

TUCSON'S SENIOR SCENE

Information & Events for Tucson's Older Adult Community

Quarter 1 2022 v1

Fun Things to Do

Despite a slow recovery from the recent pandemic and the resulting events slowdown, there are happenings around Tucson ...

- **Tucson Gem Show**, January 18th - February 10th. Various venues in the Tucson area.
- **Local Farmer's Markets:**
 - ⇒ Wednesdays - Green Valley Village, 101 S. La Canada, 8am - 12pm
 - ⇒ Fridays - Udall Park, 7202 E. Tanque Verde Rd, 8am - 12pm
 - ⇒ Saturdays - Steam Pump Ranch, 10901 N. Oracle Rd, 8am - 12pm
Rincon Valley, 12500 E. Old Spanish Trl, 8am - 12pm
 - ⇒ Sundays - Rillito Park, 4502 N. 1st Ave, 8am - 12pm
- **Winter Antique Fairs:**
 - ⇒ Medilla Vine Ranch, 4450 S. Houghton Rd, 1st Sunday monthly, 8am - 2pm.
 - ⇒ East Side Vintage Market, 8740 E. Broadway Blvd, 1st Sunday monthly, 8am - 1pm
 - ⇒ Vintage Market, 4500 N. Oracle Rd, 2nd Sunday monthly, 8am-2pm
 - ⇒ Mercado Flea Market, 267 S. Avenida del Convento, 2nd Sunday monthly, 8am - 2pm
- **Tucson Premium Outlets "We Love Locals"**, free savings passport, Wednesdays 10:00am - 9:00pm.
- **Mount Lemmon**, ride a ski lift, stay in a cozy cabin, hike forested trails, or admire the starry night.
- **Turquoise Trail Guided Walking Tours, Public Art Walking Tours**, January - March, <https://tucsonpresidio.com/walking-tours>.
- **Southern AZ Wine Country**, "Sky Islands", Sonoita, Elgin, Patagonia. www.visitskyislands.com
- **Tubac Performing Arts Season**, 07/07/2022 - 04/22/2022

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Tucson Leisure Classes

- ◆ Adaptive Aquatics & Aquatic Fitness
- ◆ Arts & crafts
- ◆ Ceramics & Pottery
- ◆ Cooking
- ◆ Dance
- ◆ Drawing & Painting
- ◆ Health & Fitness
- ◆ Jewelry
- ◆ Music
- ◆ Photography
- ◆ Therapeutic Programs & Workshops

For more information visit <https://tucsonaz.gov/parks/classes-and-programs> or call (520) 791-4877

WHEN IT'S TIME TO TAKE THE KEYS AWAY

How would you react if you were sitting in the back seat, one of your parents was driving, they became confused and took the wrong turn on a familiar route? What if they got lost on the way to the grocery store or some other place they had been many times before?

Taking away the keys is a decision adult children and spouses face. Safe driving is no longer possible when vision, hearing and reaction time become compromised. Alzheimer's and dementia impair memory, judgment and understanding.

Often, people are reluctant to take away the keys out of fear their loved one will feel a loss of their freedom and dignity. Re-directing and arranging activities to help them maintain independence in other areas of their life is very beneficial.

Some Warning Signs of Unsafe Driving

- Gets lost more than usual
- Fails to pay attention to signs, signals or pedestrians
- Experiences physical difficulty or range of motion issues (looking over the shoulder, moving hands or feet, etc.)

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Top Five New Year's Resolutions for Older Adults

1. Challenge yourself - join a social club, learn a new hobby, physically exercise each day.
2. De-clutter - divest of items that don't have special meaning or that you will never use again.
3. Embrace technology - online options such as social media, e-books, mental strength exercises, etc.
4. Evaluate your fall risk - install non-slip flooring, replace throw rugs, attend balance and senior fitness classes.
5. Review your legal documents - AZ Advanced Directive, Trusts, Power-of-Attorneys, SSA Vital Information Binder

Boosting Your Immune System

- ✓ Sleep at least 7-8 hours nightly
- ✓ Check you vitamin D levels
- ✓ Light-to-moderate exercise at least 30 minutes a day
- ✓ Reduce stress & anxiety (see related tips on next page)
- ✓ Reduce alcohol consumption
- ✓ Eat healthy and reduce sugar intake

 **Senior Support Alliance**
SeniorSupportAlliance.org
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"Your One-Stop Resource For Senior Services"

Did You Know ...

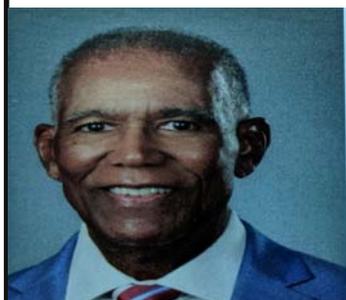
- Arizona is the 6th largest state in the U.S. in terms of land.
- 27% of land in Arizona is forest.
- Arizona is the 14th most populous state in the U.S.

What is Medicare?

Medicare is a Federal health insurance program created in 1965 for (1) People 65 or older, (2) People under 65 with certain disabilities, and (3) People of any age with End-stage Renal Disease (ESRD).

In 2020, 62.6 million people were enrolled in the Medicare program, which equates to 18.4 percent of all people in the United States. Around 54 million of them were beneficiaries for reasons of age, while the rest were beneficiaries due to various disabilities.

Total 2020 Medicare spending was \$925 Billion. This equates to 12% of the Federal budget.



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Winter Gardening

- * Water less
- * No trimming or pruning
- * Herbs, popular annuals & perennials, bulbs.
- * Broccoli, carrots, lettuce, peas, beans, cabbage.

Tips For Managing Stress & Anxiety

- ⇒ Exercise
- ⇒ Eat nutritious foods
- ⇒ Take a break from the news!
- ⇒ Socialize more, talk with a friend or neighbor
- ⇒ Practice prayer or meditation

Scam Alert - Jury Duty

Jury duty scammers often use sophisticated devices to spoof the Caller ID and make it appear as if they're actually calling from the courthouse or the police department. Emails can also appear to be sent from a legitimate source. ... the scam involves a claim of failure to appear for jury duty. Note:

Failure to appear for jury duty is not grounds for immediate arrest. The caller will invoke a scare tactic that you are subject to arrest for missing jury duty, and then offer you resolution by paying a penalty (or purchasing a bond) during the phone call. **DO NOT PROVIDE ANY PERSONAL INFORMATION OR PAY ANYTHING!**

Taxes & Social Security Benefits

Social Security benefits can be difficult to navigate when determining if the benefits are federally taxable. If social security is your only source of income and half of your benefits are less than the base of \$25,000. More than likely, you will not need to worry about paying any taxes on your return. It is important to remember if you file Married Filing Separately and are also living with your spouse then the entire amount of your social security benefits become taxable. Married filing jointly tax payers have a larger base amount of \$32,000.

If you are making other income on top of your SS benefits and the total of your income plus ½ of your benefits equal greater than \$25,000 (single, head of household, qualifying widower) or \$32,000 (married filing jointly) then you will pay up to 85% of tax on your benefits.

The state of Arizona does not tax any social security benefits and beginning 2021 will not tax any military retirement



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To receive this newsletter digitally please subscribe at
www.seniorsupportalliance.org/home/newsletter.

Senior Sillies

Three older men are out walking.

First man: "windy, isn't it?"

Second man: "no, it's Thursday"

Third man: "me too, let's get a beer"

A senior man is sitting at the bar. A young woman sits down alongside him. He leans in and asks her "so, do I come here often?"

An older woman, living alone, decided she wanted to add a pet companion to her life. After thinking long and hard about the decision, she buys a parrot and brings it home. However, the parrot almost immediately starts insulting her and gets really rude. In a moment of frustration, the woman picks up the parrot and tosses it into the freezer to teach it a lesson. But when the bird stops squawking, the woman panics and opens the freezer. The parrot walks out, looks up at the woman, and says, "I apologize for offending you, and I humbly ask your forgiveness." The woman replies, "Well, thank you. I forgive you, and I'm sorry too." The parrot then says, "If you don't mind my asking... what'd the chicken do?"

Dignity
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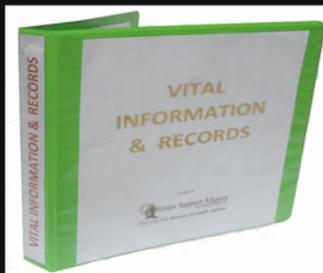
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What is a Beneficiary Deed?

The Arizona Beneficiary Deed - also known as an Arizona *transfer-on-death deed*, allows property to be automatically transferred to a new owner when the current owner dies, without the need to go through probate. It also gives the current owner retained control over the property, including the right to change his or her mind about the transfer. The Beneficiary Deed from the Grantor (homeowner) to the Beneficiary must be filed with the County Recorder after the Grantor signs the deed (prior to the death of the owner).



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Warning Signs of a Stroke

- F**ace - smile and see if one side of the face droops
- A**rms - raise both arms, does one arm drop down?
- S**peech - say a short phrase and check for slurring.
- T**iming - if yes to any of the above, call 911 immediately.

 **AGAPE**
Hospice

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Randy Owens
Community Liaison

