

AZ LINKS NEWSLETTER

www.azlinks.gov



New AZ Links Website Launched!

There is an updated and enhanced online resource available to help Arizona families connect with the programs and services they need. The new www.azlinks.gov is designed to provide a “no wrong door” portal to help families navigate the myriad of resources available statewide, regardless of whether the issue is related to aging, adults living with physical disabilities, or children dealing with developmental challenges and/or special health care needs. You can search for resources by location and need, or use the updated AZ Links Screening Tool to identify options for your particular circumstances, and connect with local Options Counselors that can help you make the right choices. - **David Besst, ADRC Project**

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Submitted by Jacqueline Romero, Health, Wellness & Prevention Supervisor, WACOG Area Agency On Aging

With Arizona’s aging population on the rise, communities have an even greater responsibility to promote healthy living and chronic disease prevention. Western Arizona Council of Governments’ (WACOG) Area Agency on Aging has launched several wellness programs to educate and empower individuals to make healthy choices and improve their quality of life. Super Noggin is one such program that has garnered tremendous support in the communities of La Paz County and Lake Havasu City. Geared toward improving one’s “brain

fitness,” this energizing program includes stimulating cognitive challenges and in-depth discussions about physical exercise, nutrition, and stress reduction. This year-long course is designed to take place in informal, lively group settings that not only create a positive learning atmosphere, but also encourage social interaction among participants. Darla Tilley, Director of the Parker Community Senior Center and Super Noggin instructor, recounted one dedicated participant who reported a 26 percent improvement in memory since her last doctor visit, after taking this course. Other participant comments included: “I feel so happy after this class!” and “I never knew laughter helped so many things!” Vibrant, self-sufficient individuals are a community’s greatest asset. WACOG looks forward to continuing the implementation of programs that enrich peoples’ lives and in turn, benefit the communities served.

For more information on Super Noggin and other wellness programs offered in Region IV, please contact Jacqueline Romero at **928-217-7158** or jacquelin@wacog.com.



AHCCCS Community Forum RE: Arizona's Plan for the CMS Home and Community Based Services (HCBS) Rules

Purpose

AHCCCS is hosting forums to obtain public input on the Centers for Medicare and Medicaid Services (CMS) final rules for home and community based services (HCBS). The purpose of the rule is to ensure individuals receiving HCBS are integrated into their communities and have full access to the benefits of community living. These requirements impact individuals in the Arizona Long Term Care System (ALTCS) receiving services in residential and non-residential settings such as assisted living facilities, group homes, adult day health, day treatment and training, center-based employment programs, etc. AHCCCS will review its draft assessment of the State's current compliance and a draft transition plan for meeting compliance standards for all settings. AHCCCS is seeking input from stakeholders including members and their families, advocates, and providers. The draft assessment and transition plan will be available on the AHCCCS website (www.azahcccs.gov/HCBS) on or before August 1, 2015.

To RSVP and Request an Accommodation

Please RSVP as space is limited:

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, with the RSVP. Requests should be made as early as possible to allow time to arrange the accommodation.

HCBS@azahcccs.gov • 1-888-833-4002, Ext. 6024174203

Locations	Dates
Phoenix Disability Empowerment Center (DEC) 5025 E Washington St, Suite 200, Phoenix, AZ 85034	Session 1: Wednesday, August 5, 2015 12:30-2:30 PM Session 2: Wednesday, August 5, 2015 3:00-5:00 PM
Show Low Hon-Dah Casino - Conference Room 777 Hwy 260, Pinetop, AZ 85935	Session 1: Thursday, August 6, 2015 10:00-12:00 PM
Prescott Valley Prescott Valley Public Library - Auditorium 7401 E Civic Circle, Prescott Valley, AZ 86314	Session 1: Friday August 12, 2015 1:00-3:00 PM
Yuma Regional Center for Border Health, 2 nd floor Conference Room 214 W Main Street, Somerton, AZ 85350	Session 1: Thursday, August 20, 2015 1:00-3:00 PM
Flagstaff Flagstaff Medical Center - McGee Auditorium 1200 N Beaver St, Flagstaff, AZ 86001	Tribal Consultation: Friday, August 21, 2015 10:00-12:00 PM
Tucson Casino Del Sol - Ballroom Room B 5655 W Valencia Rd, Tucson, AZ 85757	Session 1: Wednesday, August 26, 2015 1:00-3:00 PM

Comments and questions will be taken at the meeting, but can also be submitted by

Email: HCBS@azahcccs.gov

Mail: AHCCCS

c/o Office of Intergovernmental Relations
 801 E. Jefferson Street, Mail Drop 4200, Phoenix, AZ 85034

More information is available on the website at:

www.azahcccs.gov/HCBS

Flyer submitted to AZ Links by Dara Johnson, Program Development Officer, AHCCCS

Did You Know...?

Submitted by Tammy Pankey, ILS Specialist, Arizona Division of Aging and Adult Services



Seniors and persons with a disability can save thousands of dollars on healthcare, home, food, and other costs. For more information, call the State Health Insurance Assistance Program at **1-800-432-4040** or, in Maricopa County, call the Senior Help Line at **602-264-4357**. Ask for a free copy of the Savings Guide (available in English and Spanish), a resource to savings for those with a limited income.



The AARP website offers a number of resources where seniors can go for financial help.

Their [Foundation Housing Solution Center](#) provides free one on one HUD - certified counseling for vulnerable 50 year and older homeowners who are at risk of losing their homes. In 2013, AARP provided this service to about 20,000 Arizonans.

For more details, call **1-855-850-2525** or you can visit the AARP website by clicking <https://secure.aarp.org/aarp-foundation/our-work/housing/housing-solutions-center/>.

Thanks to a partnership with Hilton Hotels, DES offers free hotel stays for employment-related travel to veterans, spouses, and transitioning service members through the Hilton HHonors Military Rewards Program. Please contact Ray Tilkens at **520-209-1038** or rtilkens@azdes.gov for additional information.



Updates from the Social Security Administration

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

Expansion of my Social Security portal

The Social Security Administration is excited to introduce the expansion of online services available through the *my* Social Security portal at www.socialsecurity.gov/myaccount. Medicare beneficiaries can now obtain a replacement card if they have lost, damaged, or simply need to replace it online using a *my* Social Security account.

The Medicare card is the most important piece of identification a beneficiary needs—it's proof that they have Medicare health insurance. Medical professionals and insurance companies need this proof to provide care and accurately calculate compensation for services. Requesting a replacement card through a *my* Social Security account is a convenient, cost-effective, and secure way to ensure Medicare beneficiaries have a critical piece of identification available when required by medical providers as proof of Medicare coverage.

Simply access your online *my* Social Security account at www.socialsecurity.gov/myaccount and select the "Replacement Documents" tab. Then, select "Mail my replacement Medicare card." After you request a card, it will arrive in the mail in approximately 30 days.

With a *my* Social Security account, beneficiaries can also:

- Get a letter showing what benefits they receive;
- Change their address and phone number;
- Start or change direct deposit of their benefit payment; and
- Get a replacement SSA-1099 or SSA-1042S for tax season.

80th Anniversary

Anticipation fills the air as Social Security gets closer to the agency's historic 80th anniversary and prepares to commemorate the August 14, 1935 signing of the Social Security Act. Visit the [Social Security Matters blog](#) to read what Acting Commissioner Colvin has to say about Social Security's upcoming 80th anniversary.

The Social Security Administration released the following announcement. "We invite your members and audiences to submit their stories about how Social Security has benefited them or their families, and to participate in the fun events we have planned to mark this important milestone—like Social Security nights at ballparks around the country. Please encourage them to visit our [80th anniversary website](#) to submit their stories and find out about the activities we have on tap for this special commemoration. Here they will also find interesting and inspiring facts about the history of this vital social support—as well as personal accounts from our dedicated employees telling why they enjoy giving back through public service."



Amy Van Dyken to Keynote at 25th Anniversary Gala

*Submitted by Amina Donna Kruck, VP/ Advocacy Programs,
Arizona Bridge to Independent Living – ABIL*

Six-time Olympic gold-medal-winning swimmer Amy Van Dyken will serve as the Keynote speaker for the 25th Anniversary celebration of the Americans with Disabilities Act Gala, “A New Generation of Change”. This dynamic Olympic athlete became paralyzed when her spinal cord was severed in an ATV crash in the Summer of 2014. Amy is an advocate for persons with disabilities and will inspire the audience with her tenacity, drive, and determination to live life to the fullest and not let disability stand in her way.

“We are both humbled and honored to have Amy as this year’s Keynote speaker and excited about the message that she will share with those in attendance,” says **Phil Pangrazio, ABIL President and CEO**. In addition to Amy’s Keynote address, the 25th Anniversary Gala event will honor individuals from the community who are working tirelessly to improve the lives of and empower all people with disabilities. Winners in three Award categories - **Trailblazer, Legacy, and Emerging Leader** - will be honored. “This event will truly be a magical night to remember, and I hope you will join us as a supporter, donor, or attendee,” also stated Pangrazio.

The 25th Anniversary Gala will be held on **Saturday, July 18, 2015**, at the **Tempe Mission Palms Hotel** and will include a robust Silent Auction with amazing donated items, from Disneyland tickets to hotel/vacation packages. Funds raised from the Silent Auction will go to support the Arizona Youth Leadership Forum (AZYLF) for students who have

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, employee highlights, photos, or brief notices that you want to include in the newsletter to: TPankey@azdes.gov.

Next newsletter: Fall 2015

Deadline for submissions: September 15, 2015

I look forward to hearing from you all!

disabilities. AZYLF focuses on self-discovery, identifying options and resources, disability history, culture, and advocacy, with Arizona youth who have disabilities and are transitioning to adulthood.

This amazing event is planned in collaboration with over 12 Disability Coalition partners including: Arizona Bridge to Independent Living, Arizona Statewide Independent Living Council, Arizona Center for Disability Law, Arizona Disability Advocacy Coalition, Raising Special Kids, and the Arizona Commission for the Deaf and Hard of Hearing. A special thank you to our early sponsorship partners: City of Tempe, Valley Metro, Henkel of America, Health South, and Sky Harbor Airport. This event would not be possible without their continued support. For more information on the Gala and other ADA anniversary events, go to www.abil.org/2015ADA or call David Carey at **602-443-0723**.