



## Arizona Senior Center Association Newsletter

Volume 2, Issue 7. 2030 W. Baseline, Ste 182 Box 129, Phoenix AZ. 85041 August 2011

### 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.

### OFFICERS AND BOARD MEMBERS

<b>Patty Contreras</b>	<b>President</b>
<b>Drew Lawrence</b>	<b>Vice President</b>
<b>Brad Bixler</b>	<b>Past President</b>
<b>Genevieve Munoz</b>	<b>Treasurer</b>
<b>Norma Mancini</b>	<b>Secretary</b>
<b>Jane Eck</b>	<b>Board Member</b>
<b>Josie Salas</b>	<b>Board Member</b>
<b>Diane Dempsey</b>	<b>Board Member</b>
<b>Margaret Sampson</b>	<b>Board Member</b>
<b>Lora Keller</b>	<b>Board Member</b>
<b>Anita Hinojos</b>	<b>Board Member</b>
<b>Linda Honanhi</b>	<b>Board Member</b>
<b>Leslie Rudders</b>	<b>Board Member</b>

### TREASURERS REPORT

The account balance as of August 15, 2011 is \$51,517.24

### GOLD SPONSORS



**AREA AGENCY ON AGING**  
REGION ONE, INCORPORATED



**Pinal-Gila Council for Senior Citizens**

### FROM THE PRESIDENT:

The 2011 Conference was held at Apache Gold Resort on July 18-19. We had members from all over the state attend including a group from the Moenkopi Senior Center in Tuba City. Sessions were very interesting and included speakers on yoga, the Arizona talking book library, Sign Chi Do exercise, and much more.

Welcome new board members who were elected and appointed at the annual meeting. Our new officers are Drew Lawrence, vice-president, and Genevieve Munoz, treasurer. We also added on new board members Diane Dempsey, Margaret Sampson, Anita Hinojos, Linda Honanhi, and Leslie Rudders.

I would like to especially thank our Gold Sponsors, **Area Agency on Aging, Region One, Incorporated** and the **Pinal/Gila Council for Senior Citizens.**

The conference committee needs to be commended for putting on an excellent conference again this year! Thank you to Jane Eck, Norma Mancini, Genevieve Munoz, Lora Keller, Josie Salas, Philip Yabes, and Sharon Meinders . And thank you to Ashley Murray for taking pictures.

It was a great conference! See more information and pictures from the conference on page 4 and on our new web page at [www.arizonasenior.net](http://www.arizonasenior.net)

*Patty Contreras*

## **ASCA WEB PAGE**

Check out the updated web page at [www.arizonaseniors.net](http://www.arizonaseniors.net). Members will be able to post and share information in the membership forum on various topics such as special events, best practices, and working with the public. You must be a member to access this area.

Other features include an area to search for senior centers in Arizona and important links for staff and the public to access information.

If you are a current member, make sure to email your picture, a short bio, and a picture of your senior center to [president@arizonaseniors.net](mailto:president@arizonaseniors.net) so you can be added to the member page.

## **MEMBERS WANTED**

**We are still recruiting new members!**

Please distribute the attached membership application (*page 5*) to all interested parties. There are membership opportunities for staff and volunteers working in your senior center.

## **QUARTERLY MEETING**

If you have an idea for a speaker or workshop for the Quarterly meeting please share them with Patty Contreras, ASCA president at [president@arizonaseniors.net](mailto:president@arizonaseniors.net) or any of the board members. Also, if you would like to help on a committee or with a meeting contact us at [contact@arizonaseniors.net](mailto:contact@arizonaseniors.net).

## **SPECIAL EVENT IDEAS**

This space is reserved to highlight your unique or interesting special event. Email a description of your unique special event to [contact@arizonaseniors.net](mailto:contact@arizonaseniors.net)

Your upcoming event can also be posted on the ASCA Web page. Email information at least two months in advance to be posted on the Events calendar to [president@arizonaseniors.net](mailto:president@arizonaseniors.net).

## **From AZ DES CommunityConnect – Plug in for good July/August 2011**

### **Summer Heat - refuge, hydration and more**

The summer in Arizona is not kind to those without shelter or sufficient resources. Arizona's heat is not just uncomfortable; it is dangerous. People who work or live outdoors, young children, and the elderly are at greater risk to suffer from heat-related illnesses. This is an important time to check on your neighbors, especially if they are elderly or living alone.

More information for you, and those you serve, is available at Extreme Weather and Public Health at <http://azdhs.gov/phs/oeh/heat/index.htm> and Extreme Heat at <http://www.azdhs.gov/phs/oeh/heat/extreme.htm>

### **Community Call to Serve**

Governor Brewer has issued a statewide *Call to Serve* - **connecting faith-based and community organizations to existing systems of care** - in these five important areas:

- Encourage Foster Care participation
- Facilitate the provision of free or reduced cost Child Care services through existing licensed facilities
- Provide support for supervised Child Protective Service visits
- Promote Elder Independence and assist grandparents raising grandchildren
- Provide Transportation for the Underserved.

If your faith-based or community organization would like to be better connected to the existing systems of care for one or more of these important issues, visit [www.ArizonaSERVES.gov](http://www.ArizonaSERVES.gov), review the Governor's Call to Serve or send a note to [info@ArizonaSERVES.gov](mailto:info@ArizonaSERVES.gov).

## **NEWS FROM THE NATIONAL COUNCIL ON AGING (NCOA)**

### **Centers help seniors understand Medicare**

NISC member senior centers are participating in a new community education campaign sponsored by NCOA and UnitedHealthcare. *Making Sense of Medicare* is designed to give boomers and older adults clear, easy-to-understand information about Medicare and how to make the most of it. The campaign includes online resources, community events, and more. **Materials** at [http://www.ncoa.org/improving-health/consumer-health-education/making-sense-of-medicare-1.html?utm\\_source=SCV\\_1108&utm\\_medium=newsletter&utm\\_campaign=SCV](http://www.ncoa.org/improving-health/consumer-health-education/making-sense-of-medicare-1.html?utm_source=SCV_1108&utm_medium=newsletter&utm_campaign=SCV)

### **Congress to invest in senior transportation**

If older adults in your community struggle to get to your senior center, they're not alone. More than half of all non-drivers aged 65+ stay at home in any given day because they don't have transportation options. Get the facts on senior transportation—and help us urge Congress to invest in it. Learn more at [http://www.ncoa.org/public-policy/advocacy-toolkit-transportation.html?utm\\_source=SCV\\_1108&utm\\_medium=newsletter&utm\\_campaign=SCV](http://www.ncoa.org/public-policy/advocacy-toolkit-transportation.html?utm_source=SCV_1108&utm_medium=newsletter&utm_campaign=SCV)

### **National Memory Screening Day**

The Alzheimer's Foundation of America invites senior centers to participate in its 9th annual National Memory Screening Day on Nov. 15. Centers can host a screening site, offer to be a screener, encourage people with memory concerns to be screened, post a web banner about the event, or spread the word. More at <http://www.nationalmemoryscreening.org/>

*From August 2011 Senior Center Voice* Published by NCOA's National Institute of Senior Centers

### **SNAP Map at NCOA Benefits Checkup**

The Supplemental Nutrition Assistance Program (SNAP) (the new name for the federal Food Stamp Program) helps low-income individuals and families buy the food they need for good health. Although SNAP is the national name, your local program may use a different name. Check out the link for more information

[https://www.benefitscheckup.org/snap.cfm?partner\\_id=0&CFID=4794586&CFTOKEN=65855713](https://www.benefitscheckup.org/snap.cfm?partner_id=0&CFID=4794586&CFTOKEN=65855713)

### **JOIN NCOA**

***Become a member of NCOA — and help improve the lives of older Americans***

If you are a professional in the field of aging and work for a nonprofit organization, government agency, or academic institution, you can join NCOA at <http://www.ncoa.org/join-ncoa/>

**NCOA's National Institute of Senior Centers** supports a national network of over 2,000 senior center professionals dedicated to helping older adults remain active, engaged, and independent in their communities. For more information, visit [www.ncoa.org/nisc](http://www.ncoa.org/nisc).

**The National Council on Aging** is a nonprofit service and advocacy organization headquartered in Washington, DC. NCOA is a national voice for older Americans—especially those who are vulnerable and disadvantaged—and the community organizations that serve them. It brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. NCOA works with thousands of organizations across the country to help seniors find jobs and benefits, improve their health, live independently, and remain active in their communities. For more information, visit [www.ncoa.org](http://www.ncoa.org).

# ANNUAL CONFERENCE

July 18-19





# MEMBERSHIP REGISTRATION FORM

<http://www.arizonaseniors.net>

Check one

- |                       |           |  |
|-----------------------|-----------|--|
| <b>Individual</b>     | ___ \$25  | For staff of senior centers. One vote.   |
| <b>Senior Center</b>  | ___ \$50  | Voting membership for <b>up to 3 people</b> who are staff or active, approved volunteers of a senior center. One vote per member.  |
| <b>Organizational</b> | ___ \$100 | Voting membership for larger organizations, which oversee two or more Senior Centers, to include <b>up to 6 people</b> . One vote per member. Additional memberships are \$25. |
| <b>Association</b>    | ___ \$50  | Non-voting membership for any other entity that has an interest in the 50 or better population but not associated with or part of a senior center.                             |
| <b>Retiree</b>        | ___ \$10  | Non-voting membership for those who have been ASCA members for at least 3 years before retirement.   |

<b>Organization</b>		
<b>Contact Name &amp; Title:</b>		<b>Email:</b>
<b>Mailing Address:</b>		
<b>City:</b>	<b>State:</b>	<b>Zip Code:</b>
<b>Phone Number:</b> (     )	<b>Ext</b>	<b>Fax Number:</b> (     )
<b>Website:</b>		
Additional members (Senior Center - 3 total memberships, Organizational – 6 total memberships):		
<i>Name &amp; Title:</i>		<i>Email:</i>
<i>Address:</i>		
<i>Name &amp; Title:</i>		<i>Email:</i>
<i>Address:</i>		
<i>Name &amp; Title:</i>		<i>Email:</i>
<i>Address:</i>		
<i>Name &amp; Title:</i>		<i>Email:</i>
<i>Address:</i>		

Complete form and send to: **Arizona Senior Center Association**  
2030 West Baseline Road, Suite 182, Box 129  
Phoenix, AZ. 85041

Payment Amount Due \$ \_\_\_\_\_

Check # \_\_\_\_\_ Purchase Order # \_\_\_\_\_ Date Sent \_\_\_\_\_ Date Recvd \_\_\_\_\_