

SENIOR SCENE

Information & Events for Tucson's Senior Community

Quarter 2 2018

Fighting Against Scams

Fraud and deceptive schemes and scams are on the rise, especially targeted toward seniors. Protecting against these nefarious con artists falls under the realm of the Arizona Attorney General's Office. Many resources are available at www.azag.gov, including the "Senior Tool Kit", which can be downloaded on the AG's site. Here are a few of the recent scam scenarios making the rounds:

- Charitable giving schemes
- Home improvement schemes
- Travel scams
- Debt collections
- Sweepstakes and lottery winnings scams
- A relative in jail scheme—send money
- Door-to-door pressure selling

Note: Arizona law permits a three day "cooling off" period for many types of purchase contracts, which allows for cancellation of certain types of contracts. Visit the Attorney General's website for more info or call (520)628-6504.

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Arizona Long Term Care System

The Arizona Long Term Care System (ALTCS) is a part of the Arizona Health Care Cost Containment System (AHCCCS) - Arizona's version of Medicaid. ALTCS provides long-term care for assisted living facilities and nursing homes, in addition to in-home care for individuals who would otherwise be institutionalized. This program is income and asset based, and is designed to help fixed-income seniors and other disabled individuals afford the long-term care that they need.

Registration and plans information is available at <https://azahcccs.gov>, or by calling (800)654-8713.

Senior Silly

As the hostess at the casino buffet showed me to my table, I asked her to keep an eye out for my husband, who would be joining me. I started to describe him: "He has gray hair, wears glasses, has a potbelly ..."

She stopped me there. "Honey," she said, "today is senior day. They all look like that."



"Your One-Stop Resource For Senior Services"

Aging In Place

Aging in place - living in the residence of one's choice for as long as he or she is able to, is not a magic formula. Rather, careful planning is crucial to long-term happiness. While there are many items involved in the planning process, here are a few broad categories that most aging-in-place planning involves:

- ⇒ The “right” house - many older homes are not amenable to retrofitting for increased mobility and are not elderly friendly.
- ⇒ Assistive technology - devices ranging from low-tech to high-tech should be based on functionality and ease of use.
- ⇒ Community - quality of life, to include social activities and outside assistance, greatly reduce the stress in the long run.
- ⇒ Finances & legal - both can make or break an aging in place plan. Home care and daily living must be realistically factored in to the budget.
- ⇒ Health Care - access to close proximity medical resources and emergency services are keys to a higher quality of life.

While most of us would like to age-in-place, the reality given the aforementioned items might negatively impact our desire to remain in our preferred residence.

Resources such as the Senior Support Alliance are here to help. Senior Support Alliance (520)314-1011 or www.seniorsupportalliance.org.

Contributed by John Jay Brosky, Senior Real Estate Professional, RE/MAX Excalibur.

7 Ways to Keep Your Mind Sharp

1. Move it! - exercise is directly linked to cognitive health.
2. Meet a friend for coffee - socializing plays a major role in brain health.
3. Stimulate it!- beyond Sodoku and crosswords, learn something new that requires focused concentration.
4. Feed it! Cook with family or friends - it's therapeutic. Eating healthy also has both physical and social benefits.
5. Don't be the potato! If you must sit on the couch, play on the Wii or video games with the grandkids or your peers.
6. Have calm times too ... chronic stress has a direct negative effect on the primary locus of memory formulation.
7. Laugh a little - humor simulates the parts of the brain that incorporate the “feel good” chemicals.

Some of the most nutritionally complete foods are salmon, kale, potatoes, eggs, blueberries, and almonds.

Senior Centers in Tucson

Armory Park, 220 S. 5th Avenue (520) 791-4865.

El Pueblo Activity Center & Senior Center, 101 W. Irvington Rd (520) 791-3250.

Carol West Senior Addition at the Morris K. Udall Center, 7200 E. Tanque Verde Rd, (520) 791-4121.

www.tucsonaz.gov/parks/senior-programs.

Did You Know

- * The oldest living veteran, Richard Overton, is now 111. He states that the secret to longevity is a sweet cigar and a shot of whiskey.
- The Good Life - “If we had to name what makes life worth living, what gives it meaning and purpose, most of us would probably say it's the people we love. Relationships, along with work, are the core differences in quality of life at all ages. Whom we love and how we love them are in a way the core reasons we get up in the morning.”

– Richard Leider



Senior Support Alliance
SeniorSupportAlliance.org

“Your One-Stop Resource For Senior Services”

Wellness/Green Tips

Going green not only positively impacts Mother Earth, but also adds to your quality of life (and to your wallet).

I. Help to Conserve Energy:

- ◆ Turn off the lights when you leave a room or any other shared spaces.
- ◆ Use power-saving settings on your computer to minimize electricity use - especially when you're away from your desk.
- ◆ Completely shut down and unplug your computer, monitor and laptop at the end of the day. "Standby" settings and electronics plugged into outlets will still use power, even if they're not in use - often referred to as "Phantom Energy Draw". If you connect all your desk electronics to a power strip with an on/off button, you can easily turn everything off with the switch of a button.

II. Recycle, Reduce, and Reuse:

- ◆ Brew your morning coffee at home and bring it with you to work in a travel mug. Many office coffee machines use individual plastic cups that can be difficult to recycle.
- ◆ Use a reusable water bottle. These are much better for the environment, and can keep your water colder for longer. Bringing in reusable lunch containers, silverware and plates can also help reduce plastic waste in the office.
- ◆ Use recycling bins when disposing of paper, plastic, glass or metals. Sorting recyclables helps ensure that items don't end up in landfills.
- ◆ When purchasing office supplies, choose eco-friendly brands and buy in bulk to reduce shipping and packaging waste.

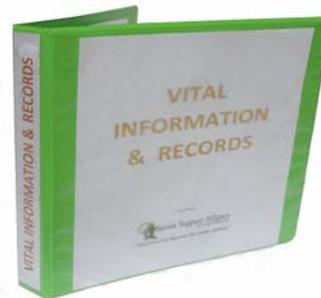
III. Go Paperless

- ◆ It may sound obvious, but instead of storing papers in physical filing cabinets, move your files to online folders - these take up less physical space, can be easier to share with team members and more secure.
- ◆ Received and pay your bills online. The added benefit is that you will receive digital bills and payment receipts (see item above.)
- ◆ If you must use paper, be more mindful about it. Printing double-sided with black and white cartridge settings is one way to be more efficient. Also, use any misprints as note-paper.

Ways to Save Money in 2018

When it comes time to refocus your personal budget, here are a few tips to consider:

1. Evaluate the cost of convenience - a simple change such as preparing your own coffee each morning instead of standing in the caffeine line might save you hundreds of dollars a year.
2. Prior to completing an online purchase, rethink the items that are in your shopping cart. Ask yourself if you really need this right now.
3. Try the "zero spend" challenge - think "If I don't buy it today, I'll buy it tomorrow", a strategy that will actually be effective. Also, cut back on impulse buying.
4. Nab the best online deals - before completing an online purchase, check for a better price by using *PriceBlink* or *Shoptimate* which scan thousands of sites for the best price.
5. Save on gasoline by checking *GasBuddy* online.
6. Cut back on eating meat - comparable veggie replacements typically cost much less.
7. Avoid over-priced premium pet food and toys.
8. Save money at restaurants with coupons & cash back deals with *BeFrugal.com*.
9. Eat for free - many restaurants let kids (grandkids) eat for free. Try *grandparents.com* for deals.



Organize your personal records and emergency contact information in one place. Order your Vital Information Binder for only \$20! (520) 314-1011 call today.



TUCSON SOCIAL SENIORS 60+

UPCOMING EVENTS – LET ANN MARIE KNOW IF YOU WOULD LIKE TO JOIN IN THE FUN!! **520.314.1011**



Regularly Scheduled

Here are some of the regularly scheduled events

First Wednesday	9:00am – 11:00am	Coffee Talk - Central (Grant and Swan) - First Watch - Crossroads, 4775 E Grant Rd, Tucson, AZ 85712, USA
Second Monday	2:00pm – 4:00pm	Late Lunch at Sweet Tomatoes - Northwest - Sweet Tomatoes- Tucson Mall, 4420 N Stone Ave, Tucson, AZ 85705, USA
Second Wednesday	6:30pm – 7:30pm	Hand Drumming with Solange! Change Your Rhythm - Change Your Life - 4202 Calle El Centro, Tucson, AZ
Third Thursday	9:00am – 10:30am	Coffee Talk - Northwest (River and Oracle) - First Watch - Fiesta, 5055 N Oracle Rd, Tucson, AZ 85704, USA
Fourth Wednesday	2:00pm – 4:00pm	Late Lunch at Sweet Tomatoes - East - Sweet Tomatoes- Tucson II, 6202 E Broadway Blvd, Tucson, AZ 85711, USA

Not so Regularly Scheduled

Watch for the not so regularly scheduled events that are fun and interesting!

Educational Events	Lunch hour or Mid Day	Many Educational Events are posted, check the calendar of events for dates and details
Fairs and Festivals	weekends	Tucson has so many fun fairs and festivals for all seasons and reasons! And it's more fun to go with friends!
Happy Hour	4:00pm- 6:00pm	Social Happy Hour Events, some specific to couples or singles, others are specific to food choices or days of the week! You just never know!
Live Music & Dancing	7:00pm- 10:00pm	Popular local music venues, check the calendar of events for dates and details

FOR MORE DETAILS, GO TO OUR MEETUP.COM PAGE – OR – WWW.SENIORSUPPORTALLIANCE.ORG



Senior Support Alliance

SeniorSupportAlliance.org

"Your One-Stop Resource For Senior Services"

- ◆ Elder Care Law
- ◆ Estate Sales & Downsizing
- ◆ Financial Advice
- ◆ Hospice Care
- ◆ In-Home Caregiving
- ◆ Medicare & Health Insurance
- ◆ Pre-planning & Funeral Services
- ◆ Seniors Real Estate Services
- ◆ Reverse Mortgages
- ◆ Senior Placement Services

(520) 314-1011

TucsonSSA@gmail.com

www.seniorsupportalliance.org

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TUCSON SENIORS (55+) REAL ESTATE REBATES

- ◆ Selling or Buying
- ◆ More \$\$\$ in your pocket
- ◆ Visit: <http://bit.ly/2CC2D6y>

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