you meet the challenges you are facing. We can provide information about private-pay options as well as publicly-funded programs. PCOA also has wonderful caregiver support groups where you can engage with other people who really understand what it’s like to be a caregiver.

By Laura Michaels, MSW
PCOA Caregiver Specialist
Neighbors Helping Neighbors
Why Do YOU Volunteer?

“Because I can. And I love helping others. It gives me good idea of how to be over 90 years old; how best to do it. The people I help are an inspiration to me!”

“I grew up thinking volunteering was something you do. And I did a lot of volunteering as a teenager. During my career I didn’t have time and now that I’m retired, I can just DO IT! I cared for my parents and I got used to helping do what you have to do. I actually learned patience. You have to slow down. I got into the swing of helping. After they died, I heard about a summer bus strike. I just knew I wanted to help older people get around. Since September of 2010 I’ve been volunteering for Neighbors Care. I drive or help in the office about 10 hours a week. And I love to drive, so I enjoy taking people to their appointments and learning who they are, where they’re from. Tucson has many very interesting people!”

“Volunteering gives me balance. I get to give back. I’m very interested in aging in place, aging independently. And I’m increasing the learning curve – I learn so much! I learn about the people I meet – people from everywhere, both volunteers and recipients. I learn their different perspectives about many things, about aging, and about life.”

The Neighbors Care Alliance has 17 member programs of Neighbors Helping Neighbors in and around Tucson. The services might be driving to the doctor or for groceries, visiting, phone check-ins, dog walking, meal or grocery delivery, social opportunities and more. Last year over 800 volunteers drove over 435,000 miles serving others! And while many volunteers serve over 1800 recipients, more programs and volunteers are always welcome and needed.

Many Thanks to Volunteers from Lend A Hand, Eastside Neighbors Helping Neighbors & PCOA

For information about starting or volunteering for 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

AMP
National Council on Aging
Presented by Pima Council on Aging

Register by Feb. 1

The Aging Mastery Program® (AMP) aims to help millions of baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities.

The Aging Mastery Program® (AMP) classes
Thursdays, February 14 – April 18, 2019
1:30 pm – 3:00 pm
Udall Regional Center
7200 E. Tanque Verde Rd.
Tucson, AZ 85715

AMP is a fun, innovative and person-centered education program that empowers older adults 55+ to make and maintain small but impactful lifestyle changes. This comprehensive approach to aging well helps participants gain new skills and make new friends while focusing on key aspects of health, finance, relationships, personal growth and community involvement.

AMP Core Curriculum
Each week a community expert will present on the topic for the week. Interactive activities related to the topic will enable everyone to continue the learning process.

Topics include:
Navigating Longer Lives: The Basics of Aging Mastery,
Exercise and You, Healthy Eating and Hydration,
Medication Management, Sleep, Financial Fitness,
Advance Planning, Healthy Relationships,
Fall Prevention and Community Engagement

For more information and to REGISTER,
call Pima Council on Aging, 520-305-3409
$99 per person
www.pcoa.org AMP@pcoa.org
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 November 1, 2018 to November 30, 2018.

Thanks to our renewing members!

Lena Belew
Dr. Robert and Dorice Beren
Leon Bialkowski
Walter V. Brem Jr.
Timothy and Doris Brown
William and Pat Brown
Thomas H. and Ann Bush
Karyl S. Cohn
Phoebe Luck Coleman
Nancy D. Cook
Darryl and Mary Ann Dobras
I. Eileen Ealey
Joyce C. Evans
Lea Given
Judy Griffin
John R. and Janice M.
Gutierrez
Arthur and Katherine
Jacobson
Pastor Alma L.H. Jones
Phyllis King
Dr. Frederick and Sharon
Klein
George J. Koss
Robert Kridler
Bob M. Lauver
Raymond and Julie Leiter
Norma MacKenzie

Cynthia Maier
Joanne Mayo
Robert J. and Norma J.
Mentzer
Karen L. Messmore
E. June Mueller
Michael E. Newton
Allen F. and Betty J. Niems
Regina M. Parks
Patricia Perron
Wanda Poindexter
Stanley and Christina
Poczek
Norma J. Redeker
Bill and Alice Roe
Merrith L. Sayre
Ismat Shafqullah
Agnes Sorace
Ruben D. Suarez
Ronald Keil and Julie
Swanhom-Keil
Daniel Sweet
Maddy Urken
Anne Walker
Dr. Ronald S. and
Mrs. Mary D. Weinstein
Jennifer Wilson
Margaret W. Yeck

Welcome, new members!

Florence Ann Kidwell
Angela Schlosser

Memorials & Tributes

In Memory Of

Lydia Baker
by Evelyn Saunders
Dr. Dan Boone
Dr. Palmer and Mrs. Sally Evans
Henry Durazo
by Edward A. Durazo
Jessie Pergrin
by anonymous

In Honor Of

John and Laura Zick-Bottorff
by Janice D. Bottorff
Bridget Roads
by Peter and Lucy Read
Olie Elias
by Deborah Ensign
Joyce Williamson
by Maria Van Oost

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.
Make a difference locally with your tax dollars!

When you donate to PCOA, you can claim a dollar-for-dollar reduction in your Arizona state income taxes. Couples who file jointly can reduce their taxes by up to $800; individuals by up to $400.

Donate online, by phone or mail!
www.pcoa.org | (520) 305-3401

Benefits of IRA Distributions to Charity

In 2015, Congress passed a law allowing people over age 70 1/2 to give up to $100,000 to charity directly from their individual retirement account (IRA) without counting the distribution as taxable income. This type of gift is called a Qualified Charitable Distribution.

Making such a Distribution from your IRA is one of the most efficient ways to give to PCOA and other charities, and last year's changes in tax law make it even more appealing.

The Tax Cuts and Jobs Act of 2017 doubled the standard deduction, making it less likely that people will itemize. However, if you're taking required minimum distributions from your IRA, you can still obtain a financial benefit from your charitable donations, even if you're claiming the standard deduction.

Making a Qualified Charitable Distribution from your IRA rather than writing a check for a charitable gift has two advantages - it counts toward satisfying required minimum distribution for that year, and it is excluded from your income.

Required Minimum Distributions are generally minimum amounts a retirement plan account owner must withdraw annually starting with when they reach 70 1/2 years of age.

The exclusion from taxable income is what makes the IRA Qualified Charitable Distribution so appealing under the new tax law. With very few people expected to itemize in 2018, the income tax deduction for contributions to charities will be lost for many. However, your Qualified Charitable Distribution still qualifies for full exclusion of that income from taxes.

It remains to be seen what impact tax law changes will have on charitable contributions overall and what that will mean for PCOA and other organizations that count on donor support to carry out our missions. We encourage you to consult with your tax advisor regarding benefits available to you when supporting PCOA, and would be happy to talk with you about contributing through your IRA.

In service,
Lana Baldwin, CFRE
VP of Philanthropy & Communications
Review your Medicare Summary Notices and/or Explanation of Benefits for items and services you didn’t receive

Most common types of fraud:

- 46.0% - Billing fraudulent, unnecessary, or duplicate services
- 25.5% - Claims involving unlicensed providers or identity theft
- 20.0% - Kickbacks/bribery to obtain referrals
- 10.8% - Prescribing unnecessary medications to patients
- 2.0% - Charging for more expensive procedures for illnesses or symptoms that don’t exist

Source: Office of Inspector General & General Accounting Office

Medicare waste, fraud and abuse are estimated to be 8% to 10% of Medicare spending. This is roughly $60 Billion per year. You can help reduce that amount. Please, open and check you Medicare Summary Notices and/or Explanation of Benefits Statements to see if they are all valid.

- Do you recognize the names of the doctors and other providers?
- Do the dates match your appointment dates?
- Did you get the services listed?
- Do the services match the services on your bills and receipts?
- Check the maximum you may be billed. Were you billed the right amount?

If something looks fishy:
Call PCOA at (520) 546-2011 and ask for the Senior Medicare Patrol.

Pima Council on Aging
2019 Medicare Presentations

Join us for a 2-hour presentation followed by 1-hour Q&A

Learn how Medicare works including...

√ Understanding your benefits
√ How and when to enroll – avoid late enrollment penalties!
√ Original Medicare, Medigap, Prescription Drug Plan and Medicare Advantage comparisons – find the right plan
√ Programs that help pay your Medicare Part B premiums and/or prescription drug costs (for incomes up to $1,538 individuals / $2,078 couples)
√ How and when to enroll avoid late enrollment penalties!

Murphy-Wilmot Library, 530 N Wilmot Rd, Tucson 85710
4th Tuesday every month from 2-4 pm
Understanding Medicare: Jan 22, Feb 26, Mar 26, Apr 23, May 28, Jun 25, Jul 23, Aug 27, Sep 24
Open Enrollment Presentation: Oct 22, Nov 26
NO presentation on 12/24

Woods Memorial Library, 3455 N First Ave, Tucson 85719
2nd Thursday every month from 2-4 pm
Understanding Medicare: Jan 10, Feb 14, Mar 14, Apr 11, May 9, Jun 13, Jul 11, Aug 8, Sep 12, Oct 10, Dec 12
Open Enrollment Presentation: Nov 14

No charge to attend. Reservations are not required.

Need one-on-one help?
Call PCOA’s Medicare Line: (520)790-7262
For additional help, visit Medicare’s official website, www.medicare.gov

Medicare presentations, workshops, and individual counseling are provided at no charge to you. PCOA does not sell any Medicare plans.

For more information contact (520) 790-7262 / medicare@pcoa.org

This project was supported, in part by grant number 90SAPG0049, from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.
SAVE THE DATE!

LEAGUE OF WOMEN VOTERS®
OF GREATER TUCSON

6th Annual Issues and Eggs Breakfast Forum

Aging Not Your Issue? ... It Will Be.

Friday, March 1, 2019 7:30 am to 9:30 am
Doubletree Hotel, 445 S. Alvernon Way, Tucson

$50/person - Admission and full buffet breakfast.
Tickets available at lwvgt.org/IssuesAndEggs.html

Event proceeds support programs and projects of the League of Women Voters of Greater Tucson.

Join us to explore major senior issues:
Healthcare & Positive Aging
Caretaking
End-of-Life Discussions

Learn tips and resources for making plans that give you and your loved ones peace of mind and allow you the freedom to live life to the fullest.

Panel Presenters

Lisa Reams
Vice President
Programs & Services
Pima Council on Aging

Karen Beckford
Director
Thoughtful Life Conversations AZ
Hospital & Healthcare Assoc

Dr. Mindy Fain
Co-Director
Arizona Center on Aging,
UA

Jan Lesher
Chief Deputy County Administrator, Pima County

Moderator

Facebook: search for LWVGT Tucson
Twitter: search for LWVGT   Email desktop@lwvgt.com

A community of care, from our family to yours.

Casa de la Luz Hospice and Palliative Care programs help light the way with comfort and compassion.

520.544.9890
casahospice.com

Hospice
Palliative Care
Bereavement

Government persecution shattered lives, but ignited a movement for LGBTQ rights.

www.thelavenderscare.com
https://soazseniorpride.org
for more information
Tuesday, 1

New Year's Day
PCOA office will be closed

Wednesday, 2

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, 6pm-9pm. Lupus Foundation of Southern Arizona, 4602 E Grant Rd. Contact: 622-9006 or visit www.lupus-az.org

Thursday, 3

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

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 or Rowene, 297-0986

Friday, 4

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 Hanson, 795-1584 or hh71939@gmail.com

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.

Saturday, 5

9 a.m. – 10 a.m., Walk With A Doc - Pima County Medical Society
Dr. Seth Peterson, a physical therapist, will be leading the walks on the first Saturday of each month. NEW LOCATION: Here's a chance for a change of scenery. The walk covers a one or two-mile course on level ground. Children's Memorial Park, 701 W. Edgewater Dr. Contact: Dennis Carey, 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, 6

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
PCOA Community Calendar

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

Tuesday, 8
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 Erma, 326-3757 or visit www.tucsonsocietyoftheblind.org

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

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

3 p.m. – 4:30 p.m., GRATIS Apoyo Individual y de Grupo Asesoramiento para Sobrevivientes de Abuso, Exploitation Financiera y Negligencia
Martha Cruz-Administración de Recursos y Opciones 623-9383 ext. 1009 Llamada para Intake, or visitar 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, 9
9 a.m. – 11:30 a.m., Senior Safety Academy
(See page 19)

2:30 p.m. – 3:30 p.m., Alzheimer’s Association Support Group
Contact: Robin, 373-0349

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. Must call to RSVP Tuesday before by 3pm.
Contact: Vikki, 904-0785 or Peggie, 609-3037

10:30 a.m. – noon, The Tucson Retirees of AFSCME
Donna Liggins Center, 6th Avenue off of Grant.
Contact: Vikki, 904-0785 or Peggie, 609-3037

11 a.m. – 1:30 p.m., National Association of Retired and Veteran Railroad Employee’s Inc., Unit 63
The Golden Corral, 4380 E. 22nd St.
Contact: Ken, 520-288-8221 or Dan, 296-4576

11:30 a.m. – 1:45 p.m., Pima County School Retiree Association Meeting
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.
January 10: David Fitzsimmons, cartoonist at the Arizona Daily Star.
Contact: 748-1720 or tbasketcase@cox.net

2 p.m. – 4 p.m., Arizona Long Term Care System Workshop
2nd Thursday, PCOA, 8467 E. Broadway Blvd. No charge for family members and older persons to learn about the ALTCS. $35 fee for-profit companies.
Pima Council on Aging, 8467 E. Broadway Blvd.
Call the PCOA Help Line: 790-7262 to reserve your seat.

5 p.m. – 7 p.m., Tucson SingleTarians
A friendly, active 50+ single, social club for adults 50+ and older. Social hours 1st and 3rd Wednesdays/Westside, 2nd and 4th Thursdays/Eastside @ various monthly locations. For a newsletter,
PCOA Community Calendar

Contact 326-9174 or event information, 222-2423

6 p.m. – 7:30 p.m., Pet Loss Support Group
Second and fourth Thursday. Free support to people grieving the loss of a pet. Northminster Presbyterian Church Library, 2450 E. Ft. Lowell Rd. Contact: Rene, 603-8319

Saturday, 12
8 a.m. – 9 a.m., Walk With A Doc - Pima County Medical Society
John Minor MD, partner of the SPARC Sports Medicine will be featured. Rillito River Park at Swan Bridge parking lot, south bank. Walk covers a one or two mile course on level ground. Sign-In at the Ramada, east of Swan Bridge on the south bank. Contact: 795-7985 or dcarey5199@gmail.com

8 a.m. – noon, Free Eye Screenings (See page 23)

9 a.m. – 11 a.m., Black Women’s Task Force Meeting
Second Saturday. Donna Liggins Neighborhood Center, 2160 N. 6th Ave. Contact: 977-5370

10 a.m. – noon, Mended Hearts Chapter #116
Second Saturday. Sept. – June. Ward 6 Council Office, 3202 E. 1st St. Contact: 797-3041 or AlexandriaLane99@gmail.com

10 a.m. – noon, Polio Epic
Second Saturday each month. polioepic.org. Health-South, 2650 N. Wyatt Dr. Contact: Joanne Yager, 296-1471

1 p.m. – 3 p.m., Honoring a Life: Advance Care Planning Conversations (See page 17)

Monday, 14
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

3:30 p.m. – 5 p.m., Alzheimer’s Association Support Group
Second Monday. La Rosa Healthcare, Santa Catalina Villas Retirement Community. Contact: Cindy, 615-8111

Tuesday, 15

9 a.m. – 1 p.m., Lovin’Life After 50 Healthy Living EXPO (See page 18)

1 p.m. – 2 p.m., Ostomy Support Group
Third Tuesday. Tucson City Council, Ward 6, 3202 E. 1st St. Contact: 206-0268

1 p.m. – 2:30 p.m., LGBT Welcoming Caregivers Group
For all caregivers. No charge. Preregistration is required. Sponsored by PCOA. Pima Council on Aging, 8467 E. Broadway Blvd. Contact: 609-1271

Wednesday, 16

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

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, 17

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

Friday, 18

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, 19

9:30 a.m. – 11:30 a.m., Honoring a Life: Advance Care Planning Conversations (See page 17)

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

1 p.m. – 3 p.m., Southern AZ Council of Grandmothers
Show up with your own drum or instrument. Unitarian Universalist Church, 3601 W. Cromwell Dr. Contact: Janet, 797-9323

Sunday, 20

2 p.m. – 4 p.m., Honoring a Life: Advance Care Planning Conversations (See page 17)
PCOA Community Calendar

3 p.m. – 5 p.m., The Lavender Scare
Southern Arizona Senior Pride presenting.
(See page 10)

Monday, 21

Martin Luther King Day
PCOA office is closed

10:30 a.m. – noon, Stroke Support
Group for survivors & loved ones
TMC Healthy Living Connections,
Seniors Classrooms, El Dorado
Health Campus, 1400 N. Wilmot.
Contact: 324-4345 to sign up

11:30 a.m. – 1:30 p.m., National
Active and Retired Federal Employees
(NARFE) Chapter 1874
$8.79 pp (Senior menu). Golden Corral
Restaurant, 6865 N. Thornydale Dr.
Information & Reservations:
Rosie, 400-3456 or visit
www.narfe.org/site/chapter1874

Wednesday, 23

5:30 p.m. – 6:30 p.m., Honoring a Life:
Advance Care Planning Conversations
(see page 17)

Sunday, 27 – February 10

10 a.m. – 5 p.m., American Indian
Arts Exposition
Quality Flamingo Inn/Ballroom,
1300 N. Stone Ave.
Contact: 248-5849,
usaindianinfo.com

Save the Dates

Saturday, February 2
BeauSoleil avec Michael Doucet with
The Carnivaleros
El Casino Ballroom, 437 E 26th St,
Tucson, 85713
Doors: 7 pm. Show: 7:30 – 10:30 pm
Tickets: Open Seating for $20 in
advance / $25 at the door
Table Sponsorship: $500 for a reserved
table seating and admission for up to
BrownPaperTickets.com, Antigone
Books, The Folk Shop, and Metro
Gnome Music. Presented by the Tucson
Kitchen Musicians Association.

Tuesday, February, 5
HOPE Workshop
Hoarding Disorder education to learn
how to Organize, Purge and End
the cycle
Program Orientation & Registration:
February 5, 2019, 4:30 – 5:30pm
(see page 19)

Thursdays, Feb. 14 – Apr. 18

Aging Mastery Program®
(see page 6)

Finding Meaning and Hope
Finding Meaning and Hope is a
resource for informal caregivers
developed by the agency Duet: Partners
in Health and Aging. This free, 10-week
video discussion series is based on
the book Loving Someone Who Has
Dementia: How to Find Hope While
Coping with Stress and Grief, by
Pauline Boss, PhD.

Finding Meaning and Hope is designed
for full-time, part-time, or long-distance
informal caregivers of loved ones with
dementia or other conditions where
the care recipient is physically present
but psychologically absent. The term
coined by Dr. Boss to describe this is
“ambiguous loss.” It gives a name to
the caregivers’ ongoing experience of
loss and grief.

A 20-minute video with Dr. Boss and
family caregivers is shared at each
class followed by discussion on the
topic in the video. Here are the topics
of what will be discussed.

Weeks 1 – 10
The Ambiguous Loss of Dementia: How
Absence and Presence Coexist; The
Complications of Both Loss and Grief;
Stress, Coping, and Resiliency; The
Myth of Closure; The Psychological
Family; Family Rituals, Celebrations,
and Gatherings; Seven Guidelines for
the Journey, Part I; Seven Guidelines
for the Journey, Part II; Delicious
Ambiguity; The Good-Enough Relationship

Where: PCOA, 8467 E. Broadway Blvd.
When: Thursdays, Feb. 14, 21, 28,
March 7, 14, 21, 28, and April 4, 11, 18
Time: 10:30 am – 12:30 pm

Call Debbie Waring at PCOA,
Family Caregiver Support Program,
520-305-3407
or email dwaring@pcoa.org.

Thanks to our community partners: Duet: Partners in Health
& Aging, PCOA: Family Caregiver Support Program, AARP
Arizona, Alzheimer’s Association Desert Southwest Chapter,
Banner Alzheimer’s Institute, University of Arizona Center
on Aging
PCOA Community Calendar

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

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

On-Going

Pima Council on Aging
PCOA Help Line, 790-7262

PCOA Community Office Hours
Friends in Deed
301 W Camino Casa, Green Valley
Mondays, 9:00 am – 3:00 pm

Community Food Bank, Marana
Resource Center, 11734 W. Grier Road, Marana, Tuesdays, 11:00 am – 3:00 pm

El Rio Community Center
1390 W Speedway, every other Wednesday, beginning July 11 8:30 am – 12:30 pm

Ellie Towne Community Center
1660 W Ruthrauff Rd., Wednesdays, 9:00 am – 12:30 pm

Armo Park Community Center
220 S Fifth Ave., every other Wednesday, beginning July 11 1:30 – 5:00 pm

Quincie Douglas Community Center
1576 E 36th St., every other Thursday, beginning July 5, 8:30 – 11:00 am

El Pueblo Community Center
101 W Irvington Rd., every other Tuesday, beginning July 10, 8:30 am – 12:00 pm

At PCOA, we have in-house Specialists in LGBTQ Elder Care:
• Community Services System Director Elizabeth Reeves
• Neighbors Care Alliance Outreach Coordinator Bridget Roads
• Caregiver Specialist Sandy Davenport
• Intake Specialist John Chihak
• Caregiver Support Group Facilitator Kim Rosenfeld
• Intensive Services Specialist Jennifer Caragan
• Public Policy and Advocacy Coordinator Maddy Bynes

10th Annual
GATHER THE ELDERS
SHARING THE JOURNEY
Creating Connections, Enhancing Life, Accepting Death
January 25
Doors open at 8:30 am
Program runs 9 am – 12:30 pm
Tucson Jewish Community Center
3800 E River Rd, Tucson, 85718
• A new way to view aging
• Deeper connection to ourselves and others
• Experience the power of Elder Circles

SPEAKERS:
Tani Bahti, RN, educator, author, founder of Pathways EOL, and passionate advocate for improving end-of-life quality

Enrique Feldman, educator, author, two-time Grammy-nominated composer and artist, and founder of the Global Learning Foundation

Elder Circle conversations involving all participants spark insights and create connections that last long after the event is over.

For more information please visit: ourfamilyservices.org/event/gather-the-elders-2019/ or contact Christina Medvescek, cmedvescek@ourfamilyservices.org, (520) 323-1708 x 122.

Suggested contribution: $20 includes breakfast

PCOA is a proud sponsor

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/
PCOA

Have Lunch and Make a Friend

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?
- 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ajo Community</td>
<td>290 W. Fifth St.</td>
<td>Ajo 85321</td>
<td>520-387-5040</td>
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<tr>
<td>Archer Neighborhood</td>
<td>1665 S. La Cholla Blvd.</td>
<td>Tucson 85713</td>
<td>791-4353</td>
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<td>Armory Park Senior *</td>
<td>220 S. 5th Ave.</td>
<td>Tucson 85701</td>
<td>791-4070</td>
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<tr>
<td>Casa Community Center</td>
<td>780 S. Park Centre Ave.</td>
<td>Green Valley 85614</td>
<td>393-6814</td>
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<tr>
<td>Eastside El Dorado</td>
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<tr>
<td>TMC El Dorado Health Campus</td>
<td>1400 N. Wilmot Rd.</td>
<td>Tucson 85712</td>
<td>546-2257</td>
</tr>
<tr>
<td>El Pueblo Neighborhood Center</td>
<td>101 W. Irvington Rd.</td>
<td>Tucson 85714</td>
<td>889-0928</td>
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<tr>
<td>El Rio Neighborhood Center</td>
<td>1390 W. Speedway Blvd.</td>
<td>Tucson 85705</td>
<td>837-8210</td>
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<tr>
<td>Ellie Towne/Flowing Wells **</td>
<td>1660 W. Ruthrauff Rd.</td>
<td>Tucson 85705</td>
<td>887-9786</td>
</tr>
<tr>
<td>Freedom Recreation Center</td>
<td>5000 E. 29th St.</td>
<td>Tucson 85711</td>
<td>791-4969</td>
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<tr>
<td>Donna Liggins Center</td>
<td>2160 N. 6th Ave.</td>
<td>Tucson 85705</td>
<td>791-3247</td>
</tr>
<tr>
<td>Quincie Douglas Senior Center</td>
<td>1575 E. 36th St.</td>
<td>Tucson 85713</td>
<td>791-2509</td>
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<tr>
<td>Robles Junction Comm. Center **</td>
<td>16150 W. Ajo Way</td>
<td>Tucson 85735</td>
<td>822-4408</td>
</tr>
<tr>
<td>William Clements Center</td>
<td>8155 E. Poinciana Dr.</td>
<td>Tucson 85730</td>
<td>791-5787</td>
</tr>
</tbody>
</table>

* 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
Honoring a Life: Advance Care Planning Conversations

How do you hope to spend the final stage of your life?

Have you planned adequately for any medical situations that might arise for you?

Who else needs to know what your wishes are so that you can receive what you want?

Attend this free two-hour workshop for people of all ages and learn...

- Why deciding what kind of healthcare you want late in life is so important
- How to talk to your loved ones and healthcare professionals about what you want
- How to document your decisions so your wants will be made known when appropriate
- How to revise and update any advance care plans you might have already

“Honoring a Life” provides a wealth of information, including an explanation of the importance of advance care planning, an introduction to methods for making decisions and conversing with others on the topic, and a review of the two kinds of documents accepted as legal and binding by the State of Arizona.

Enhance your present by planning your future, then get on with living!

January 10
9:30 – 11:30 am
Our Family Services, 3830 E Bellevue St, North Conference Room

Have questions about “Honoring a Life”? Want to register for the workshop? Please contact Center for Community Dialogue & Training | a program of Our Family Services, (520)323-1708

January 12, 1:00–3:00 pm
Community Christian Church of Marana
13610 N Sandario Rd, Marana

January 19, 9:30–11:30 am
Northwest Community Church
505 W Hardy Rd

January 20, 2:00–4:00 pm
Temple Emanu-El
225 N Country Club Rd

January 23, 5:30–6:30 pm
Desert Skies United Methodist Church
3255 N Houghton Rd

January 23, 5:30–6:30 pm

Have questions about “Honoring a Life”? Want to register for the workshop? Space is limited. Register in Advance! Please contact End of Life Program Manager, Interfaith Community Services, Suzanne Morrison, Ph.D. – (520) 297-6049, ext. 4270

This training is co-sponsored by the Center for Community Dialogue and Training, a program of Our Family Services, and the Arizona End of Life Care Partnership.

Have questions about “Honoring a Life”? Want to register for the workshop? Please contact Center for Community Dialogue & Training | a program of Our Family Services, (520)323-1708

Donate Your Cell Phones, iPads and iPods

You can help us raise indispensable funds to sustain programs.

Please bring your used cell phones with their batteries attached (please do not include other accessories such as chargers), to the PCOA office, 8467 E. Broadway, Mon. – Fri., 8:30 – 5:00 p.m.
Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA)

Interfaith Community Services (ICS) and Arizona Youth Partnership (AZYP) are partnering to provide Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) trainings at NO COST to the community.

MHFA and YMHFA are evidence-based trainings designed to give caregivers, grandparents, and community members the skills and confidence to identify when a person might be in crisis and to provide them with immediate support until the person can access appropriate care.

Participants who attend the 8-hour training will interact with facilitators and peers through discussions, group activities, surveys to develop and implement these skills.

Incentives are available for participants who complete follow up surveys.

MHFA is registering participants for a free community training on:

- January 8 and 11, 8 AM – 12 PM
  7575 W. Twin Peaks Rd., Ste. 165
  For more information, contact Tandala Kidd at tkidd@icstucson.org

YMHFA is registering participants for a free community training on:

- February 21, 2019, 8 AM – 5 PM
  7575 W. Twin Peaks Rd., Ste. 165
  For more information, contact Mary Anne Fout at maryanne@azyp.org

Contact Deb Seng at deb@azyp.org for additional information about MHFA or YMHFA, or for upcoming community dates.
HOPE Workshop
Hoarding Disorder
education to learn how to
Organize, Purge and End the cycle

Save the Dates

Program Orientation & Registration:
February 5, 4:30 – 5:30pm

Location for registration night and weekly sessions:
Abrams Public Health Center
Room 3108 - located on the third floor
3950 S. Country Club Rd., Tucson, 85714

Fee: $10 which includes the program book

Weekly Sessions
The HOPE Workshop will meet every Tuesday
for 10 weeks,
February 12 – April 16, 4:30 – 6:00pm

Weekly attendance is encouraged because program
topics and homework progress each week.

Who can participate?
Anyone who is worried about their hoarding behaviors.

Workshop Facilitators
Jennifer Caragan, Pima Council on Aging
Lisa O’Neill, University of Arizona Center on Aging,
Arizona Geriatrics Workforce
Enhancement Program
Kathryn Sanderlin, University of Arizona
Department of Psychiatry

Southern Arizona Hoarding Task Force
Eating well and getting regular physical activity are important for adults to stay healthy and lead active, fulfilling lifestyles. Through the national support of CareMore Foundation and the Oasis Institute, Pima Council on Aging offers Healthy Habits for Adults, a series of ten unique, one-hour classes focusing on improving nutrition and increasing physical activity among older adults.

Ellie Towne/ Flowing Wells Community Center
1660 W. Ruthrauff Rd., Tucson 85705, 10:00 – 11:30 a.m.

Combo Class: Dairy Foods: Calcium & Vitamin D Superstars And Eating the Rainbow, Jan. 9 (Wed.)

Combo Class: Stay Regular: Enjoy the Power of Fiber And The Skinny on Fat: Reducing Fat in Your Diet, Jan. 14 (Mon.)

Combo Class: Protein: The Body’s Own Superman And The Skinny on Fat: Reducing Fat in Your Diet, Jan. 23 (Wed.)

Combo Class: The Truth About Whole Grains And How Sweet It Is: Limiting Sugar in Your Diet, Jan. 30 (Wed.)

Mountain Trace Terrace Apts.
4654 S. 16th Ave., Tucson, 85714 - 10:30 – 11:30 a.m.

Eating the Rainbow: Love Your Fruits and Veggies, Jan. 16 (Wed.)

Freedom Recreation Center
5000 E. 29th St, Tucson, 85711- 10:45 – 11:45 a.m.

Eating the Rainbow: Love Your Fruits and Veggies, Jan. 22 (Tues.)

No reservations are needed.

For program information contact Laura Hellwig, (520) 546-2002 pcoa.org/ways-we-help/oasis-healthy-habits-for-adults.html/
Healthy Living with Chronic Pain

A Matter of Balance

El Dorado Campus, TMC Senior Services
1400 N. Wilmot Rd.
Tucson, 85711
January 7, 9, 14, 16, 21, 23, 28, 30
Monday & Wednesday
2:30 – 4:30 p.m.

Encompass Health
1921 W. Hospital Dr. (next to NW Hospital)
Tucson, 85704
January 8, 10, 15, 17, 22, 24, 29, 31
Tuesday & Thursday
1:00 – 3:00 p.m.

William Clements Regional Center
8155 E. Poinciana Dr.
Tucson, 85730
February 4, 6, 11, 13, 18, 20, 25, 27
Monday & Wednesday
9:00 – 11:00 a.m.

Tucson Mountain Baptist Church
5757 S. Ajo Way
Tucson, 85735
February 4, 6, 11, 13, 18, 20, 25, 27
Monday & Wednesday
1:00 – 3:00 p.m.

Oro Valley United Church of Christ
1401 E. El Conquistador Way
Oro Valley, 85704
March 4, 6, 11, 13, 18, 20, 25, 27
Monday & Wednesday
10:00 a.m. – 12:00 p.m

Posada Life Community Center
780 S. Park Centre
Green Valley, 85614
April 2, 4, 9, 11, 16, 18, 23, 25
Tuesday & Thursday
1:00 – 3:00 p.m.

Healthy Living with Diabetes

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

El Pueblo Neighborhood Center
101 W. Irvington Rd.
Monday, Wednesday, Friday
9:00 – 10:00 a.m., Level 1
10:30 – 11:30 a.m., Level 2

El Rio Community Center
1390 W. Speedway
Monday, Wednesday, Friday
10:30 – 11:30 a.m., Level 2

Morris K. Udall Regional Center
7200 E. Tanque Verde Rd.
Monday, Wednesday, Friday
10:15 – 11:15 a.m., Level 1
2:30 – 3:30 p.m., Levels 1 & 2

Randolph Recreation Center
200 S. Alvernon Way
Monday, Wednesday, Friday
10:15 – 11:15 a.m.
Levels 1 & 2

William Clements Regional Center
8155 E. Poinciana Dr.
Monday, Wednesday, Friday
8:30 – 9:30 a.m., Levels 1 & 2

El Dorado Campus Cafeteria of TMC Senior Services
1400 N. Wilmot Rd.
Monday, Wednesday, Friday
9:00 – 10:00 a.m., Level 1

Level 1 – Mostly Seated
Level 2 – Mostly Standing

Healthy Living with Ongoing Health Conditions

The Highlands at Dove Mountain
4949 W. Heritage Club Blvd.
Marana, 85658
January 21, 28, Feb. 4, 11, 18, 25
Mondays, 1:00 – 3:30 p.m

Pima County Natural Resources, Parks and Recreation now has an online registration system. To register for these 3 locations, please visit http://webcms.pima.gov/government/natural_resources_parks_and_recreation/ and click the “register now” link.

If you have any questions, please contact us at 724-5000.

Enhance Fitness (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 6 locations, call 305-3410.

El Pueblo Neighborhood Center
101 W. Irvington Rd.
Monday, Wednesday, Friday
9:00 – 10:00 a.m., Level 1
10:30 – 11:30 a.m., Level 2

El Rio Community Center
1390 W. Speedway
Monday, Wednesday, Friday
10:30 – 11:30 a.m., Level 2

Morris K. Udall Regional Center
7200 E. Tanque Verde Rd.
Monday, Wednesday, Friday
10:15 – 11:15 a.m., Level 1
2:30 – 3:30 p.m., Levels 1 & 2

El Dorado Campus Cafeteria of TMC Senior Services
1400 N. Wilmot Rd.
Monday, Wednesday, Friday
9:00 – 10:00 a.m., Level 1

Randolph Recreation Center
200 S. Alvernon Way
Monday, Wednesday, Friday
10:15 – 11:15 a.m.
Levels 1 & 2

William Clements Regional Center
8155 E. Poinciana Dr.
Monday, Wednesday, Friday
8:30 – 9:30 a.m., Levels 1 & 2

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

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If you have any questions, please contact us at 724-5000.

Drexel Heights Comm. Cntr
5220 S. San Joaquin Ave.
Monday, Wednesday, Friday
9:00 – 10:00 a.m., Levels 1 & 2

Ellie Towne Flowing Wells Comm. Cntr
1660 W. Ruthrauff Rd.
Monday, Wednesday, Friday
1:30 – 2:30 p.m., Levels 1 & 2

Picture Rocks Comm. Cntr
5615 N. Sanders Rd.
Monday, Wednesday, Friday
10:00 – 11:00 a.m., Levels 1 & 2

Medicare does not pay for programs.
Contact PCOA Health Promotion, at 305-3410.
The eyes are more than windows to the soul. With advances in eye health technology, they can also give a unique look into your health.

NIH eye health expert Dr. Houmam Araj, says, “it’s a convenient way for a doctor to get a clear view of your blood vessels, nerves, and connecting tissue without surgery.

Researchers are working on new technologies to help doctors get a better look into the eye and catch diseases earlier. They’re also designing new tools to help people with vision loss get around in their daily lives.

What Doctors See Now

Getting regular eye exams is important, even if your vision is fine. Eye exams allow an eye care professional to monitor your eyes for common vision problems and signs of disease. Dr. Rachel Bishop, NIH eye specialist says, “there aren’t early warning signs for the most common eye diseases and by identifying diseases early, you have the best treatment options and the best chance of preserving good vision.”

A comprehensive exam will include eye dilation. After checking your vision sharpness, the doctor places drops in your eyes to dilate (widen) the dark center of your eyes, called the pupil. This allows more light into your eyes, just like opening a door lets light into a dark room. Then the doctor can examine the inside of the eye.

A special magnifying lens is needed to examine the tissues at the back of the eye. These tissues include the retina (light-sensitive tissue), the macula (central part of the retina for sharp vision), and the optic nerve (carries visual messages from the eye to the brain). Damage to these areas may be a sign of an eye disease.

Eyes may reflect illness that begins in another tissue far from the eyes themselves and eye exams may reveal health issues like diabetes, high blood pressure, autoimmune disorders, sexually transmitted diseases, and cancers.

For example, doctors often detect diabetes by observing damage to the retina and blood vessels in the eye. The disease may show up in eye tissue before a blood glucose (sugar) test reveals it. Early detection can prevent not only vision loss but other serious complications.

Advances in Imaging

“Today’s clinical technologies to image the eye are undergoing tremendous advances,” says Dr. Donald Miller, an eye imaging technology expert. “Future eye health practitioners will have incredibly more powerful imaging tools than anything we have now.”

With new tools, they may be able to catch disease earlier. Miller and his research team created a type of microscope to improve the diagnosis and treatment of glaucoma.

Glaucoma causes blindness by damaging nerve cells at the back of the eye. “The cells that get damaged by glaucoma are hard to see in the early stages of the disease,” Miller says. “With current technology, thousands of cells must die before it’s detected.”

His team’s new method would allow eye doctors to see the damage earlier. In glaucoma, early treatment can often protect you against serious vision loss.

Other eye imaging technologies are being developed to better detect age-related macular degeneration (AMD), the leading cause of vision loss and blindness nationwide among people age 50 and older.

The team is using a high-resolution imaging technique called spectral domain optical coherence tomography (SD-OCT) to visualize different sections of the retina. “It is sensitive enough to detect very small changes that other images of the eye cannot see,” says Bishop.

Another technology allows scientists to track a specific protein in the eye. The approach may help doctors catch cataracts (a clouding of the eye’s natural lens) and presbyopia (the inability to focus up close) earlier. Other research groups are studying ways to treat cataracts.

“Cataracts are the number one cause of blindness worldwide,” Araj says. “If you live long enough, you will get them.

New methods of detection and treatment can impact people everywhere.”

Improving “Sight”

New technologies may also help people with low vision and blindness get around more easily in their day-to-day lives.

Recently, an eye doctor improved a miniature telescope technology that can be mounted on regular eyeglasses. Called Ocutech bioptic telescopes, these devices help people with low vision see better while driving. This gives them the chance to stay behind the wheel.

Another scientist developed a partially robotic cane that can detect a person’s surroundings. The cane has a camera to “see” what’s nearby. The motorized roller tip then moves the cane toward a desired location, acting as a guide for the person to follow.

Sound can also act as a guide for those with low vision. A new smartphone app gives sound prompts to help visually impaired people identify the safest crossing location and stay within a crosswalk.

Simple actions can help protect your eye health. These include not smoking, eating a healthy diet (especially dark leafy greens like spinach or kale), and maintaining a healthy weight. Also, certain diseases run in families. Wear sunglasses to block harmful sun rays and protective eyewear for activities like sports and home improvement projects.

“An ounce of prevention is worth a pound of cure,” Araj says.

Source: Adapted from NIH News in Health, May 2018 National Institutes of Health, US Dept. of Health and Human Services
All of us lose some level of sight as we get older. There can be many challenges that you face as a senior citizen and sight loss can be both a frightening and frustrating experience. We want you to know that you are not alone. We want you to know that even though this may be new to you, we will be there each step of the way towards maintaining your independence. We are devoted to building both your confidence and your skill level to ensure success.

**You Are not Alone**

The Southern Arizona Association for the Visually Impaired (SAAVI) is an organization that has been in Tucson since 1964.

Some of the services for seniors on offer at SAAVI are:
- **Independent Living Program:**
  Our Independent Living program is designed to provide seniors with the skills and confidence to remain as independent as possible. The program is created to guide people, step by step and at their own pace, towards success with their sight loss. Classes are delivered both center based, and in-home training and include:
  - Learn alternative methods for reading, including the use of Braille, auditory, and utilizing magnification technology
  - Learn new techniques that will assist you in performing activities of daily living including cooking, sewing and other home management skills
  - Learn about access technology and computers and how they can help you with communication and accomplishing daily tasks
  - Travel where you want, when you want through training in orientation and mobility
  - Gain confidence and strength in yourself through support groups and counseling

Take SAAVI’s General Orientation to Adapted Living Skills (GOALS) class to learn all of the various options for training and resources that will help you have the quality of life you want and deserve.

**Social Clubs and Art and Leisure Classes:**
There are a variety of social clubs and art and leisure classes available for seniors at SAAVI that provide the opportunity to meet new people all of whom are blind or visually impaired.

For more information about our senior services please contact Christy Delmonico, Phone: (520) 795-1331 ext. 226, E-mail: cdelmonico@saavi.us
Attention
All PCOA Members!

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Pima Council on Aging