

# TUCSON'S SENIOR SCENE

Information & Events for Tucson's Senior Community

Quarter 3 2019

## Summer Festivals & Events

- **Heirloom Farmers Markets - April thru September , 8:00am - noon**
  - \* Fridays - Tucson (Trail Dust Town)
  - \* Saturdays - Oro Valley (Steam Pump Ranch)  
Vail (Rincon Valley)
  - \* Sundays - Tucson (Rillito Park)
- **Tucson Premium Outlets Concert Series**, Saturday evenings 4:00pm - 7:00pm, 6401 Marana Center Blvd, free admission.
- **Summer Safari Nights**, Saturday nights from 5/25/2019 - 08/17/2019, 6:00pm—8:00pm, Reid Park Zoo.
- **Arizona History Museum**, 6:00pm - 7:00pm on the first Friday of each month at one of four Tucson museums, [www.arizonahistoricalsociety.org/](http://www.arizonahistoricalsociety.org/).
- **Dog Days @ Tucson Botanical Gardens**, times vary, [www.tucsonbotanical.org](http://www.tucsonbotanical.org)
- **Flashback Friday Nights**, Old Tucson, 4:00pm - 9:00pm, July 12 - August 30, <https://oldtucson.com/events/categories/news-and-events/>.
- **Second Saturdays Downtown**, July 13 - December 14, free. [www.2ndsaturdaysdowntown.com/](http://www.2ndsaturdaysdowntown.com/)
- **“What’s Going On With Medicare”**, 07/24/2019 @ 12:00pm - 1:00pm, Harmony Hospice, 1200 N. El Dorado Place, 85715. Lunch provided (free).
- **HarvestFest @ Sonoita Vineyards**, 07/27/2019, 10:00am - 4:00pm, [www.sonoitavineyards.com/](http://www.sonoitavineyards.com/).
- **Southeast Arizona Birding Festival**, 08/07/2019 - 08/11/2019, Tucson Audubon Society, <http://tucsonaudubon.org/news-events/southeast-arizona-birding-festival/>.
- **Salsa, Tequila & Taco Challenge**, 09/01/2019, 7:00pm, La Encantada Shopping Center. <https://www.saaca.org/>.

## In This Issue

- Summer Festivals & Events
- Preventing Falls is Important to Senior Health
- Protect Yourself Against Financial Exploitation
- Providing Care to Veterans
- Renovating Your Home for Aging in Place
- Senior Sillies

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- ◆ Senior Mortgages & Lending
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(520) 314-1011

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[SeniorSupportAlliance.org](http://SeniorSupportAlliance.org)

*“Your One-Stop Resource For Senior Services”*

# Preventing Falls is Important to Senior Health

Falls are the single largest cause of injury among seniors. Falls are also the second leading cause of accidental death in the United States and 75% of these falls occur in the older adult population.

The CDC's National Center for Injury Prevention and Control reports that older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes. One-third of older adults who fall sustain a hip fracture, require hospitalization, and die within a year.

Although a fall may not result in hospitalization, fear of falling can affect quality of life. Fear leads to inactivity, loss of confidence and produces a cycle of fear, reduced self-confidence and inactivity. Easy tips to help minimize the risk of life-altering falls for your loved ones:

- Throw rugs can be a tripping hazard. Remove them or securely tack them down.
- Add grab bars by the toilet, tub and shower. Non-skid bath mats and shower chair are helpful.
- Clear clutter from walking paths. Ensure hallways and stairways are well-lit.
- Eliminate long extension cords that snake across a room.
- Slippers with non-skid soles should fit well. Avoid night clothing that drags on the ground.

For more information, visit [www.visitingangels.com/tucson](http://www.visitingangels.com/tucson) or call 520-579-0099.



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Rose Muzzy (520) 405-0327

Lisa Mach (520) 419-9303

## Protect Yourself Against Financial Exploitation

According to the Consumer Financial Protection Bureau, Suspicious Activity Reports (SARs) have increased exponentially in the past few years. In 2018, Congress passed the Senior Safe Act (yes, they can actually be productive now and the!), which protects the financial sector against lawsuits when they report suspicious activity in the elder adults' accounts.

Despite some federal protection, family and friends are typically the first line of defense against financial exploitation. Here are a few tips to help be on guard:

1. Be on alert for the latest types of financial fraud:
  - ⇒ Investment scams offering a “free lunch, which often push unneeded or fraudulent products.
  - ⇒ Lottery and sweepstake scams.
  - ⇒ Telemarketers that offer free giveaways or prizes.
  - ⇒ Computer & Internet scams which lock up your computer and force you to call a number to fix.
  - ⇒ Home improvement scams - often unlicensed and uninsured tradespersons.
2. Stay in touch with and learn more about your loved ones and close friends.
3. Be suspicious of completing any type of Power of Attorney or other waiver of your rights.
4. For more information, you can read online or download the “Money Smart for Older Adults Resource Guide” at [https://files.consumerfinance.gov/f/documents/201703\\_cfpb\\_money-smart-for-older-adults-resource-guide.pdf](https://files.consumerfinance.gov/f/documents/201703_cfpb_money-smart-for-older-adults-resource-guide.pdf)



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## Providing Care to Veterans

As those who serve our country age or become ill, often they find themselves with a dwindling support system of family and friends. These men and women who have sacrificed so much to maintain our freedom deserve outstanding care. A veteran should never be alone, especially when they are facing their final days on earth.

We have the honor of caring for many veterans. Some are residents of the Arizona State Veteran Home here in Tucson, others live independently or with others. We are determined to honor these patients with the same respect and dignity they served our country. If they're blessed to have family members as caregivers, we work closely with them to ensure their loved one receives all the support they need. At times, we tap into our volunteers to spend time with veterans. Some are veterans themselves, while others are college students who are in awe of the stories of adventure and heroic deeds that the veteran shares.

Harmony Hospice is part of the **Hospice Veteran Partnership of Southern Arizona**. Local agencies join together to educate staff, volunteers, and the general community about providing health care services to veterans. This collaborative group also supports organizations that serve veterans. Another on-going effort is recruitment of healthcare providers within the community. I encourage you to learn more about this nationwide organization and join in our commitment to ensure veterans receive quality care.

By Brianna Henderson, LMSW, Executive Director,  
Harmony Hospice.

**Harmony**  
HOSPICE  
YOUR COMMUNITY. YOUR HOSPICE.

**(520) 284-9334**

Summer crops for your garden: beans, cucumbers, eggplant, melons, peppers, gourds, sweet potatoes, and tomatoes.



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## TUCSON SENIORS (55+) REAL ESTATE REBATES



- \* Selling or Buying
- \* More \$\$\$ in your pocket
- \* Visit <http://bit.ly/RErebates>

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## Renovating your Home for Aging-in-Place

Every older adult would prefer to remain in their home as we age, however, there are often financial obstacles. Invariably, home improvements that are needed to facilitate remaining in one's home are costly and out of reach for older adults. However, there are several financial products that might make sense.

If paying out-of-pocket is not an option, here are a few options that are currently available:

1. Reverse Mortgages - having been branded a questionable option in the past, government regulation has made this financing option viable. And, no payment until you sell or move from the home.
2. Home Equity Loan - leverage the equity you have in your property to upgrade and renovate. Payments to meet your budget.
3. Renovation Loan - a financing option based on the value added to the home.
4. Grant money - both federal and local. Less available and harder to qualify for, but still an option.

John Jay Brosky is an Associate Broker and Seniors Real Estate Consultant with Realty Executives Tucson Elite, specializing in working with older adults. (520) 400-8020.



<https://www.meetup.com/Tucson-Social-Seniors-60/>



**1,000+ member Social Seniors and growing!**

For more information or to sign up, please visit  
[www.meetup.com](http://www.meetup.com) or [www.seniorsupportalliance.org](http://www.seniorsupportalliance.org).

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## Tucson Place

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## Senior Sillies

An 85-year-old widow was on a blind date and upon her return, her daughter noticed that she was upset.

“What went wrong, mother?”

“Oh, I had to slap my dates’ face three times “she replied.

“You mean he got fresh with you?”

“No, not at all, I thought he was dead.”

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True terror is to wake up one morning and discover that your high school class is running the country. ~Kurt Vonnegut

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I asked my 85 year old Grandpa, “After 65 years, you still call Grandma darling, beautiful, and honey. What is the secret?”

He said, “I forgot her name 5 years ago and I’m too scared to ask her.”

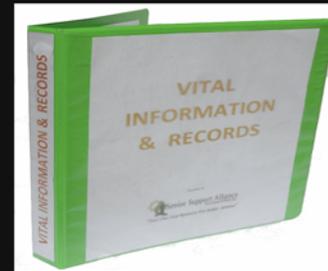
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Q: How are stars like false teeth?

A: They both come out at night.

## Top 10 Foods for Healthy Eyes

1. Red bell peppers
2. Seeds & nuts
3. Dark leafy greens
4. Salmon
5. Sweet potatoes
6. Lean meat & poultry
7. Beans & legumes
8. Eggs
9. Squash
10. Broccoli & Brussel sprouts



Organize your personal records and emergency contact information in one place with the **Vital Information Binder**. Order yours today for only \$20! (520) 314-1011 or [www.seniorsupportalliance.org](http://www.seniorsupportalliance.org).

## Tips For Staying Active and Engaged

- ⇒ Join a group or club (meetup.com)
- ⇒ Spend more time outdoors.
- ⇒ Try out a new technology.



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