

AZ LINKS NEWSLETTER

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Spring Issue is Packed with Opportunity!

As the temperature goes up, so does the number of opportunities to attend training and education events across the State. There is a major aging conference taking place in Flagstaff on May 19-20, hosted by the Arizona Association of Area Agencies on Aging. This will be the first statewide aging conference since the 2008 Governor's Conference on Aging. Continuing Education Units will be available. Also in May, an important Behavioral Health conference will offer over 20 workshops addressing various mental health issues. Finally, CONGRATULATIONS to the Arizona Caregiver Coalition on becoming a non-profit that will continue to serve family caregivers across Arizona!

David Best - Arizona ADRC Project Director

INSIDE THIS ISSUE

| | |
|--|---|
| Welcome | 1 |
| AARP Fraud Watch Network | 1 |
| 2016 Aging in Arizona State Conference | 2 |
| Adult Protective Services Registry | 2 |
| Grandparents Raising Grandchildren Play and Learn | 3 |
| Arizona Caregiver Coalition is Official | 3 |
| Family Caregiver Study | 4 |
| Updates from Social Security Administration | 5 |
| ARIZONA@WORK | 6 |
| 2016 Mental Health America of Arizona Seeds Conference | 7 |
| S.M.I.L.E. has Opening on Waitlist for Home Modification | 8 |
| S.M.I.L.E. has New Address | 9 |
| Find Local Arizona Farmer's Market | 9 |
| Newsletter Submissions | 9 |
| The Arizona Association of the Area Agencies on Aging | 9 |



AARP Fraud Watch Network Offers Resources to Help Prevent ID Theft and Fraud

Submitted by Ms. Shawn Trobia, Senior Program Specialist, AARP Arizona

AARP has mounted a local campaign to fight identity theft and fraud through its AARP Fraud Watch Network. Identity theft and other forms of fraud pose a serious threat in Arizona. Fraud and scams cause billions of dollars in losses nationwide every

year. According to the Federal Trade Commission, Arizona ranks seventh in the nation for I.D. Theft complaints. The AARP Fraud Watch Network is designed to give Arizonans access to information to help protect them and their families from theft and fraud. "It is free and open to everyone – members, non-members, and people of all ages. It allows people who sign up access to watchdog alerts about active scams in their area and resources to help them spot and avoid con artists' latest tricks," said David Parra, AARP Arizona Associate State Director.

The AARP Fraud Watch Network contains valuable information about the way scammers think and how they target their victims.

Continued on page 8, AARP Fraud Watch



advocacy | action | answers on aging

2016 Aging In Arizona State Conference

Submitted by Kurtis Kegley, Administrative Assistant, Area Agency on Aging-NACOG

The Arizona Association of Area Agencies on Aging (az4a) is hosting a statewide conference with the theme Aging in Arizona, at the Flagstaff High Country Conference Center, on **May 19-20, 2016**. The conference organizers have invited health and service providers, aging professionals, family caregivers, and others to attend a stimulating program which includes numerous networking opportunities. Click on <http://regonline.com/az4aagingsummit> to complete registration. The \$150.00 registration fee includes access to the full program, an evening reception on Thursday, May 19th, and the opportunity to earn Continuing Education Units. The conference will explore multi-sector approaches to serving Arizona's growing senior population. The program will highlight creative approaches to addressing senior hunger, self-care for caregivers, common issues confronted in nursing homes, and more.

Dr. Fernando Torres-Gil, Director of the UCLA Center for Policy Research on Aging and former Assistant Secretary for Aging, under the U.S. Department of Health and Human Services, will deliver a keynote speech. Other speakers include Dr. Paul Nussbaum, President of the Brain Health Center and a pioneer in holistic cognitive health and Enid A. Borden, who previously directed the Meals on Wheels Association of America and is now President and CEO of the National Foundation to End Senior Hunger. The full program is available at www.azaging.org. **Please note that the event is now SOLD OUT.**

Adult Protective Services Registry

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

Did you know that the Adult Protective Services (APS) Registry has been available to the public online since April 1, 2015? This is a great resource and tool for individuals looking to hire their own caregiver or for screening volunteers who will be working with vulnerable populations.

The original concept of the registry goes back to July 2007, when the Appeals process and the APS Registry were enacted. Certain requirements had to be upheld before a name could be legally placed on the registry, as APS must provide due process for alleged perpetrators. Once a "preponderance of the evidence" is established to substantiate the allegations, the perpetrator's name is placed on the APS Registry for 25 years. The registry lists the name of the registered perpetrator and a description of the disposition. It is updated every Monday. It is located online at <https://des.az.gov/services/aging-and-adult/arizona-adult-protective-services-aps>.

If you ever suspect that an adult is being abused, neglected, or financially exploited, please contact APS at the statewide toll-free telephone reporting line **1-877-767-2385**, Monday-Friday 7 a.m. - 7 p.m. / Saturday-Sunday 10 a.m. - 6 p.m., or you can file an online report 24 hours a day, seven days a week at <https://des.az.gov/services/aging-and-adult/adult-protective-services/file-aps-report-online>.



Grandparents Raising Grandchildren Play and Learn

Submitted by Ruth Sosa, Parent Educator, Chicanos Por La Causa, Inc. / Parenting Arizona

"Play and Learn" classes are offered through the Grandparents Raising Grandchildren program at Chicanos Por la Causa, Inc. This is a free and fun activity where grandparents and grandchildren can spend time together. These are interactive classes where grandparents (as well as kinship caregivers) and grandchildren (birth to five years old) play, sing, dance, and have parachute and story time. While the children work on an art or craft project, the adults and an educator discuss different parenting topics that may include positive discipline, developmentally appropriate expectations, toilet training, tantrums, and so much more. At the end of the class, every child receives a free snack and book.

This is an opportunity for other grandparents and caregivers to connect and offer peer support. These grandparents do not necessarily have to have custody of their grandchildren, but could be in the process of getting custody, or could just be a caregiver in their grandchildren's lives.

The evidence based curriculum *Nurturing Parenting* is used and certificates of completion and letters of attendance are provided, if needed, for court or foster care agencies. Services are offered in Northwest and Southwest regions of Maricopa County. To learn more, contact Ruth Sosa or Quetzal Reyes at **602-248-0428**, extension 242.



Arizona Caregiver Coalition is Now a Legal Non-Profit

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

Congratulations are in order! The Arizona Caregiver Coalition received its 501 (c) (3) status on October 27, 2015 and a new Executive Director has been hired.

Elizabeth Harris has worked in senior health services since 1994. After receiving a Certificate in Gerontology, she continued her formal education in this field and earned a Bachelor of Science in Aging and Lifespan Development, from Arizona State University. She continued her education in the Masters of Social Work (MSW) program and, in Fall 2011, started her MSW internship and field placement with the Foundation for Senior Living, Corporate Office.

Elizabeth remained dedicated in her service to caregivers and was instrumental in developing a system to provide free caregiver supports with the implementation of the statewide Caregiver Resource Line. So it seemed fitting when, in January 2016, she was hired as the first Executive Director of the Arizona Caregiver Coalition. Elizabeth shared that it was the one on one and the practical training as a Social Worker, as well as the career coaching as an intern, with the Foundation for Senior Living, that deepened her love for creating public programs and her aspiration to serve and lead a nonprofit. **Congratulations** Elizabeth Harris and to all of those that made the Arizona Caregiver Coalition a reality. For more information about the Coalition visit <http://www.azcaregiver.org/>.

Family Caregiver Study

Submitted by Lynne Tomasa, PhD, MSW, University of Arizona, Sonoran UCEDD, COM Department of Family & Community Medicine.

The Sonoran University Center for Excellence in Disabilities Education, Research, and Service invites persons with developmental disabilities and family caregivers to participate in an interview about what is important to them in the planning of their future. Service providers and family caregivers can share their experiences and knowledge through an online survey <http://www.fcm.arizona.edu/roadmap-recruitment>. The goal is to learn more about the planning process and how we can better support everyone through this experience. The first 60 persons to participate in the interview (phone **1-520-626-7823** or in-person) will receive a \$30 gift card. The study ends this summer and is supported by the Arizona Developmental Disabilities Planning Council.

your input is needed! People with disabilities and their families are encouraged to plan for the future so others understand what is important to them.

The Sonoran University Center for Excellence in Disabilities Education, Research and Service (UCEDD) wants to understand the experiences of individuals with disabilities (autism and intellectual and developmental disabilities), family caregivers, and service providers as they make plans and support each other during the planning process. There are **TWO** ways to help: a survey or interview. We will apply what we learn in the 2nd edition of the "Future Planning: A Roadmap for Family Caregivers" workbook. There are no costs to you. Individual responses will be kept confidential and secure.

1 Family Caregivers and Service Providers can complete a 15 minute online survey

<http://www.fcm.arizona.edu/roadmap-recruitment>

OR

2 Family Caregivers and Adults with a Disability Participate in an interview (phone or in-person)

Contact: Lynne Tomasa, PhD, MSW (Investigator)

Message: (520) 626-7823 OR ltomasa@email.arizona.edu

Note: There is a small compensation only for the first 60 people who complete the interview

An Institutional Review Board responsible for human subjects research at the University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare and participants in research. The project is funded by the Arizona Developmental Disabilities Planning Council.

Updates from the Social Security Administration

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

I'm retiring early, before full retirement age, and I receive investment income from a rental property I own. I've heard there's a limit on income I can make if I retire early. Does investment income from my rental property count as earnings for Social Security purposes?

Answer: No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by government pensions earned through work on which you did not pay Social Security tax. You can retire online at www.socialsecurity.gov. For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

I was turned down for disability. Do I need a lawyer to appeal?

Answer: You're fully entitled to hire a lawyer if you wish to, but it is not necessary. In fact, you can file a Social Security appeal online without a lawyer. Our online appeal process is convenient and secure. Just go to www.socialsecurity.gov/disability/appeal. If you prefer, call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to appeal.

My grandfather, who is receiving Supplemental Security Income (SSI), will be coming to live with me. Does he have to report the move to Social Security?

Answer: Yes. An SSI beneficiary must report any change in living arrangements within 10 days after the month the change occurs. If the change is not reported, your grandfather could receive an incorrect payment and have to pay it back, or he may not receive all the money due. Just as importantly, your grandfather needs to report the new address to Social Security to receive mail from us. You can report the change by mail or in person at any Social Security office or call Social Security's toll-free number at 1-800-772-1213 (TTY: 1-800-325-0778). You can get more information by reading the booklet *Understanding SSI*, at www.socialsecurity.gov/ssj.

I am trying to save up for a truck. I have \$1,200 in the bank now and need a little more. How much cash can I have in the bank without affecting my Supplemental Security Income (SSI) eligibility?

Answer: The resource limit is \$2,000. Unless you have other valuable resources, this means you could save up to \$2,000 before you would become ineligible for SSI. We generally do not count your primary vehicle, the home you live in or certain amounts set aside for burial expenses as resources. If you are in this situation, call Social Security at 1-800-772-1213 (TTY users should call 1-800-325-0778) or visit any Social Security office.

ARIZONA@WORK - DES Announces Rebrand of Arizona Workforce Development

Statewide workforce development network unveils new identity

From DES News Release dated February 17, 2016, by Media Contact, Tasya Peterson

Arizona's statewide workforce development network, a collaboration of workforce development partners that collectively match employers with job seekers, unveiled its new name and identity at a public announcement at the DES Phoenix One-Stop North Career Center.

"ARIZONA@WORK represents a renewed commitment to meeting the diverse needs of employers and serving job seekers statewide," said DES Director Timothy Jeffries. "DES is pleased to do its part in connecting the two, with the ultimate goal of helping strengthen Arizona's economy. I'd like to thank workforce members across the State for their collaboration in uniting all for one unified message."

Now called ARIZONA@WORK, the system unifies 12 regional areas and 47 local workforce offices throughout the State under the new name and identity. A public-private partnership, ARIZONA@WORK assists employers of all sizes and types in the recruitment, development and retention of qualified employees to meet diverse business needs. ARIZONA@WORK also provides job seekers with a variety of services and resources to aid in the pursuit of employment opportunities such as skills development, job search and other related supports. As part of the American Job Center Network, ARIZONA@WORK provides services, without cost, to employers and job seekers alike.

"By uniting all of our services, resources and offices under one name and identity, we can better serve employers and job seekers throughout Arizona," said Arizona Association of Workforce Developers Board of Directors member John Morales. "We are fully collaborative and totally unified, all sharing one mission: providing innovative workforce solutions at the local level, all across our State."

ARIZONA@WORK serves communities around the State through a network of local offices, including: the City of Phoenix, the nineteen Tribal Nations, Northeastern and Southeastern Arizona as well as the following counties: Coconino, Maricopa, Mohave, La Paz, Pima, Pinal, Santa Cruz, Yavapai and Yuma.

For more information, call 602-364-3414 or visit www.ARIZONAatWORK.com.

ARIZONA@WORK is a partner of the American Job Center Network and an Equal Opportunity employer/program, with federal funding provided by the Workforce Innovation and Opportunity Act (WIOA).

2016 MHA AZ SEEDS CONFERENCE



B4STAGE4: STARTING THE CONVERSATION

MAY 20–21, 2016 ▪ PHOENIX, AZ

Join together with individuals and family members living with mental illness, health care providers, and other mental health partners in public safety, education and faith communities, in discussing the early detection and prevention of mental illness.



Keynote Presenter Paul Gionfriddo, President and CEO of Mental Health America, and author of the critically acclaimed book *Losing Tim: How our Health and Education Systems Failed my Son with Schizophrenia* is a featured keynote presenter. There will also be 20 breakout workshops to choose from on a variety of topics facilitated by local experts and national leaders.

Attendees will learn how to recognize the early signs and symptoms of a mental health condition; develop strategies to advocate for your loved ones and for self-management; navigate community resources including crisis services; get information on innovative programs and services; and how to engage and mobilize with other community.

Only \$59 Entire Conference or \$39 One-Day Only

Professional rate including up to 10 CEUs is just \$109 for the entire conference or \$79 one-day only

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<http://www.brownpapertickets.com/event/2504602>

[Click here](#) to apply for registration scholarships—limited number available. For more information visit <http://www.mhaarizona.org/>





S.M.I.L.E. has Opening on Waitlist for Home Modification in Yuma

Submitted by Brenda Howard, Finance Manager/Admin Assistant SMILE

S.M.I.L.E. has Community Development Block Grants, for the City of Yuma, that require low to moderate income level participants in the 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 the health and welfare of your disability in your home, then please give us a call **1-928-329-6681**.

AARP Fraud Watch continued from page 1

People who sign up as part of the 'Fraud Watch Network' also receive timely alerts and notifications about new scams as they emerge, as well as information about what to do if you, or someone you know, is victimized.

For Fraud Watch Network email alerts and more information, go to www.aarp.org/fraudwatchnetwork or call **1-877-908-3360**. "Whether it is over the phone, through the mail, online, or even at your door, scam artists are out there and they are looking for ways to get you and your loved ones to open your wallets," added Parra. "The AARP Fraud Watch Network offers information to help protect you and your family from falling victim to fraud and scams."

Presentations on fraud prevention are also offered through AARP Arizona. Volunteers with the AARP Fraud Watch Network are available to provide presentations to groups, senior centers, and at libraries. "We have volunteers who can give fraud prevention presentations in many areas of the State," added Parra. "We would ask that you call our office to request a presentation in your area and we will do our best to provide a guest speaker on this issue." To find out if an AARP Fraud Watch Network presentation can be offered in your community, please call AARP Arizona toll free at **1-866-389-5649** or email dparra@aarp.org.



S.M.I.L.E. – Services Maximizing Independent Living and Empowerment has New Address

Submitted by Laura Duval, Executive Director, SMILE

Effective March 1, 2016, S.M.I.L.E. has moved to 1929 South Arizona Avenue, Suite 11, Yuma, Arizona 85364.

All phone lines and email addresses remain the same.



Newsletter Submissions

Dear AZ Links Partners,

We are always interested in hearing about programs and services available throughout the State. Highlighting staff and volunteers who make things happen is of great interest as well. Any announcements, staff changes, events, and information are welcome. Photos and brief notices can also be included. Please send newsletter items to: TPankey@azdes.gov.

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

Next newsletter: July 2016

Deadline for submissions: June 15, 2016

Past issues of the AZ Links Newsletter are available on our website at www.azlinks.gov.

About the Arizona Association of Area Agencies on Aging

Submitted by Kurtis Kegley, Administrative Assistant, Area Agency on Aging-NACOG

The Arizona Association of Area Agencies on Aging (az4a) is a statewide network of seven regional agencies that address the needs of seniors and individuals with disabilities, as well as their families and caregivers. The az4a supports Arizona's Area Agencies on Aging with advocacy, training, information and resources. The agencies constituting the az4a are members of the National Association of Area Agencies on Aging, a network representing the 622 Area Agencies on Aging across the nation. More information on the az4a is available at www.azaging.org or via Area Agency on Aging NACOG, toll-free at **1-877-521-3500**.



Find Local Arizona Farmers Markets by Visiting This Website

<http://agrilicious.org/local/farmers-markets/arizona>