



Arizona Senior Center Association Newsletter

Volume 2, Issue 2. 2030 W. Baseline, Ste 182 Box 129, Phoenix AZ. 85041 February 2010

Join us at the 2010 Annual Conference "Innovations in Aging" July 19-20, 2010 at the Radisson Woodlands Hotel, Flagstaff

ASCA Mission Statement:

To promote the well-being of seniors and the quality of Senior Centers through advocacy, education, networking opportunities, resource development and technical assistance.

Quarterly Meeting

Date: Thursday, Feb. 25
Time: 12 p.m. (lunch)
Place: Pecos Community Center
10107 S. 48th St.
Phoenix 85048
Agenda: 2010 Conference
Speaker: Keri Willyoung "Refuse to be a Victim" at 1 p.m.

RSVP by Feb. 17 to Patty Contreras at ascapresident@yahoo.com or (602) 534-6407. See flyer page 7. Congregate lunch available, Salisbury Steak or Asian Chicken Salad. \$5.

Officers and Board Members

Patty Contreras	President
Norma Franco	Vice President
Brad Bixler	Past President
Sandra Jerez	Treasurer
Vacant	Secretary
Josie Salas	Board Member
Joanne Cherry	Board Member
Matt Faull	Board Member
Marilyn Payton	Board Member

Treasurers Report

The current account balance as of February 3, 2010 is \$57,703.36.

From the President:

We are recruiting new members! Please distribute the attached membership application (*page 6*) to all interested parties. There are membership opportunities for staff and volunteers working in your senior center.

The 2010 Conference will be on Monday and Tuesday, July 19-20 in Flagstaff. If you, or anyone you know, is interested in leading an educational session please send your requests to me at ascapresident@yahoo.com *Education Session proposal forms, page 8-10.*

If you are aware of anyone who might want to sponsor ASCA or want a booth at the conference to display their product; send your ideas to Brad Bixler at brad.bixler@co.mohave.az.us

Please join us at the Quarterly meeting in Phoenix. The speaker will discuss a personal safety program that can be brought to your senior center.

If you have an idea for a speaker or workshop please share them with me or other board members. If you would like to help on a committee, with a meeting, or by work on the newsletter, contact me at ASCApresident@yahoo.com or (602) 809-8018. We are also still looking for a Secretary to join the board.

Patty Contreras

Gold Sponsors:



Phone: (602) 264-2255



Phone: (928) 782-1886

Bronze Sponsor:

Jay Crawley of Delivery Concepts

ASCA Website

Check out updated information on the website: www.arizonaseniors.net

We will be updating the member's page soon. Please email a picture of you and of your senior center to brad.bixler@co.mohave.az.us



Doris Marshall Retires

The longtime leader of the City of Phoenix Senior Services Division, Doris Marshall, retired on December 31, 2009

after 33 years with the city. Doris was a longtime member of ASCA. In March, Doris will be recognized at the National Council on Aging conference. She was the winner of the National Institute of Senior Centers' annual Founders Award. Receiving a national award is an outstanding way to end the career chapter of her life. Congratulations, Doris, and best wishes in your retirement!

SPECIAL EVENT IDEAS

Woodstock Flashback – The Surprise Senior Center held the Woodstock Flashback featuring a dance in the evening with music from 1969. Everyone dressed like hippies. It was great fun. The event included trivia, door prizes and prize for the best hippy outfit, lots of tie-dye and brownies for refreshments!



Woodstock Flashback at Surprise Senior Center.

Other creative ideas from Surprise:

Pajama Jammie Jam & Style Swap

Participants wore PJs, bathrobes, slippers and curlers. This event featured a Style Swap, where each guest was asked to bring some gently used or "I never liked this, it never fit me" things like, jewelry, hats, scarves, wallets, outfits, handbags, shoes, belts etc. When they checked-in they received a ticket for each item they brought, then by luck of the draw, they were allowed to take and check out the same number of items to take home. We had some leftovers that were then donated to the local thrift shop. It was like free shopping...they had great fun and it was great recycling.

Submitted by, Leslie Rudders, Surprise Senior Center

Email your unique special event to
ascapresident@yahoo.com

Stimulus Money Funds Additional Meals

Mohave County Senior Programs received stimulus funds through a WACOG grant to provide additional food services to seniors and disabled individuals. The additional service enhanced the congregate and home delivered meal programs which provide a nutritious lunch to eligible individuals. The new service provides “shelf stable” breakfasts and dinners to seniors at a cost of \$1.00 per meal.

Seniors and disabled individuals were able to purchase up to five breakfasts and five dinners per week. Due to their longer shelf life, these meals can be used to help them stock up on food for emergencies, or be used on a daily basis to provide nutritious meals for the entire day. The meals are low in sugar and sodium. Types of meals available included:

Breakfast

- Milk, whole wheat bread, juice, oatmeal, fruit bowl
- Milk, English muffin, juice, cereal, fruit bowl

Dinner

- Macaroni & cheese, tomato soup, breadstick, and oatmeal cookie
- Chicken & dumplings, wheat crackers, juice and apple sauce
- Chicken noodle soup, breadstick, mixed vegetables, juice, and oatmeal cookie
- Lasagna, soup mix, breadstick, and granola bar

Approximately 3,611 meals were provided through December. The Bullhead/Golden Shores and Lake Havasu Senior Centers are nearing completion of the dinner program. The Kingman Center still has dinner meals available. All three centers have breakfasts available and the program is expected to run through February, 2010.

Submitted by Brad Bixler, Mohave County

News from the National Council on Aging (NCOA)

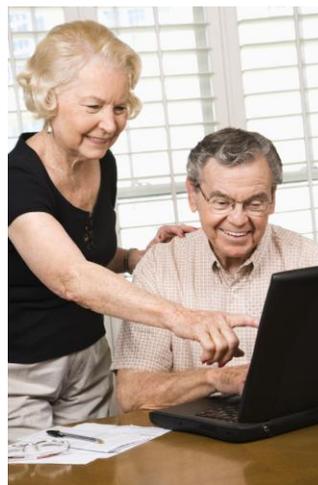
Health Reform: Still Within Reach

February 2, 2010

The next three weeks are critical in the movement to pass real health reform. We are still very close to enacting this important legislation. Congressional leaders indicate they're working on comprehensive reforms that could pass this month. More information is available at <http://www.ncoa.org/news-ncoa-publications/health-reform-still-within.html>

Why Long-Term Care at Home Makes Sense

Is it good social policy to require people who have worked hard and saved all their lives to become impoverished before they can qualify for long-term care through Medicaid? NCOA President & CEO James Firman argues “no” in a new article in *AARP The Magazine*. Read <http://www.aarpmagazine.org/health/love-is-not-all-you-need.html/page=1>



Agging Agencies Go Online to Help People Find Benefits

More area and state agencies on aging are using online screening and application tools to help them find and enroll people in benefits, states a new report from the

National Center for Benefits Outreach & Enrollment. Agencies say the tools help them save time, track applications, and ensure accuracy. Read the report at [http://www.centerforbenefits.org/Aging%20Network%20\(Combined\)%20report.pdf](http://www.centerforbenefits.org/Aging%20Network%20(Combined)%20report.pdf)

Resources and Benefits for Caregivers

The following resources were taken from a document from the Centers for Medicare and Medicaid Services (CMS) and Administration of Aging. They were drawn from numerous sources by New Freedom Initiative (NFI) Subcommittee on Caregiving members, speakers and other stakeholders. This Resource List is not intended to be exhaustive or all-inclusive CMS does not endorse specific products or services of non-federal institutions.

New Freedom Initiative Subcommittee on Caregiving

www.hhs.gov/od/about/fact_sheets/fs4_caregiving.html

This web page, housed on the HHS Office of Disability website, contains background information on the New Freedom Initiative Subcommittee on Caregiving.

Ask Medicare

www.medicare.gov/caregivers/

The Centers for Medicare and Medicaid Services (also known as CMS) has launched an initiative to begin a conversation with people who provide care for a loved one, friend or neighbor. The

Ask Medicare initiative provides information, tools and materials to assist the caregiver and their loved ones in making informed healthcare decisions. On the website you can also sign up for an e-newsletter for caregivers which is emailed bi-monthly to individuals who sign up. The newsletter provides information on important dates such as open enrollment, changes in the program, etc.

Extra Help Program

www.ssa.gov/legislation/medi-mailing.html

The Social Security Administration launched a new strategy to inform relatives and caregivers of low-income Medicare beneficiaries about the “extra help” available to assist them with the cost of the Prescription Drug Program.

If the loved one you care for is in need of services: Administration on Aging

www.aoa.gov/

The mission of the Administration on Aging is to assist elderly individuals maintain their independence and dignity in their homes and communities through comprehensive, coordinated, and cost effective systems of home and community-based long-term care across the U.S. AoA works in close collaboration with the Aging Network of states, Area Agencies on Aging, and local community service provider agencies- the most visible, trusted community resources for information access and services.

Eldercare Locator

www.eldercare.gov/

The Eldercare Locator is a public service of the U.S. Administration on Aging and is the first step to finding resources for older adults in any U.S. community. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

Home and Community Based Waivers

[www.cms.hhs.gov/MedicaidStWaivProgDemoPGI/05_HCBSWaivers-Section1915\(c\).asp](http://www.cms.hhs.gov/MedicaidStWaivProgDemoPGI/05_HCBSWaivers-Section1915(c).asp)

States may offer a variety of services to consumers under an HCBS waiver program and the number of services that can be provided is not limited These programs may provide a combination of both traditional medical services (i.e. dental services, skilled nursing services) as well as non-medical services (i.e. respite, case management, environmental modifications). Family members and friends may be providers of waiver services if they meet the specified provider qualifications. However, in general spouses and parents of minor children cannot be paid providers of waiver services.

Meals on Wheels

www.mowaa.org/Page.aspx?pid=183

The Meals On Wheels Association of America (MOWAA) is the oldest and largest organization in the United States representing those who provide meal services to people in need. MOWAA works toward the social, physical, nutritional, and economic betterment of vulnerable Americans. The Meals On Wheels Association of America provides the tools and information its programs need to make a difference in the lives of others.

The National Alliance for Caregiving

www.caregiving.org/

The National Alliance for Caregiving is dedicated to providing support to family caregivers and the professionals who help them and to increasing public awareness of issues facing family caregivers.

Money Follows the Person

www.cms.hhs.gov/DeficitReductionAct/20_MFP.asp#TopOfPage

Enacted by the Deficit Reduction Act of 2005, the Money Follows the Person (MFP) Rebalancing Demonstration is part of a comprehensive, coordinated strategy to assist States, in collaboration with stakeholders, to make widespread changes to their long-term care support systems. With the history and strength of the Real Choice Systems Change (RCSC) grants as a foundation, this initiative will assist States in their efforts to reduce their reliance on institutional care, while developing community-based long-term care opportunities, enabling the elderly and people with disabilities to fully participate in their communities

Medicaid

www.cms.hhs.gov/MedicaidGenInfo/

Good health is important to everyone. If you can't afford to pay for medical care right now, Medicaid can make it possible for you to get the care that you need so that you can get healthy – and stay healthy.

State Health Insurance Assistance Program (SHIP)

www.shiptalk.org

The State Health Insurance Assistance Program, or SHIP, is a national program available in every state that offers free one-on-one counseling and assistance (over the telephone or in-person) to people with Medicare and their caregivers.

If you need support as a caregiver: Caring for Caregivers

www.strengthforcaring.com/manual/stress-relive-stress-managment-tips/caring-for-caregivers/

This website contains information and resources to help care for caregivers who may be experiencing physical illness, depression, grief, and other changes.

Caring From a Distance

www.cfad.org/

Caring From a Distance is a nonprofit organization created by men and women who personally struggled with the anguish, stress, and frustration of long distance care. Our strength lies in this shared experience and in bringing together our diverse backgrounds to help Caring From a Distance service and help unite the distance-care community.

Handbook for Long-Distance Caregivers: An Essential Guide for Families and Friends Caring for Ill or Elderly Loved Ones

www.caregiver.org/caregiver/jsp/content/pdfs/op_2003_long_distance_handbook.pdf

This booklet offers a roadmap for those new to the challenges of caring from afar for ill or elderly loved ones. It includes information on: how to assess your care situation; develop a care team; hold a family meeting; access community organizations and private agencies; and balance work and caregiving.



QUARTERLY WORKSHOP
THURSDAY, FEBRUARY 25
12:00-4:30 p.m.

PECOS COMMUNITY CENTER

17010 S. 48TH ST
PHOENIX, AZ 85048

12:00 p.m. Lunch & Tour of Facility

Menu Choices:

Option A: Salisbury Steak or Option B: Crumb Topped Asian Chicken Salad
With Whipped Potatoes, Winter Blend, Raisin Rice Pudding,
Bread or Roll, Fresh Fruit, and Milk

\$5 Please RSVP choices by Feb 17 to
patricia.a.contreras@phoenix.gov or 602-534-6407

1:00-3:00 p.m. "Refuse To Be A Victim"

Speaker Keri Willyoung

Experts agree that the single most important step towards ensuring your personal safety is making the decision to refuse to be a victim. That means you must have an overall personal safety strategy in place before you need it. Keri will present an overall summary of presentations she can make in your senior center to help keep your seniors safe.

3:00-4:30 p.m. ASCA Business Meeting

MEETING AGENDA (tentative)

1. Meeting called to order – Patty Contreras, President
2. Secretary's Report – Accept minutes of October Quarterly meeting
3. Treasurer's Report – Sandra Jerez
4. Website Update
5. 2010 Conference, July 19-20, Radisson Woodlands Flagstaff
 - a. Conference Theme "Innovations in Aging"
 - b. Educational session proposals, special events, outings
 - c. Committee assignments
6. Education Event/Quarterly Meeting (May)
7. Membership Drive – Patty Contreras
8. New Business
9. Adjournment



"Innovations in Aging"
Annual Conference
July 19 and 20, 2010
Radisson Woodlands Hotel
1175 West Route 66, Flagstaff, AZ 86001
Radisson Phone (928) 774-0609

Suggested Education Session(s)

Suggested Topic _____

___ I will put together the session

___ I can suggest a person to coordinate the session:

Name and Agency: _____

___ I think it is an important topic for our conference, but I don't know who to suggest.

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Name and Agency: _____

___ I think it is an important topic for our conference, but I don't know who to suggest.

Information about person submitting the suggestion:

Name _____ Title _____

Agency/Organization _____

Address _____

City, State, Zip _____

Telephone _____ Fax _____ Email _____

Return to: Name: Patty Contreras

Address: 4392 E. Sunrise Dr. Phoenix, AZ 85044

Phone: (602) 809-8018

Email: ascapresident@yahoo.com

Deadline for submission: March 31, 2010



"Innovations in Aging"
Annual Conference
July 19 and 20, 2010
Radisson Woodlands Hotel
1175 West Route 66, Flagstaff, AZ 86001
Radisson Phone (928) 774-0609

Education Session Proposal

Proposal Deadline: March 31, 2010

Title (limit 7 words) _____

Educational Session Description (to be used on printed materials – max of 40 words):

Learning Outcomes (at least 3 measurable behavior or performance objectives):

1. _____
2. _____
3. _____
4. _____
5. _____

	Name	Title	Agency/Organization
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Moderator: _____

Presenters:

1. _____
2. _____
3. _____

Session Length: 1 hour 15 minutes 3 hours 8 hours

Session Format:

Interactive Panel Roundtable Group Activity Lecture

Please Attach:

1. Résumé or vitae for each presenter
2. Outline of presentation showing organization of content

Audio-Visual Needs:

LCD Projector Overhead Projector Flip Chart VCR/DVD
 Other _____

Special Requirements for Session:

Large Room May be noisy May be messy Outside Space

Proposal Submitted by:

Name _____ Title _____
Agency/Organization _____
Address _____ City _____, State _____ Zip _____
Email _____
Phone (area code) _____ Fax _____

Honorariums:

A limited amount of funding for honorariums will be available to help cover costs of speakers who will be coming from outside of Arizona.

Is an honorarium or fee required? -- _____ If so, what amount? _____

Are overnight accommodations required? yes no

Selection of Sessions

The Program Committee will rate the proposals and select those to be presented at the 2010 conference. Selection will be based on the following criteria:

1. Content of session—addressing needs and interests of conference attendees
2. Professional qualifications of presenter
3. Clear and concise completion of proposal
4. Attachment of:
 - Résumé or vitae
 - Outline of proposed session

Deadline for submission: March 31, 2010

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