

# AZ LINKS NEWSLETTER

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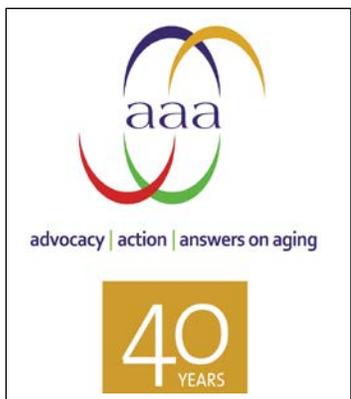
## Fall Provides Opportunities!

With temperatures finally dropping, activities across the state are picking up and this fall edition of your newsletter contains several opportunities to get out and engage with your ADRC partners! Some of the great events happening around the state are: Lighting Arizona Purple, which supports domestic violence awareness, the Elder Issues Conference being held in Flagstaff, and don't miss the Caregiver Conference in Tucson in November. In addition, please share the information provided related to Social Security and the upcoming Medicare Open Enrollment Period, which runs from October 15, 2015 through December 7, 2015. **David Best, ADRC Project Director**

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passion for, provide service to, or have a “thirst for knowledge” to learn more on elder justice and the issues faced not only by our older adults, but by those who care for and interact with our very precious commodity, Northern Arizona older adults.



## ANNUAL CONFERENCE ON ELDER ISSUES BRINGING NATIONAL SPEAKERS TO REGION

*Submitted by Area Agency on Aging-NACOG*

Area Agency on Aging NACOG (AAA NACOG) is hosting their 24<sup>th</sup> Annual Elder Issues Conference, **Thursday, October 15, 2015**, at the High Country Conference Center. NACOG will also celebrate 40 years of service to the older adults of Arizona. This is an exceptional opportunity for those who have a

The keynote speaker for this conference is Robert B. Blancato, President of Matz, Blancato, & Associates, a consulting firm in Washington, D.C. He is the National Coordinator of the Elder Justice Coalition and has served as President of the National Committee for the Prevention of Elder Abuse. The general session speaker is Paul Greenwood, Deputy District Attorney, San Diego District Attorney's Office. He is the head of the Elder Abuse Prosecution Unit, and also a co-chair of the California District Attorneys Association, Elder Abuse Committee. He has been involved in the prosecution of over 200 felony elder abuse cases. Additional sessions will provide information on topics of psychosocial changes with aging, law enforcement training, and brain health. CEUs will be available for all professionals requiring them. This annual conference is an exclusive opportunity providing national level information to the region.

Please see *NACOG Annual Conference* on page 5

## ***October is Domestic Violence Awareness Month***



**Governor Douglas Ducey announces the  
**IT CAN STOP****

**Public awareness campaign**

**Home Depots across the state will be selling purple light bulbs so that citizens of  
Arizona can participate in  
**LIGHTING ARIZONA PURPLE****

***ONCE AGAIN***

***October 15<sup>th</sup> is WEAR PURPLE DAY***

***Wear purple on the 15<sup>th</sup> to show your support in ending domestic  
violence.***

***Encourage the employees in your office to wear purple, as yet another  
reminder that we know **Domestic Violence Can STOP!*****

*Submitted by Laura Guild, Domestic Violence Program Manager, DES/DAAS*

## DES Arizona Veterans Employment Services

*Submitted by Tammy Pankey, ILS Specialist, DES/DAAS*

Since Veterans Day is right around the corner, it seems timely to highlight a statewide program that serves Arizona veterans. The Department of Economic Security (DES) Arizona Veterans Employment Services program assists veterans with not only their immediate employment needs, but with overcoming barriers and obstacles to long term employment and independence. In the last issue of the *AZ Links Newsletter*, Hilton HHonors was introduced. Hilton HHonors provides free hotel stays for employment-related travel to veterans, qualified spouses, and transitioning service members. This is just one feature of the DES Arizona Veterans Employment Services, and only one tool the dedicated Arizona Veterans Employment Advocates have to assist veterans in changing their lives.

The main priority of the program is to help veterans and qualified spouses overcome barriers to employment. Some of the ways the advocates assist with overcoming barriers and preparing veterans for job readiness is by coordinating contact with many other programs and agencies. They may need to work with programs that help veterans who are experiencing homelessness, or who have addictions or Post Traumatic Stress Disorder. The advocates also work with the Department of Veterans Affairs in situations where a veteran may need work-specific prosthetic devices, sensory aids, or other special equipment to improve their employability. Once a veteran is job ready, the advocate continues to work with them, one on one, by sharing job search techniques, teaching interviewing skills and how to write a resume. They also assist in monitoring job listings and identifying training and employment opportunities. To qualify for this program, you must be a veteran or a qualifying spouse of a veteran, willing and motivated to find employment. Click here for a listing of advocates <https://www.azdes.gov/main.aspx?menu=258&id=3656>.

## The 2015 Positive Aging for Women Conference

### It's Your Life: Get It Together!

*Submitted by Adina Wingate, Director, Marketing and Public Relations, Pima Council on Aging Area Agency on Aging*

One of the annual partnerships of Pima Council on Aging (PCOA) and Tucson Medical Center (TMC) Senior Services is the half-day conference known as **Positive Aging for Women**. The conference is designed for older women, and was started more than ten years ago by a former City of Tucson Council Member who wanted to offer women a unique opportunity to gather for socialization, discussion, and topical issues. The conference will be held on **Thursday, October 8, 2015**, at St. Paul's United Methodist Church, 8051 E. Broadway Boulevard, in Tucson.

This year's theme is about life planning for improved quality of life at every life stage. Sessions include topics about long-term care needs; housing and transportation options; ways to remain physically active through participation in health promotion programs; the importance of social engagement; self-care; and more.

PCOA will have a larger presence at this year's conference with PCOA specialists as speakers for the opening session about later-life planning issues, including how and why to prepare and file an Advance Directives kit. Senior Advocate Jennifer Walker and Healthy Living Program Coordinator, Karen Ring will co-present the first session. Health Promotion master trainers Marty Twichell and Tom Pylman will lead the second session about ways to stay physically active, with particular focus on falls prevention, improving balance, and maintaining flexibility.

In addition to speakers from PCOA and TMC Senior Services, nearly 20 local groups and businesses will have a table and handout materials for the anticipated audience of 180 older women.

## Updates from the Social Security Administration

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

### **I heard that my disability must be expected to last at least one year to qualify for Social Security disability benefits. Does this mean I have to wait until I've been disabled an entire year before applying for disability?**

**Answer:** No. If you believe your disability will last a year or longer, apply for disability benefits as soon as you become disabled. Processing your application can take an average of three-to-five months. If your application is approved, we'll pay your first Social Security disability benefits for the sixth full month after the date your disability began. For more information about Social Security disability benefits, refer to our publication, *Disability Benefits*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

### **What are Compassionate Allowances?**

**Answer:** Compassionate Allowances are Social Security's way of quickly identifying severe diseases and other medical conditions that qualify a person for disability benefits without waiting a long time. Compassionate Allowances permit Social Security to target the most obviously disabled individuals for allowances, and faster payment of benefits based on objective medical information that we can obtain quickly. Compassionate Allowances are not separate from the Social Security Disability Insurance or Supplemental Security Income programs. Visit [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances) for more information.

### **Are Supplemental Security Income (SSI) benefits taxable?**

**Answer:** No. SSI payments aren't subject to federal taxes. We will *not* send you an annual form SSA-1099 to report your benefits to the Internal Revenue Service. However, Social Security beneficiaries may have to pay income tax on a portion of their benefits. If so, you may ask Social Security to withhold your federal taxes from your Social Security benefit payments. For more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

### **Do I have to give my Social Security number whenever I'm asked?**

**Answer:** Giving your Social Security number is voluntary. If requested, you should ask why the person asking needs your Social Security number, how it will be used, what law requires you to give your number, and what the consequences are if you refuse. Keep in mind that requestors might not provide you their services if you refuse to provide your Social Security number. For more information, visit [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs) to read or print our publication, *Your Social Security Number And Card*.

### **Is it true 10,000 people a day are retiring? What's the easiest way to avoid the crowds?**

**Answer:** Yes. As the baby boomers reach their retirement years, Social Security is handling about 10,000 claims each day. You can avoid the crowds by filing online. You can complete your retirement application in as little as 15 minutes. It's safe, convenient, and secure. There's no need to drive to a local Social Security office. There are no forms to sign. Social Security will process your application and contact you if any further information is needed. Just go to [www.socialsecurity.gov](http://www.socialsecurity.gov).

**NACOG Annual Conference** from page 1

AAA NACOG is also a trend setter with its Director, Mary Beals-Luedtka, serving as First Vice President on the National Association of Area Agencies on Aging (n4a) Board after having served in other capacities for over nine years. Mary brings innovative service systems to the Northern Arizona elder population and implements these practices in order to provide the maximum quality services to support older adults to stay in their homes. Mary also serves as Co-Chair for AZ4A, the Arizona State Association of Area Agencies on Aging.

AAA NACOG provides services throughout the Northern Arizona territory of Yavapai, Coconino, Navajo, and Apache counties, less the reservations (which have their own programs). Types of services offered include Medicare/Benefits Counseling, Resident Advocacy through the Ombudsman program, Information and Referral, Evidenced Based Health and Wellness, Options Counseling, Care Transitions, Family Caregiver Supports, Case Management and Critical Signal Technologies (CST) monitoring systems. Staff and volunteers regularly visit Northern Arizona communities for the purpose of training, educating and advocating on important senior issues, and meeting individually with senior clients. In the United States, 10,000 people a day turn 65 years old. The aging population is exponentially increasing in Northern Arizona and all the issues that come with aging are increasing as well. If aging *IS* your issue, you need to attend this conference. Register at: [www.regonline.com/2015elderissuesconference](http://www.regonline.com/2015elderissuesconference) or call: 1-877-521-3500. Hope to see you there!

## MEDICARE OPEN ENROLLMENT OCTOBER 15th – DECEMBER 7<sup>th</sup>



### MEDICARE OPEN ENROLLMENT EVENTS

#### Maricopa County:

November 7, 2015; 9:00 a.m. to 2:00 p.m.  
Pyle Adult Recreation Center, 655 E. Southern  
Avenue, Tempe, AZ

#### Pinal County:

October 26, 2015; 10:00 a.m. to 2:00 p.m.  
Coolidge Adult Center, 250 S. Third Street,  
Coolidge, AZ 85128

#### Yuma County:

October 28, 2015, 9:00 a.m. to 3:00 p.m.  
Yuma Main Library, 2951 S. 21<sup>st</sup> Drive, Yuma, AZ  
85346

**For free benefits counseling, enrollment information, assistance, and a complete listing of events in your area, call the local Area Agency on Aging or the SHIP Hotline.**

**1-800-432-4040**



## In The News

*Submitted by Adina Wingate, Director, Marketing and Public Relations, Pima Council on Aging Area Agency on Aging*

Over the last nine years, the Pima Council on Aging (PCOA) has developed a robust partnership with the local daily newspaper, the *Arizona Daily Star*. Adina Wingate, Director of Public Relations at PCOA, is the designated director working on this unique print media partnership. The centerpiece is the annual production of *Primetime*, a 28-page special tab packed with eight to ten articles written by PCOA, including the printing of the complete PCOA *Guide to Services*; and a wide range of paid advertisements secured by the paper's sales team.

Readers of *Primetime* (the digital edition is online at [www.tucson.com/Retirement](http://www.tucson.com/Retirement)) include younger adults age 45+, who are the largest share of family caregivers; baby boomers born between 1946 and 1964, who are turning 65 at the rate of 10,000 a day; and older adults age 65 and better, who are continuing to work, and a larger share that is retired. The special tab will reach over 330,000 adults (688,638 gross impressions) based on data provided by the *Arizona Daily Star*.

Last year, the paper approached PCOA to offer page space for a monthly column about aging issues. Started last August, the popular monthly column appears on the third Monday of the month and, as predicted by the paper, the column has contributed to sustained visibility for PCOA, and increased readership of print (hard copy) and digital online readers of over 248,000 adults (and 572,255 gross impressions).

Last month, the paper launched *Age Matters*, a news-based blog that covers aging issues. Administered by the paper for PCOA, the new blog is written by Adina Wingate for PCOA.

## The 20th Annual Caregiver Conference

### *A Caregiver's Harvest*

*Submitted by Adina Wingate, Director, Marketing and Public Relations, Pima Council on Aging Area Agency on Aging*

Pima Council on Aging (PCOA) is a founding member of the Caregiver Consortium, the organizing group that will stage the 20<sup>th</sup> annual conference in Tucson on **Friday, November 20, 2015**, at Hilton Tucson East, 7600 East Broadway, in Tucson. Dr. Kevin Leman, noted psychologist and New York Times best-selling author, is the keynote speaker and the audience is made up of caregivers and professionals in the field. Please visit [www.caregiverconsortium.org](http://www.caregiverconsortium.org) for more conference information.

## Save the Date for the Vision Rehabilitation and Assistive Technology Expo

*Submitted by Barbara McDonald, PR Chair for the Vision Rehabilitation and Assistive Technology Expo*

Are you looking for information, help, or support with your vision loss or a combined vision and hearing problem? Then mark your calendar for **December 11, 2015**, for the 20th Annual Vision Rehabilitation and Assistive Technology Expo (VRATE) at the Phoenix Convention Center, in the South Building located at 33 South 3rd Street, from 9:00 am to 4:00 pm. There will be presentations from retinal specialists, blindness consumer, and provider organizations, as well as presentations on website accessibility, assistive technology, and the Business Enterprise Program. This is a "FREE" event. For the most current information, go to [www.vrate.org](http://www.vrate.org).



## How Elders Can Protect Themselves from Telemarketers

*Submitted by Tammy Pankey, ILS Specialist DES/DAAS, information from the National Consumer Law Center*

To protect themselves from telemarketers, consumers should list their telephone numbers on the nationwide do-not-call list, **1-888-382-1222**, or visit [www.donotcall.gov/register/reg.aspx](http://www.donotcall.gov/register/reg.aspx). Placing one's name on the nationwide do-not-call list stops both telemarketing robocalls and telemarketing calls with a live caller.

A company can still make telemarketing calls to a consumer whose number is on the nationwide do-not-call list, if the company has an "established business relationship" with the consumer. For example, if the consumer has bought goods or services from the company within the past 18 months, this would be considered an "established business relationship." To stop receiving these calls, the consumer should tell the telemarketer to add the consumer's number to its company-specific do-not-call list.

Consumers should report unwanted telemarketing calls to the FCC's complaint line, **1-888-225-5322**, or through [www.donotcall.gov/default.aspx](http://www.donotcall.gov/default.aspx).

## Newsletter Submissions

**Dear AZ Link Partners,**

We are always interested in hearing about programs and services available throughout the state. Highlighting staff and volunteers that make things happen is of great interest as well. Any announcements, staff changes, events, and information are welcome. Photos and brief notices can be included, too. Please send items for the *AZ Links Newsletter* to: [TPankey@azdes.gov](mailto:TPankey@azdes.gov).

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

Next newsletter: January 2016

Deadline for submissions: December 15, 2015

I look forward to hearing from you!



For the seventh time, Arizona has been ranked by the United Cerebral Palsy as the best performing state in the United States for individuals with intellectual and developmental disabilities.

### ***Congratulations***

Department of Economic Security,  
***Division of Developmental Disabilities***

for yet another year of outstanding work!