

AZ LINKS NEWSLETTER

www.azlinks.gov



INSIDE THIS ISSUE

The Arizona Alzheimer's State Plan Unveiled	1
The Aging Mastery Program	2
Updates from the Social Security Administration	2
4 th Western Arizona Conference on Aging	3
America the Beautiful Access Pass	5
Arizona Commission for the Deaf and Hard of Hearing	5
Newsletter Submissions	5
New Horizons Disability Empowerment Center	5

Arizona Alzheimer's State Plan Unveiled at State Capitol

Submitted by Connie Weber, Public Information Officer, DES

Alzheimer's disease is the most common form of dementia, and is now the fourth leading cause of death in Arizona, the top leading cause for women age 65 and older. As our state is a haven for retirees, the population of those 65 and older is expected to increase by 174% from 2010 to 2050. The Arizona Alzheimer's Task Force was formed to address the growing human and financial cost of this disease and other forms of dementia.

In an address on the Arizona State Capitol lawn, representatives from the Arizona Alzheimer's Task Force, the Governor's Advisory Council on Aging, members of the State Legislature, and the

Department of Economic Security (DES) outlined the new Arizona Alzheimer's State Plan: A Framework for Action, part of a nationwide effort of states to develop a plan to support those who are suffering from dementia and their families who care for them.

The plan has five main goals: to maximize public awareness and understanding; develop new and enhanced existing supports for Alzheimer's patients and their families; expand a dementia-capable workforce in Arizona; advance and disseminate research; and create a dementia-capable system in our state.

The efforts to find a cure and support caregivers is personal to the DES Division of Aging and Adult Services Caregiver Coordinator David Besst who shared his personal experience.

Continued on page 4

ANNOUNCEMENT



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

The Aging Mastery Program

*Submitted by Melissa Elliott, VP Programs and Services,
Area Agency on Aging, Region One, Inc.*

The Area Agency on Aging, Region One, Inc. will pilot the **Aging Mastery Program** developed by the National Council on Aging. The goals of the program are to help older adults and boomers build their own playbook for aging well, while improving health, economic well-being and quality of life.

To achieve the individual goals of the Aging Mastery Program, participants will be involved in a fun, innovative, and person-centered education program. This will empower participants to embrace their gift of longevity by spending more time each day doing things that are good for them and for others.

This is a ten week course taught by experts and held in the community. Topics will include the following: *Navigating Longer Lives, The Basics of Aging Mastery, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Falls Prevention.* There is a \$75.00 charge per participant for the course. Please call the 24 hour Senior Help Line at **602-264-4357** for class locations and information.

Update from the Social Security Administration

*Submitted by Jack Burns, Public Affairs Specialist in Arizona,
Social Security Administration*

As of December 10, 2016, we have the ability to accept non-medical denial and adverse action appeals [online](#). You can appeal a wide range of decisions, including denial of benefits, date of entitlement, and overpayment.

Our online appeals application allows a customer to complete and submit the *Request for Reconsideration* and *Request for Hearing by Administrative Law Judge* to Social Security online.

The new application incorporates appeals of non-medical denial decisions with features already available, such as uploading supporting documents online. In addition, people living outside the United States can utilize this new service.

This expansion will reduce the need for travel to a field office, as well as lessen the time to process non-medical appeals and associate the supporting documents.

Please help spread the word about this important change. We appreciate everything you do to keep the public informed about our programs and services.





WACOG to Host the 4th Western Arizona Conference on Aging

Submitted by Laura Falender, Program Development Specialist, WACOG Area Agency on Aging

Western Arizona Council on Governments Area Agency on Aging (WACOG AAA) is hosting the 4th Western Arizona Conference on Aging at the Pivot Point Conference Center in Yuma on May 18-19, 2017. The conference will include breakout learning tracks on elder abuse, caregivers, and healthy aging, as well as plenary sessions on topics such as Alzheimer's research and baby boomers. The conference also offers the opportunity to participate in the Virtual Dementia Tour, which is a guided experience of some of the physical and mental challenges faced by those living with dementia.

Registration is now open at <http://wacog-aaa.regfox.com/2017-conference>. Special room rates are available at the Hilton Garden Inn Pivot Point with code waco17. Scholarships and respite care are available for family caregivers in Yuma, La Paz, and Mohave Counties who would like to attend. The scholarship application is at <https://www.surveymonkey.com/r/cg-scholarship>.

Sponsorships are also available. Contact Laura Falender at lauraf@wacog.com or **928-217-7198**. If you have additional questions please call WACOG AAA at **1-800-782-1886**.



Arizona Alzheimer's State Plan, continued from page 1



His mother died of Alzheimer's and the mother of his significant other also suffers from the disease, and is living in a care facility. "Alzheimer's is a very personal process, it's tough when somebody you loved for 50 years wants to punch you in the nose and doesn't know who you are," said Besst. "It's really, really tough. It's one of the hardest forms of caregiving you can do."

Arizona State Representative Bob Robson—who lost his mother to the disease and State Representative Heather Carter pledged to continue to work with the Arizona State Legislature and Governor Ducey's office to support research funding. Representative Carter is the Chair for the House Committee on Health and a member of the Task Force. She voiced optimism about Arizona's role in finding a cure.

"It has been said often in the [State House] Health Committee: the brain that will cure Alzheimer's will be an Arizona brain," said Carter. Carter pointed to a large number of internationally-renowned Alzheimer's researchers working in Arizona, and what she called a "robust" bank of brain donations in our state.

Supporting caregivers is also a big part of the state plan. Carter pledged to work during the next legislative session toward continued funding for long-term care facilities, and tax credits for those struggling under the financial burden of caring for their loved ones at home.



"Today, it's a celebration of the work this committee has put together," said Carter, who praised the work of the Arizona Alzheimer's Task Force on the state plan, something she says "...will fundamentally make Arizona a great place to live, work and retire."



America the Beautiful Access Pass

Submitted by Tammy Pankey, DES/DAAS, Aging and Disability Specialist

The America the Beautiful Access Pass is for United States citizens or lawful permanent residents who are blind or have a permanent disability (an impairment that severely limits one or more major life activities).

The Access Pass offers a free lifetime entrance permit to visit national parks, monuments, and recreation areas which normally charge entrance fees. It also provides a discount on federal use fees for facilities and services such as camping, swimming, boat launching and guided tours. The Access Pass admits the permit holder and a carload of up to 4 adults (children under 16 are free).

Access Passes are available from one of the following: Bureau of Land Management, Bureau of Reclamation, Fish and Wildlife Services, USDA Forest Service and National Park Service.

Arizona Commission for the Deaf and Hard of Hearing

The ACDHH was established in 1977 to serve as a statewide information referral center for issues relating to people with hearing loss. Take a look at <http://www.acdhh.org/>

Newsletter Submissions

Dear AZ Links Partners,

We are always interested in hearing about programs and services available throughout the state, and highlighting staff and volunteers that make things happen is of great interest. Any announcements, staff changes, events, and information are welcome. Photos and brief notices can also be included. Please send newsletter items to: TPankey@azdes.gov.

This is your newsletter – let us know what you would like to see included.

Next newsletter: April 2017

Deadline for submissions: March 15, 2017

Past issues of the AZ Links Newsletter are available on our website at www.azlinks.gov.

New Horizons Disability Empowerment Campus New Location

Submitted by Jean Lasher, Community Information Coordinator and Outreach, New Horizons Disability Empowerment Center

New Horizons Disability Empowerment Center is now at our new location at **9400 E. Valley Road in Prescott Valley**, on the corner of Mendicino and Valley Roads. The phone number stayed the same at **928-772-1266**. We are creating a place with many different services, where all people with any disability can come to get help, answers and insight. While there they can use our new adaptive computer lab with instructor, sports and fitness center, disabled veterans service center and more, all in one place, in our community. Services will include information, referrals, job help, transportation, social and therapeutic activities for you and your family.