On February 20, about 70 aging advocates from across the state gathered at the Capitol in Phoenix to advocate for services that help older adults and people with physical disabilities live with dignity and respect. Older Arizonans Day at the Capitol was hosted by the Arizona Association of Area Agencies on Aging (az4a), a coalition of seven Area Agencies, including PCOA, serving communities across Arizona. Aging advocates included staff, volunteers and board members of the Area Agencies, as well as service participants and concerned citizens. Advocates met with over 35 legislators at the Capitol to have their voices heard, and those who were unable to attend in person sent more than 50 messages to their elected officials on topics of concern.

Aging advocates talked with lawmakers about supporting the Governor’s budget request to increase funding for home and community-based services by $3.8 million. These critical services include assistance with bathing and dressing, meal preparation, shopping, bed linen changing, adult day health, caregiver respite, home nursing, and home-delivered meals.

Prompted by the economic crisis of the time, between 2009 and 2013 the Arizona State Legislature cut funds for these services by 67%. Though some funding has been restored, additional dollars are needed to serve the many older and physically disabled people in Pima County and across the state who need assistance with activities necessary for daily living, cannot afford to pay for services, and have no one to help them.

Today, 2,459 people statewide are on a waiting list for home and community-based services. Someone may wait for a few weeks or for several months for services depending on the urgency of their situation. An additional $3.8 million in funding will make a significant impact in reducing the waiting list.

Advocates also spoke with legislators about the need for additional funding for the Long-Term Care Ombudsman program. A Long-Term Care Ombudsman is a specially trained advocate for residents of long-term care facilities, such as nursing homes, assisted living facilities, and adult care homes. They seek to improve the quality of life, care and environment for long-term care residents and work to resolve problems individual residents face.

The Institute of Medicine recommends one full time employee Ombudsman for every 2,000 bed spaces. Currently in Arizona there is one full time employee to every 2,773 beds, well above the recommended number. In some areas of Arizona, the ratio is as high as one full time employee to every 3,500 beds.

To serve vulnerable older adults residing in Arizona’s long-term care facilities, PCOA and az4a are

(continued on page 19)
PCOA Volunteer Opportunities volunteer@pcoa.org — 520.305.3418

**Important Opportunities to Serve**

**A Matter of Balance Coaches Needed** — PCOA’s A Matter of Balance program seeks individuals interested in becoming volunteer coaches for our evidence-based fall prevention training program. The program is conducted in eight two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Classes are held twice a week for two hours each, over a four-week period.

Coaches also need to be able to lead low to moderate levels of exercise. Two trained coaches facilitate the classes. Participants become more confident about managing falls, find ways to reduce falls and protect themselves if they do fall.

Individuals who have recently fallen or have a fear of falling learn positive coping methods to reduce falls, as well as learn how to remain active and stay independent.

Commitment – participate in an eight-hour training (4 hours, 2 days) and be willing to facilitate two Matter of Balance classes a year. Training and support are provided.

**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

- **The VA Community Based Outpatient Clinic in Green Valley** needs Veteran Experience Volunteers to greet patients and family members, assist with kiosk check-in process, inform patient what to expect after checking in, monitor patient wait times, serve as a liaison between patients and the VA team. Mandy, 520-629-1822, Mandy.Martell@va.gov.

- **Want to help at a professional office in Green Valley?** Volunteer once a week or twice a month at **Valor HospiceCare**. Volunteers are essential to our team of caring. Susie, 520-399-0200, SMathews@valorhospicecare.com.

- **Mobile Meals of Southern Arizona** needs volunteers to deliver meals and wellness visits to neighbors in Green Valley and Sahuarita one day a week, Monday through Friday, between 11am and 1pm. Next new volunteer trainings are Tuesday, March 5th, 2:30 – 4:00 p.m. & Thursday, March 28th, 2:30 – 4:00 p.m. at Friends in Deed, 301 Camino Casa Verde, Room A, Green Valley. Stephanie, 520-622-1600, https://www.mobilemealssoaz.org.

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

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.

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.

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: $35 per person; $45 a couple.

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.

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.

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 2
7575 E. Speedway Blvd., Tucson 85710
Friday, March 22
Workshop 1 – 9:00 am – 12:30
30 minute break – lunch not provided
Must register in advance

**Workshop II - afternoon**
To RSVP call: 514-7642 x 201

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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

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.

“Although the days are busy and the workload is always growing, there are still those special moments when someone says or does something and you know you’ve made a difference in someone’s life”. — Diane McKenty
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.

Finding Meaning and Hope

Video Discussion Series Details:

Where: Pima Council on Aging
8467 E. Broadway Blvd., Tucson

When: Thursdays, March 7, 14, 21, 28, and April 4, 11, 18

Time: 10:30 am - 12:30 pm

For more information or to register:
Call Debbie Waring at
PCOA, Family Caregiver Support Program
520-305-3407
Dedicated Volunteers Care for Their Neighbors

Neighbors Care Programs are groups of generous volunteers organized to help their neighbors stay independent at home for as long as possible. PCOA staff facilitates starting and sustaining such programs forming the Neighbors Care Alliance – a membership of 17 different groups in and around Tucson. One program, Lend A Hand in north central Tucson, offers this brief glimpse of some of their service for others:

Lend A Hand (LAH) is a 501(c)(3) non-profit assistance organization and member of the Neighbors Care Alliance. We are a unique collaboration of 12 Neighborhood Associations located within Ward III Tucson. The group was formed in 2004 to develop a volunteer program to meet the needs of older adults with the goal of keeping them safe in their homes, and to lend a hand when they need some help. Services are provided by trained LAH volunteers for registered clients at no charge.

Some of the services include:

- **Transportation** – to doctor/dentist appointments, grocery stores, banks, etc.
- **Produce Distribution Program** – fresh produce delivered to 120 clients twice a month.
- **Senior Social** – includes lunch and entertainment once a month.
- **Smooth Moves** – offers chair aerobics and yoga.

For more information, call 248-6882. Longtime volunteer, Patricia Gehlen coordinates the program, now with the only paid position. Board meetings and Senior Socials are held at St. Frances Cabrini Church, 3201 E. Presidio. [http://www.lahseniorhelp.org/](http://www.lahseniorhelp.org/)

If it wasn’t for the dedicated volunteers, many older neighbors might not be able to stay in their homes. The organization depends on donations, grants, and fund raisers to cover costs.

**Many Thanks to dedicated Volunteers from Lend A Hand!**

As an event sponsor, Pima Council on Aging invites you to join us

**alzheimer’s association**

**ANNUAL EDUCATION CONFERENCE**

**Wednesday, March 6**

7:45 am – 5:00 pm

Tucson Jewish Community Center

Cost: $45 - Individual

$75 - Professional (includes CEUs)

For further information or to register, contact (800) 272-3900 or visit alz.org/dsw

Fry's Community Rewards Program

If you shop at Fry’s food stores and have a Fry’s VIP card you can register to have your purchases count towards a donation from Fry’s to Pima Council on Aging.

Go to [www.frysfood.com](http://www.frysfood.com)

- Click on “Sign In” or “Register”
- Go to “Community Rewards”
- Click on “Choose” or “Edit”
- Under “Select Your Organization” either find “Pima Council on Aging” or enter our organization number, 82314

**Our assisted living is accredited for two reasons.**

**You. And your family.**

We invite you to come see why accreditation matters at Amber Lights. Join us for a complimentary lunch and tour. Please call to schedule.

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Independent & Assisted Living Residences

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520.395.9616
AmberLightsRetirement.com
PCOA News in Philanthropy

Memorials & Tributes

In Memory Of

Stan Abrams
by Jan Baker
Joanne Duttle
Charles and Kathryn Mansur
Mary Marie (Santos) Bailey
by Janice Bottorff
Evelyn & Albert Rogalsky
by Lynn Rogalsky
Charlotte Eleanor Decker
by Charlotte Jane Decker
Genevieve Whitlock
by Catherine Ann Rowlette

In Honor Of

Wilson B. Hudgel
by Susan Von Kersburg
Karen Ring & Debra Waring
by Jan E. Sturges
John & Connie Lowy
by Virginia Kelly
PCOA Rights & Benefits Staff
by Kellyann MacLean

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.

Thanks to our renewing members!

Michael J. Ames
Mary Ellen Beaurain
Sandra Kay Bidwell
Dr. Mel Bina and
Dr. Marion Wieden
Frances Bishop
Kathryn M. Bossuyt
Linda Burns Kynaston Ph.D.
Maria M. Call
Jane Cowell
Elizabeth A. Crino
John and Karen David
Geraldine E. Eberle
Sally Garnaat
John and Linda Garrett
William J. Gilkinson
Allan M. Gordon
George and Shelby
Halverson
Kathleen M. Hepler
Marion E. Huff
Janet Kenigsberg
William Robert and Jan
Kirkpatrick
Regina D. Koch-Mart

Ruth E. Krall
Amy and Malcolm Levin
Robert W. and Charlotte A.
Long
Jeanne Mandell
Leo and Rose Marie Montaño
Victor and Marie I. Montijo, Jr.
Jack H. Pemberton Jr.
Jeanne C. Peterson
Art O. Ramirez
Gertrude S. Raymond
George W. and Earlene M.
Ridge
Barbara C. Robson
Dorothy Segerstrom
Felicia Stickney
Genevieve G. Taylor
Maj. James Vaughn, U.S.
Army Ret.
Margaret M. Wagner
Douglas and Gracia Ward
Harry L. Warrior
David R. Wells
Patricia A. Williamson

Welcome, new members!

Helle Brand
Earnest J. Calabro
Claire Ellington
Natalie McGee
Phyllis Newberry
Carolyn Rice
Laurie Robinson
Paula Van Ness
Robert F. Wallace
Lucy Young

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 December 1, 2018 to January 31, 2019.
Gratitude

PCOA is grateful for the generosity we receive from our community to support the services we offer to older people and their families, and we find it especially gratifying to receive gifts in recognition of the help we have provided.

Marybeth lives in Connecticut, but her mother is in Tucson. Last year, her mother was in danger of losing the house she shared with her husband. A series of circumstances had resulted in her running out of resources, leaving her with no money for food, housing, or healthcare. From the other side of the country, Marybeth was frantic to find help. She reached out to PCOA, and we were able to help her mother access resources and programs that changed her life. Today her mother is stable – she has food, she can pay her mortgage, and she has healthcare through Medicaid.

We received a note of thanks from Marybeth to the staff member who had assisted her mother, along with a donation to PCOA. “As we get ready to say goodbye to 2018, I wanted to take the time to thank you for all the help you and your team provided to my mother this past year,” she wrote. “From the first moment I spoke with you, I knew you cared. And you never stopped caring. The kindness, guidance, and support you provided to my mother were bright spots in a very dark time. To this day, I still tell people about your amazing agency, especially about you. Words are not adequate to express my gratitude.”

Marybeth’s contribution will help us continue to assist people like her mother, and is made even more meaningful because she took the time to express why she choose to give.

“As a token of my appreciation, I have just made a donation in honor of you and your team to PCOA,” she wrote. “While the donation is small, please know my appreciation is infinite.”

We could not help as many people as we do without the contributions of Marybeth and so many others, and for hers and every gift, we are grateful.

In service,

Lana Baldwin, CFRE
VP of Philanthropy & Communications
If you have Medicare and have not received your card with the new Medicare Beneficiary Identifier (MBI), call 800-MEDICARE (800-633-4227) immediately.

YOUR NEW MEDICARE CARD

The Centers for Medicare & Medicaid Services (CMS)—the agency that oversees Medicare—has finished the rollout of new Medicare cards. This means if you have Medicare, you should have received a new Medicare card that includes a random Medicare Beneficiary Identifier (MBI) instead of a number based on your or your spouse’s Social Security number. The new MBI’s consist of random numbers and letters, except for the letters: S, L, O, B, I, Z.

Now that you have your new Medicare card:

- Destroy your old Medicare card and start using your new one right away. Don’t just throw the old card away—shred it or cut it into small pieces.
- If you are enrolled in a Medicare Advantage plan, keep your new Medicare ID card in a safe place and continue to show your Advantage plan’s ID card to your doctors, equipment suppliers, and other providers.

PROTECTING YOURSELF from SCAMMERS

Scammers are hoping to use the new Medicare cards to get your personal information. Fight back by following these tips:

- Treat your Medicare card like a credit card. This means not sharing the information on it with anyone except doctors, pharmacists, health care providers, insurers, and people you trust to work with Medicare on your behalf.
- Scammers are representing themselves as Medicare representatives and altering the appearance of the caller ID to make it seem as if the call is coming from 1-800 Medicare (1-800-633-4227). So far, Senior Medicare Patrol has received complaints from beneficiaries who fell for the scam and provided their new Medicare number. Some beneficiaries were asked for their height and weight. It is believed that the scammers are using this information to order Durable Medical Equipment supplies that are not necessary or needed.
- Say “no thank you” If someone you didn’t first contact or someone you don’t know offers to help you complete applications or forms that require you to fill out personal information like your Social Security Number. To try to get you to answer their calls, scammers can also make it seem like the call is from a local person or business number. They do this by altering the caller ID to match your area code.
- Your new Medicare card is free. If anyone calls and says you need to pay to receive or “fix” a problem with your card, that’s a scam. Never give your bank account number or send cash to anyone who says they need it for you to get your new Medicare card. Don’t fall for the line that you must buy a gift card to make a payment because “Medicare’s system is down”.
- If someone offers to deposit a rebate or bonus into your bank account because you got a new Medicare card, that’s a scam.
- Don’t believe people who say your Medicare card has been “upgraded” or that you have been selected to receive “extra benefits” and you just need to confirm some personal information or pay a small fee.
- Don’t let anyone trick you into believing your Medicare benefits will be canceled unless you give them your Medicare Number. If someone pressures you over the phone or threatens to cancel your health benefits if you don’t share your Medicare Number, hang up!

If you respond to a caller and accidentally give out your personal information, or even if you feel your number may have been compromised (for example, if your mail was opened), you should call 1-800-Medicare and request a new number, indicating you feel you were scammed.

This project was supported, in part by grant number 90MPPG0022, from the U.S. Administration for Community Living, 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 Administration for Community Living 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

Join us to explore major senior issues:

Healthcare & Positive Aging
Caregiving
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

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

Sarah Super Ascher
Senior Director Arizona End of Life Care Partnership-United Way of Tucson and Southern Arizona

Moderator

Jan Lesher
Chief Deputy County Administrator Pima County

Facebook: search for LWVGT Tucson
Twitter: search for LWVGT Email desktop@lwvgt.com
Friday, 1

7:30 a.m. – 9:30 a.m., LWV League of Women Voters of Greater Tucson - 6th Annual Issues and Eggs Breakfast Forum
Aging Not Your Issue? ... It Will Be. 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 Beckfor, Director, Thoughtful Life Conversations, AZ Hospital & Healthcare Assn; Dr. Mindy Fain, Co-Director, Arizona Center on Aging, UA. Moderator - Jan Lesher, Chief Deputy County Administrator, Pima County. $50/person - Includes admission and full buffet breakfast. Doubletree Hotel, 445 S Alvernon Way. Contact: desktop@lwvgt.com or visit lwvgt.org/IssuesAndEggs.html

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 visit www.nfb.org

Sunday, 3

Noon – 2 p.m., Reach for the Stars workshop - for LGBTQ+ older adults (and youth)
The Reach for the Stars 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: 323-4476

2 p.m. – 4 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.tucsonsocietyoftheblind.org

1 p.m. – 2 p.m., Peer Support Group, ALOHA - Adult Loss of Hearing Association
Every Tuesday. Free. Adult Loss of Hearing Association, 4001 E. Ft. Lowell. 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, Explotación Financiera y Negligencia Llamada para Intake. Martha Cruz-Administración de Recursos y Opciones 623-9383 ext. 1009 or visitar arc-az.org

5 p.m. – 7:30 p.m., Doc Talk: Heart Health
Doc Talks is a free community lecture series hosted by the College of Medicine – Tucson and Banner Health. Join Drs. Mathew Hutchinson and David Bull for a lecture on a trial fibrillation and aortic disease. Arrange by 5 p.m. to participate in a Wellness Expo featuring free UV skin analyses, CPR training and more. The lectures begin at 6 p.m. Light refreshments provided. Double Tree Reid Park, 445 S Alvernon Way. RSVP at BannerHealth.com/DocTalks or by calling 800-230-2273. Contact: Ross Dubois, duboisr@medadmin.arizona.edu

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! Drop-in or call. Quaker Meeting House, 931 N 5th Ave. Contact: 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, 6

7:45 a.m. – 5 p.m., Alzheimer's Conference - Southern Arizona Annual Education Conference
This is a comprehensive event dedicated to Alzheimer's disease research, education, and caregiver support. The conference is a full day of workshops and lectures with updates on the latest advancements in Alzheimer's research, community resources, and ways to increase the quality of life for both the individual and the caregiver. Register online only event. Fee: $45 for individuals, $75 for professionals (includes CPUs). Tucson Jewish Community Center, 3800 E. River Rd. Helpline: 24/7, 1-800-272-3900

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. Soreo Hospice, 2475 E. Water St. Contact: 547-7000 or samantha@soreo.com

2:30 p.m. – 5:30 p.m., Free Turbo Tax Workshops with Intuit
(See page 18)

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

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, 7

8 a.m. – 1 p.m., Exercise Class, Line dancing, Qi gong, Tai Ji followed by Mahjong and light lunch

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. Lore studies have comprobadó that the participation 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
PCOA Community Calendar

Thursday, 7

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.
Information: Henry, 520-795-1584 or hh71993@gmail.com.

6 p.m. – 8 p.m., Survivors of Suicide Tucson - Support Group
Contact: 323-8660 or sostucson@aol.com

Saturday, 9

8 a.m. – 9 a.m., Walk With A Doc - Pima County Medical Society
Allergist Leonard Schultz, MD will lead the Pima County Medical Society Walk With A Doc - “Allergies and Asthma in Arizona.” Upcoming events are also scheduled for March 23, April 13, 20.
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.
Contact: Dennis Carey at 795-7985 or dcarey5199@gmail.com with questions

9 a.m. – 11 a.m., Black Women’s Task Force Meeting
2nd Saturday. Donna Liggins Neighborhood Center, 2160 N. 6th Ave.
Contact: 977-5370

10 a.m. – noon, Mended Hearts Chapter #116
Contact: 797-3041 or AlexandraLane99@gmail.com

10 a.m. – noon, Polio Epic
2nd Saturday each month.
Health-South, 2650 N. Wyatt Dr.
Contact: Joanne, 296-1471 or polioepic.org

Monday, 11

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
2nd Monday. La Rosa Healthcare, Santa Catalina Villas Retirement Community.
Contact: Cindy, 615-8111

Tuesday, 12

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, 13

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

Thursday, 14

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. March 14: Carolyn Campbell talking about Preserving the Sonoran Desert. Viscount Hotel, 4855 E. Broadway. For more information or to join: call President Steve Poe, 623-810-5228 (call or text), ssshermanpoe@gmail.com or Terry Bagwell, 520-748-1720, (call or text) tbasketcase@cox.net or visit www.pcsra.com.

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. Call the PCOA Help Line, 790-7262 to reserve your seat

6 p.m. – 7:30 p.m., Pet Loss Support Group
2nd & 4th Thursday. Free support to people grieving the loss of a pet. Northminister Presbyterian Church Library, 2450 E. Ft. Lowell Rd.
Contact: Rene, 603-8319

Friday, 15

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, 16

10 a.m. – noon, The AZ Council of the Blind (AZCB) Chapter SA
3rd Saturday. SAAVI, 3739 E. Grant Rd.
Contact: Thelma, 323-4476, Ext. 109

Monday, 18

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6th Avenue off of Grant.
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Contact: Thelma, 323-4476, Ext. 109
PCOA Community Calendar

Monday, 18

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
$9.29 pp (Senior menu). Golden Corral Restaurant, 6865 N. Thornydale Dr.
Information & Reservations: Rosie, 400-3456 or visit www.narfe.org/site/chapter1874

Tuesday, 19

1 p.m. – 2 p.m., Ostomy Support Group
3rd 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, 20

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

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, 21

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

4 p.m. – 5:30 p.m., PWR! Gym Presents Parkinson Tricks from the World of Mime and Circus
Rob Mermin uses fun, circus games, and props to improve coordination, postural awareness, and development of reflexes. PWR! Gym | Parkinson Wellness Recovery, 140 W Fort Lowell Rd.
Contact: 591-5346 or info@pwr4life.org or visit www.pwr4life.org/wellness-series

5 p.m. – 7 p.m., Social Security 101 - Everything you wanted to know
Free workshop. Go to SocialSecurity.gov/myaccount to create a my Social Security account and print out your Social Security Statement before attending the workshop. Murphy-Wilmot Library, 530 N Wilmot Rd.
Contact: Library, 594-5580 to reserve your spot for this class or visit SocialSecurity.gov

Friday, 22 & Saturday, 23

6 p.m. – 8:30 p.m., Tucson Society of the Blind Spring Concerts
Mar. 22 - Christine Vivona, Harpist; Mar. 23 - Old Arizona Brass Band.
Tickets are $10 each and need to be purchased ahead. Location: Fellowship Square, 8111 E Broadway Blvd.
Tickets: Barbara, 298-2427 or Fellowship Square office, 721-3003 or visit www.tucsonsocietyoftheblind.org

Tuesday, 26

4 p.m. – 5:30 p.m., Court Night - Spring 2019
Do you have basic legal concerns?
FREE legal assistance is available! The Arizona Superior Court in Pima County, in tandem with the Pima County Bar Association presenting. Local attorneys will cover customary legal questions in two sessions, the first from 4:00 until 5:30 p.m., the last from 5:45 until 7:15 p.m., in the areas of family law and probate/guardianship/conservatorship law. Attendees are welcome to join all presentations of interest. Spanish-speaking interpreters will be on site, other interpretive services are available upon request. Flowing Wells Community Center, 1660 W Ruthrauff Rd. Contact: 724-4200 or communityrelations@sc.pima.gov or visit www.sc.pima.gov/default.aspx

Thursday, 28

5:30 – 7:00 p.m., Social Security 101 - Everything you wanted to know
Free workshop. Kirk-Bear Canyon Library, 8959 E Tanque Verde, Tucson. (See listing on the 21st for more information) Contact: Library, 594-5580 to reserve your spot for this class or visit SocialSecurity.gov

Friday, 29

3 p.m. – 4:30 p.m., Social Security 101 - Everything you wanted to know
Free workshop. Oro Valley Library, 1305 W Naranja Dr, Oro Valley. (See listing on the 21st for more information) Contact: Library, 594-5580 to reserve your spot for this class or visit SocialSecurity.gov

Save the Dates

Doggie Shorts - A Furry Film Fest Benefiting Handi-Dogs
April 20, Loft Cinema. 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! Submit (by March 24) your photo of your dog or a 10-second or less video, for possible inclusion in the Dogs of Tucson film we’ll be making.
Visit: http://handi-dogs.org/home/doggie-shorts
Pima Council on Aging

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.


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/
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? 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 Lunchees 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.

Check out this month's menu at: www.pcoa.org/ways-we-help/meals-nutrition.html/. Click on “View Monthly Menu.”

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Zip</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>
</tr>
<tr>
<td>Archer Neighborhood</td>
<td>1665 S. La Cholla Blvd.</td>
<td>Tucson 85713</td>
<td>791-4353</td>
</tr>
<tr>
<td>Armory Park Senior *</td>
<td>220 S. 5th Ave.</td>
<td>Tucson 85701</td>
<td>791-4070</td>
</tr>
<tr>
<td>Casa Community Center</td>
<td>780 S. Park Centre Ave.</td>
<td>Green Valley 85614</td>
<td>393-6814</td>
</tr>
<tr>
<td>Eastside El Dorado 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>
</tr>
<tr>
<td>El Rio Neighborhood Center</td>
<td>1390 W. Speedway Blvd.</td>
<td>Tucson 85705</td>
<td>837-8210</td>
</tr>
<tr>
<td>Ellie Towne/Flowing Wells ** Community Center</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>
</tr>
<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>
</tr>
<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
Do you know someone who has been on this earth 100 years?

Let’s Celebrate Their Life at the Salute to Centenarians

Friday, May 3, 2019

TMC Marshall Conference Center
5301 E. Grant Road

Call Jan Baker at (520) 790-0504 or email jbakerc@pcoa.org, to submit the individual’s name by Friday, March 8, 2019

For local citizens age 99 and over

A centenarian must be registered prior to attending the Salute to Centenarians on May 3.

We want to hear from you!

Please Call Now.

Call Jan Baker (520) 790-0504 to submit a centenarians name prior to March 8.
Tax Time Just Got Easier
FREE TurboTax Workshops with Intuit

Where: Himmel Park Library
When (choose a date): March 6 or March 20, 2:30 - 5:30pm

Learn how to complete tax returns for yourself, your family, and/or your friends with help from tax and software experts. No experience with tax preparation or tax software required.

Workshop participants will complete and file their own tax return using free TurboTax software provided by Intuit. Learn a new skill while taking care of your filing requirement!

Visit here (https://turbotax.intuit.com/taxfreedom/?vitaSiteId=S80091102) to find out if you're eligible.

Think of what you've paid in previous years – and put that money in your pocket!

Your return is e-filed. Both state and federal returns are free to e-file. All refunds will go directly to you and can be direct deposited or put on a debit card.

The experts help make sure you get every dollar back you are owed.

The most important thing: bring all of the documents listed below. Taxpayers without the necessary documents may not be able to e-file their return during the workshop.

Taxpayers must bring:
• Social Security card or number for EACH family member
• Proof of income, including W2s and 1099s
• Account and routing numbers for direct deposit of refunds
• Documentation for deductible expenses such as home mortgage interest or real estate taxes.
• Forms 5498-SA and 1099-SA for Health Savings Accounts and 1095A for Affordable Care Act (if applicable)

Visit our website to learn more about heart health and aging. https://www.nia.nih.gov/health/heart-health-and-aging?

Share this information on social media:

Keep your heart healthy as you get older by being active, eating well, quitting smoking, not drinking heavily, and managing stress. Learn more about heart health and aging: https://www.nia.nih.gov/health/heart-health-and-aging
Older Arizonans Day at the Capitol
Continued from page 1

requesting an additional $1 million to begin increasing staffing levels of the Ombudsman program.

Please help us to amplify this message to legislators this month by going to pcoa.org, clicking on “how you can help,” and clicking advocate – take action. Feel free to customize the pre-drafted letter to send to your state senator and representatives.

PCOA is committed to advocating for the interests and well-being of vulnerable adults in our community, and to ensuring the voices of all older adults and those who love and care for them are heard.

Thank you to the many aging advocates who participated in Older Arizonans Day at the Capitol and shared your personal experiences to illustrate the importance of critical services to serve and protect older adults and those with physical disabilities.

In service,

W. Mark Clark
President & CEO
You need to exercise both your brain and your body during middle age to guard against dementia as you grow older, a new, long-term study suggests.

Keeping mentally active through activities like reading, playing music, sewing or painting reduces your overall risk of both dementia and Alzheimer’s disease, according to the report. At the same time, staying physically active appears to protect you against types of dementia linked to unhealthy blood vessels, including vascular dementia and mixed dementia.

"We found that higher levels of mental and physical activity in midlife, independently, reduced the risk of dementia," said lead researcher Dr. Jenna Najar. She is a doctoral student with the University of Gothenburg's Center for Aging and Health in Molndal, Sweden.

Najar said that means that if you just focus on mental activities, you are losing out on the brain benefits from regular physical exercise -- and vice versa.

"When we studied the effect on different dementia subtypes, we found that higher levels of mental activity in midlife reduced the risk of Alzheimer's disease, regardless of how physically active the women were," Najar said. "Higher levels of physical activity reduced the risk of more vascular forms of dementia, regardless of how mentally active the women were."

Najar and her colleagues evaluated 800 Swedish women who entered the study at an average age of 47 and were followed for 44 years.

At the beginning of the study, all of the women were asked about their regular mental and physical activities.

Mental activities could include a wide array of intellectual, artistic and religious endeavors. Physical activity could range from light exercise like walking or gardening, up to more strenuous activities like running or swimming.

During the study, 194 women developed dementia, including 102 with Alzheimer's, 27 with vascular dementia and 41 with mixed dementia. Mixed dementia is a combination of two or more types of dementia.

Women with a high level of mental activity were 46 percent less likely to develop Alzheimer's disease and 34 percent less likely to develop any form of dementia, compared with women who worked out their brains the least, the investigators found.

Meanwhile, more physically active women were 52 percent less likely to develop vascular dementia and 56 percent less likely to develop mixed dementia, compared with inactive women, the findings showed.

These associations held even after the researchers took into account other factors that influence dementia risk, such as high blood pressure, smoking and diabetes.

Even though the study only involved women, "I have no reason to think the effect should be any different for men," Najar said.

The findings were published online Feb. 20 in Neurology.

For years, there’s been growing evidence that there are lifestyle risk factors associated with dementia, said Keith Fargo, director of scientific programs and outreach for the Alzheimer’s Association.

"It's really interesting they saw different effects in different dementia subtypes, which probably should not surprise us so much," Fargo said.

Fargo and Najar said the benefits of mentally stimulating activities could relate to a concept called "cognitive reserve." Essentially, by exercising your brain on a regular basis, you are building up its ability to resist age-related decline.

For example, Alzheimer's disease likely is caused by amyloid plaques and protein tangles that gum up nerve cell connections, or "synapses," Fargo said.

"Even if you have these plaques and tangles, if you’ve got a lot more and stronger synapses to begin with because you’ve maintained a healthy cognitive life, maybe it takes those plaques and tangles longer to do their damage enough that it shows up as dementia," he explained.

The benefits of physical exercise are more straightforward, Fargo noted. By improving blood vessel health, you make sure that the brain has a dependable supply of the oxygen and the energy it needs to function correctly.

"Physical activity and exercise has a lot of evidence now behind it," he added. "Cognitive stimulation is beginning to get more and more as well."

Evidence also is growing that the things you do in midlife strongly affect your brain health as you age, Fargo said, noting that the study started tracking women in their middle age.

"You get a lot of people, they don't want to start thinking about these things until they're in their 60s and 70s," Fargo said. "It’s never too early to..."
PCOA Put Life Back in Your Life programs - *Pre-registration is required.*

Call 305-3410 for a program in your area.

**A Matter of Balance**

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**

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

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**

**Healthy Living with Ongoing Health Conditions**

Tucson Estates
5900 W. Western Way
Some restrictions apply.
Monday, Wednesday, Friday
8:30 – 9:30 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**

**Healthy Living with Chronic Pain**

St. Mark’s United Methodist Church
1431 W. Magee Rd.
Tucson, 85704
March 5, 12, 19, 26, April 2, 9
Tuesdays, 1:00 – 3:30 pm

Christ Presbyterian Church
6565 E. Broadway Blvd
Tucson, 85710
May 7, 14, 21, 28, June 4, 11
Tuesdays, 1:00 – 3:30 pm

**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.

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

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**

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

Tucson Estates
5900 W. Western Way
Some restrictions apply.
Monday, Thursday, Saturday
12:30 – 1:30 p.m., **Level 1**

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

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/](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.

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

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.
What’s the eating style that’s best for health? Is it a Mediterranean eating plan? Vegetarian? Low carb? With all the eating styles out there, it’s hard to know which one to follow.

Healthy eating is one of the best ways to prevent or delay health problems. Eating well, along with getting enough physical activity, can help you lower your risk of health problems like heart disease, diabetes, obesity, and more. To reach your goals, experts advise making small, gradual changes.

“The best plan to follow is one that is science based, that allows you to meet your nutritional requirements, and that you can stick to in the long run,” says Dr. Holly Nicastro, an NIH nutrition research expert.

The main source of science-based nutrition advice is the Dietary Guidelines for Americans. These guidelines describe which nutrients you need and how much. They also point out which ones to limit or avoid.

In general, healthy eating means getting a variety of foods, limiting certain kinds of carbs and fats, watching out for salt, and being aware of your portion sizes.

Limit Added Sugars

Added sugar is the extra sugar added to foods and drinks during preparation. Corn syrup, high-fructose corn syrup, brown sugar, and honey are examples of sweeteners added to foods and drinks, especially regular sodas.

The Dietary Guidelines for Americans suggest a daily limit on added sugar of no more than 10% of calories. That’s about the amount in 16 ounces of regular soda (190 calories).

“Anybody can improve their diet by substituting fruits and vegetables for sugar as their snacks, as part of their dessert, and as part of their meals,” says Stanhope.

Consider Your Fats

Fat is high in calories and can increase your chances of developing obesity, heart disease, and other health problems. But there are different kinds of fats.

Fats that are liquid at room temperature, or oils, are healthier than those that are solid. Solid fats are found in high amounts in beef, chicken, pork, cheese, butter, and whole milk. Solid fats have more saturated fats than liquid oils. Liquid oils—such as canola, corn, olive, or peanut oil—have mostly unsaturated or polyunsaturated fats.

The dietary guidelines encourage consuming liquid oils rather than solid fats. Nicastro advises that you examine the fat content on the Nutrition Facts label. The label shows how much saturated fat a product contains. Experts suggest that you aim for getting less than 10% of your calories from saturated fats.

Check Labels for Salt

The Nutrition Facts label also shows salt, or sodium. Experts advise you to limit salt, which tends to be very high in processed foods.

If you eat salty, highly processed food, you can quickly go over the daily limit of one teaspoon of salt (2,300 milligrams of sodium). Two hot dogs might have 900 milligrams of sodium. Other examples are bacon, frozen pizzas, and salad dressings.

Along with a lot of added salt, processed foods might have preservatives, sweeteners, and other substances added during preparation.

Make a Meal Plan

“Figuring out what to eat is less than half the battle,” Nicastro says. “Sticking to your plan is a bigger challenge. So that’s why it helps to be really prepared and plan ahead.”

You’re much more likely to stick to your meal plan if you have healthy food that is ready to go. Some people find it helpful to prepare meals for the week in advance so that healthy food is within reach.

The DASH eating plan is a good start. DASH, developed by NIH-supported research, helps people lower blood pressure without medicine, but it’s for anyone. Studies have shown that it reduces the risk of many diseases.

“Anybody can follow it, despite specific preferences or culture,” Nicastro says. It even works for people who are vegetarian or only eat Kosher foods.

Get Expert Advice

The Dietary Guidelines for Americans are designed to help people avoid developing obesity, diabetes, and heart disease. But everyone is different. You may have needs and risks that aren’t like the average American. Talk to your health care provider and/or a registered dietician nutritionist (RDN) about your unique nutritional needs.

Source: National Institutes of Health, U.S. Department of Health and Human Services
Flinn Foundation Buffmire Lecture

DuVal Auditorium | Banner - University Medical Center Tucson
1501 N. Campbell Avenue
Noon, Thursday, March 14

Join the College of Medicine – Tucson for a special guest lecture by Peter Lurie, MD, MPH, who will present “Holding Government and Industry Accountable in the Development of Food Policy: The Role of the Center for Science in the Public Interest (CSPI).” This free community talk will discuss tactics utilized by the CSPI to advance four public health initiatives including trans-fat, sodium and opioid withdrawal supplements.

Please RSVP at https://medicine.arizona.edu/webform/buffmire-lecture.

Dr. Lurie is President of the CSPI. Previously, Dr. Lurie was the Associate Commissioner for Public Health Strategy and Analysis at the Food and Drug Administration, where he worked on antimicrobial resistance, transparency, caffeinated beverages, arsenic in rice, fish consumption by pregnant and nursing women, expanded access to investigational drugs, and prescription drug abuse. Prior to that, he was Deputy Director of Public Citizen's Health Research Group, where he addressed drug and device issues, coauthored the organization’s ‘Worst Pills, Best Pills’ consumer guide to medications, and led efforts to reduce worker exposure to hexavalent chromium and beryllium. Earlier, as a faculty member at the University of California, San Francisco and the University of Michigan, he studied needle exchange programs, ethical aspects of mother-to-infant HIV transmission studies, and other HIV policy issues domestically and abroad.

The Flinn Foundation Buffmire Lecture is a series launched in 1997 for the University of Arizona’s two Colleges of Medicine to feature national experts well-versed in the changing practice of medical care and research. The lectures, now presented each fall and spring on the campuses of UA's two medical schools, are designed to connect Arizona's academic, practice, and research medical communities. The Flinn Foundation thanks the Colleges of Medicine—both Phoenix and Tucson—which coordinate and host the lectures.

The lecture series is named for Donald K. Buffmire, M.D., an internal-medicine and cardiology specialist who was a longtime leader in Arizona’s medical and philanthropic communities. A protégé of Robert S. Flinn, M.D., Don was appointed to the Flinn Foundation board of directors soon after its establishment in 1965. His board service, including 14 years as chair, continued until 2001, and he remained an emeritus board member until his death in 2008.

The Flinn Foundation, a privately endowed, philanthropic grantmaking organization, works in four areas to fulfill its mission: to improve the quality of life in Arizona, to benefit future generations. The Foundation’s primary focus is advancing Arizona’s bioscience sector; it also operates the Flinn Scholars Program and the Arizona Center for Civic Leadership, and supports the state’s arts and culture sector. The Flinn Foundation Conference Center is available at no cost to Arizona nonprofit organizations serving in the Foundation’s fields of interest.

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