

AZ LINKS NEWSLETTER

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It's SART time again!

It is time once again to focus on the semi-annual reporting process for the members of the Aging and Disability Resource Consortium in Arizona. Please watch for an email from Tammy Pankey sending you the updated forms and requesting your data covering the time frame from 10/1/13 through 3/31/14. If your agency has experienced any turnover in any personnel positions related to your reporting, please notify Tammy at TPankey@azdes.gov so she can get the forms and information to the correct person. We thank you in advance for your time and effort to provide the data required by the U.S. Administration for Community Living. – David Besst, ADRC Project Director

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New Horizons Disability Empowerment Center Recognized for Providing Services to Individuals with Multiple Chemical/Electrical Sensitivities

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

The Rehabilitation Services Administration (RSA) periodically conducts on-site reviews of centers for independent living. At New Horizons, the on-site review took place May 14-17, 2013 and covered the operations and activities at the center. During the review, interviews were conducted with staff,

consumers and members of the board. In addition, program and financial documents were reviewed in accordance with RSA's On-Site Review Guide.

In the final report after this review, New Horizons was recognized for their "Emerging Practices" in providing services and meeting the needs of individuals with Multiple Chemical/Electrical Sensitivities (MC/ES). Services provided by New Horizons Staff include information and referral services plus education about maintaining a fragrance-free and chemical free environment. A peer support group meets monthly in New Horizons' fragrance-free office. Also in collaboration with a local beautician, haircuts are offered that are chemical-free and fragrance-free.

Many people with MC/ES who moved to the
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area for the clean air and healthier environment are able to maintain activities of daily living and New Horizons has become a resource center for those moving to the state. As a result, staff at New Horizons have become nationally and internationally recognized for their expertise in this health issue.

New Horizons provides services to individuals with disabilities that includes information and referrals, advocacy, independent living skills, mentoring by peers, computer classes, employment and Ticket to Work programs, and low cost transportation services. New Horizons Disability Empowerment Center is located at 8085 E. Manley Drive, Prescott Valley. **Phone: 928-772-1266.**

Please remember that this is a fragrance-free facility. Website: www.NewHorizonsilc.org
 Blog: www.NewHorizonsilc.org/blog

S.M.I.L.E. has Home Modification Services Available through Grant

Submitted by Brenda Howard, S.M.I.L.E. Finance Manager/Administrative Assistant

S.M.I.L.E. has CDBG Grants for the City of Yuma and County of Yuma that require low to moderate income level participants in a home modification program. If you are a home owner and are in need of a **ramp, bathroom modification or other assistive technology** to help improve your health and welfare please give us a **call 928-329-6681.**



A New and Free Online Grief Education and Support Group

Exploring the potential benefits of grief education and increasing social interactions among individuals who have lost their spouse or partner by regularly connecting with others online.

Submitted by Adina Wingate, Director Marketing/ Public Relations, Pima Council on Aging, Area Agency on Aging, Region II

Dr. Mary-Frances O'Connor, clinical psychologist and researcher at the University of Arizona in Tucson, is studying the effects of participating in an online grief education and support group from your home. Dr. O'Connor is starting free online support groups. She is asking all interested adults over 60 years of age to contact her for details at 520-626-5383, toll-free at 1-877-518-4630, or send an email to LKnowles@email.arizona.edu. The new online groups meet for 1 hour twice a week for eight weeks.

Pima Council on Aging is helping get the word out about the study by publishing the study announcement in the April edition of the PCOA newspaper, Never Too Late. The 32-page newspaper publishes every month and reaches over 16,000 monthly readers.



S.M.I.L.E. Announces Participation in the Statewide Day of Giving

Submitted by Brenda Howard, S.M.I.L.E. Finance Manager/Administrative Assistant

S.M.I.L.E. is one of the expected 500 nonprofit organizations to participate in an Arizona Gives Day, an online fundraising initiative, scheduled to take place on **Wednesday, April 9th, 2014**. Presented by First Bank, **Arizona Gives Day** is a 24-hour online fundraiser aimed at bringing together communities across the state, to raise awareness and financial support for a variety of nonprofit organizations throughout Arizona. Arizonans are encouraged to help make a difference by investing in the nonprofit of their choice. From midnight on April 9th, 2014 and continuing until 11:59 p.m., supporters of S.M.I.L.E. can go on to **www.AZgives.razoo.com** and show their support by selecting *Services Maximizing Independent Living and Empowerment DBA S.M.I.L.E.* to receive the charitable contribution. All online donations during this effort will go directly to support services that empower individuals with disabilities to maximize independence. Call 928-329-6681 or visit www.AZgives.razoo.com.

Pima Council on Aging Assumes the Provision of OASIS CATCH Health Habits

Submitted by Adina Wingate, Director of Marketing/
Public Relations, Pima Council on Aging, Area Agency
on Aging, Region II

On January 2, 2014, Pima Council on Aging, Area Agency on Aging, Region II, assumed the provision of OASIS CATCH Healthy Habits from OASIS. OASIS CATCH Healthy Habits is a national model for improving the health and lives of adults 50+ and children. This evidence-based intergenerational program combats obesity by engaging older adults as mentors to teach healthy lifelong habits to children in grades K-5.

These teams of older adult volunteers are currently providing the program in two Boys and Girls Club locations, two Tucson Unified School District elementary schools and one Pima County library. Pima Council on Aging is pleased to be able to expand its evidence-based health promotion programming and provide a new and exciting opportunity for older volunteers to use their skills and expertise.



Region IV Conference on Aging was a Success!

Submitted by Jacqueline Romero, Program Development Specialist, WACOG Area Agency on Aging

On January 30th, 2014, Western Arizona Council of Government's Area Agency on Aging held its annual Region IV Conference on Aging at the Pivot Point Conference Center in Yuma, Arizona. Over 140 individuals from all walks of life participated in the event, including wonderful keynote speakers, Dr. Matt Huentelman of the Translational Genomics Research Institute, Local First Arizona's Kimber Lanning, US EPA Senior Advisor Kathy Sykes and Director of the Arizona Department of Economic Security Mr. Clarence Carter. The conference featured three different tracks: General Aging Issues, Elder Abuse and Caregiver. Each track featured unique topics of discussion some of which included: "Critical Conversations," "Late Life Domestic Violence," and "How to be a Good Advocate." Attendees also had the opportunity to participate in the Virtual Dementia Tour and visit 20 different vendor booths.

A very special thank you to our sponsors, Regional Center for Border Health, Cenpatico, AARP, WACOG Family Caregiver Support Program, the Alzheimer's Association, ASU College of Nursing & Health Innovation, UnitedHealthcare Community Plan, the Arizona Attorney General's Office, MHN – A Health Net Company, Arizona Western College Continuing Education, and YCAT, for supporting our mission to improve the lives of seniors in our community. This event could not have been possible without your support!

Living Well with a Disability Workshop to be held at New Horizons

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

New Horizons Disability Empowerment Center is presenting a free 8-week workshop for adults to be held at New Horizons, a fragrance-free, accessible facility located in Prescott Valley, Arizona.

Living Well Workshop participants report improvement in outlook and positive changes in daily activity such as new recreational, educational, or employment pursuits. Many participants learn to pursue meaningful goals and experience a sense of well-being and belonging as a result of this workshop.

The Disability Workshop is held on Wednesdays from 1-3 p.m. starting March 26 through May 14. Participants can sign up after the first class as long as room is available. Class size is limited to 8. To sign up, call **Deborah at 928-772-1266 Ext. 301**. Workbooks will be provided.

The Prescott Lions Club provided a portion of the funding for the workshop.



Updates from the Social Security Administration

Submitted by Kari Sanderfer, Public Affairs Specialist, SSA

Below is this quarter's update from the Social Security Administration (SSA). Don't forget to visit the SSA website at www.socialsecurity.gov for information and answers on all social security topics.

Medicare:

My uncle is interested in the Medicare Part D prescription help, but he has about \$10,000 in the bank. Would he still be eligible?

Based on his resources, yes. However, there are other factors to consider. This year a person's total resources are, in most cases, limited to \$13,440 (or \$26,860 if married and living with spouse) to qualify for *Extra Help* with Medicare prescription drug costs. Resources include the value of the things he owns, such as real estate (other than the place you live), cash, bank accounts, stocks, bonds, and retirement accounts like IRAs or 401(k)s. There are exceptions. To learn more, go to www.socialsecurity.gov.

I found out that my daughter submitted incorrect information about my resources when she completed my *Application for Help with Medicare Prescription Drug Plan Costs*. How can I get my application changed now to show the correct amount?

You can call 1-800-772-1213 (TTY: 1-800-325-0778) and let SSA know. SSA will match information on your application with data from other federal agencies. If there is a discrepancy that requires verification, SSA will contact you. For additional information about Medicare prescription drug plans or enrollment periods visit www.medicare.gov or call 1-800-633-4227.

SUPPLEMENTAL SECURITY INCOME:

My mother receives Supplemental Security Income (SSI) benefits. She may have to enter a nursing home later this year. How does this affect her SSI benefits?

Moving to a nursing home can affect your mother's SSI benefits but it depends on the type of facility. In some cases, the SSI payment may be reduced or stopped. Whenever your mother enters or leaves a nursing home, assisted living facility, hospital, skilled nursing facility, or any other kind of institution, you must tell Social Security. Call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778). SSA can answer specific questions and provide free interpreter services from 7 a.m. to 7 p.m., Monday through Friday. SSA also provides information by automated phone service 24 hours a day.

Disability

I currently receive Social Security disability benefits. I now have a second serious disability. Can my monthly benefit amount be increased?

No. Your Social Security disability benefit amount is based on the amount of your lifetime earnings before your disability began and not the number of disabling conditions or illnesses you may have. For more information, go to www.socialsecurity.gov/disability.

The Arizona Long Term Care Ombudsman Program

Submitted by Teresa Teeple, State Long Term Care Ombudsman, AZDES-DAAS

The State Long Term Care Ombudsman Program was established by the Older Americans Act in 1972 to advocate for residents of long term care facilities. The program has a long, rich history of ensuring that quality of life and quality of care issues are addressed, both for individual residents and on a systems advocacy level.

The Older Americans Act outlines the following duties for long term care ombudsmen:

- Identify, investigate, and resolve complaints made by or on behalf of residents
- Provide information to residents about long-term care services
- Represent the interests of residents before governmental agencies
- Seek administrative, legal, and other remedies to protect residents
- Analyze, comment on, and recommend changes in laws and regulations pertaining to the health, safety, welfare, and rights of residents
- Educate and inform consumers and the general public regarding issues and concerns related to long-term care and facilitate public comment on laws, regulations, policies, and actions
- Promote the development of citizen organizations to participate in the program
- Provide technical support for the development of resident and family councils to protect the well-being and rights of residents
- Advocate for changes to improve residents' quality of life and care

In Arizona, the Office of the State Long Term Care Ombudsman is housed within the DES Division of Aging and Adult Services. The State Ombudsman, Teresa Teeple, is responsible for coordinating the efforts of the program statewide and ensuring that the related provisions of the Older Americans Act are upheld. The eight Area Agencies on Aging in Arizona house local ombudsman programs that provide services in all long term care facilities across the state. Ombudsmen, as staff or volunteers through the Area Agencies on Aging, make regular visits to facility residents and respond to individual complaints and requests from residents, family, friends, facility staff and the community.

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Ombudsmen respond to and investigate a wide variety of complaints. During Federal Fiscal Year 2013, the program responded to 3,714 complaints statewide. Some of the complaints responded to most frequently included involuntary discharge and evictions of residents by facility, legal issues involving powers of attorney or court appointed guardians and conservators, and medication mismanagement issues. In working to ensure the best possible quality of life for residents, the program also addressed numerous complaints about lack of dignity and respect for residents from facility staff, lost or stolen personal property, and family conflict.

The program was also very active in FFY 2013 in ensuring that long term care facility staff, the larger community, and residents themselves were provided education about the program and other topics pertinent to long term care. To this end, over 5,000 consultations were provided to individuals and facility staff. Local ombudsman programs also presented at 130 community education sessions, and provided 46 trainings for facility staff.

For more information, or to make a complaint or referral, please contact your local Ombudsman Program at your local Area Agency on Aging.

FACT SHEETS AVAILABLE FROM THE NATIONAL COUNCIL ON AGING

Visit <http://www.ncoa.org/press-room/fact-sheets/> for current fact sheets on the following topics:

Benefits Access
Chronic Disease Self-Management
Falls Prevention
Healthy Aging
Mature Workers
Senior Centers

Newsletter Submissions

Dear AZ Link Partners,

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

We are especially interested in hearing about regional partners and the work they do. Please send any news or updates, special projects, activities, calendar pages, any photos or brief notices that you may want to include in the newsletter to: Tpankey@azdes.gov.

Next newsletter: July 1, 2014

Deadline for submissions: June 16, 2014

I look forward to hearing from you all!

May is Older Americans Month

Submitted by Tammy Pankey, AZDES-DAAS, as reported in the NASUAD Update

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, the Administration for Community Living (ACL) is focusing on injury prevention with the theme "[Safe Today. Healthy Tomorrow.](#)" Older adults are at a much higher risk of unintentional injuries than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30, 000 deaths every year. With a focus on safety during Older Americans Month, ACL plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, **older Americans can live longer, healthier lives.**