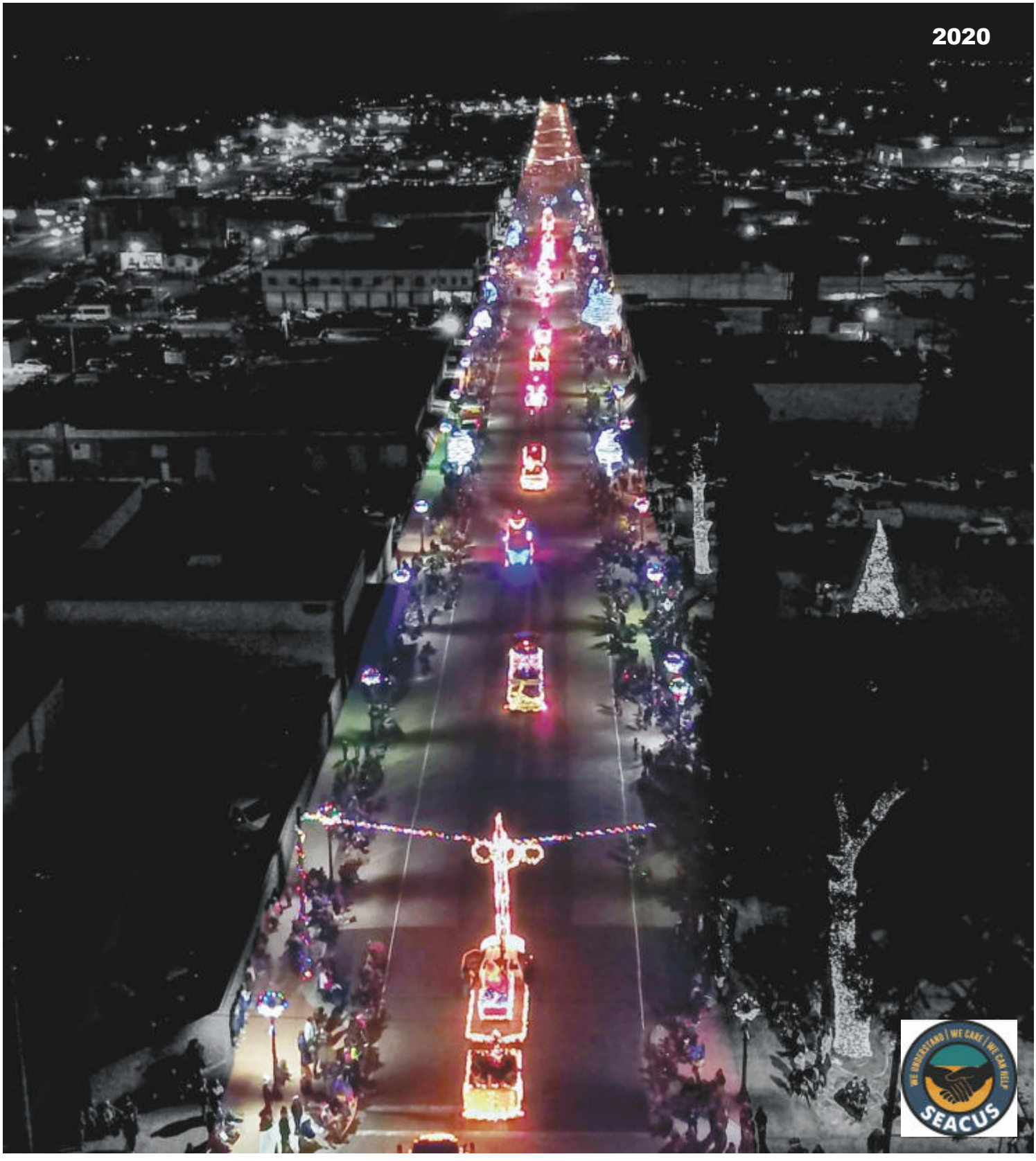
SENIOR NEWSLETTER

GCS

GRAHAM COUNTY SENIOR ACTIVITY CENTER

CELEBRATING 40 YEARS OF SERVICE

SEACUS • GRAHAM COUNTY SENIOR ACTIVITY CENTER • GREENLEE COUNTY SENIOR CENTERS



SEACUS ADMIN OFFICE

1124 W. Thatcher Blvd. #102
Safford, AZ 85546
(928) 428-3229
WWW.SEACUS.org

"Like" us on Facebook

Hours of Operation

Monday - Friday 8am - 5pm

SEACUS is a local non-profit that has been providing services in Graham and Greenlee Counties since 1978. We currently serve over 300 community members in Graham and Greenlee Counties.

Our Mission

Improve the quality of life of mature adults in the Gila Valley through education & activity, advocacy, family caregiver support and quality compassionate care.

Our Vision:

That every aging community member will have access to health education and activities, and will have the option of growing old in the comfort and safety of their own homes

Family Caregivers provide most of the assistance that enables older Arizonans and those with disabilities to live independently in their homes and communities. Caregivers can also include grandparent raising grandchildren.

What is the Family Caregiver Support Program?

The program offers five direct services to Caregivers that best meet the range of their needs, including:

- Information about available services.
- Assistance in gaining access to supportive services.
- Individual counseling, organization of support groups, and training to assist caregivers in making decisions and solving problems relating to their roles.
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities.
- Supplemental services, on a limited basis, to complement the care provided by caregivers.

Arizona Caregiver Resource Line:

888-737-7494

Speak with a trained volunteer who can provide a compassionate ear, information, assistance, local resources and support Monday through Friday from 9 a.m. – 4 p.m.

Caregiver Action Network Resource Line:

855-227-3640

Starts October 15

Medicare Open Enrollment

Ends December 7

Make your plan review appointment now!
Medicare Counseling Appointments Available by Phone

Thousands of area residents get their Medicare questions answered by certified Medicare counselors working with the SEAGO—Area Agency on Aging SHIP/SMP Program.

We are committed to providing Medicare counseling services during this Annual Enrollment Period. You can schedule telephone-based appointments by calling **520-432-2528 ext. 222,** emailing shiphelp@seago.org or on our web site at: https://www.seago.org/state-health-insurance-assistance-program

It is more important than ever to review your Medicare coverage and ensure that you have the best coverage at the lowest price.

ship state health insurance assistance programs NATIONAL NETWORK

SEAGO Area Agency on Aging Cochise · Graham · Greenlee · Santa Cruz

SMP Empowering Seniors To Prevent Healthcare Fraud

GRAHAM COUNTY CHAMBER OF COMMERCE

COLLABORATION, LOCALISM, TOURISM

1051 W Thatcher Blvd, Safford, AZ 85546

(928) 428-2511 • graham-chamber.com

Contact Christine Nicholls to place an ad today!
cnicholls@lpiseniors.com or (800) 950-9952 x5841

PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

								9
		7						
	8		4			1	5	
			9				1	7
1								
	4	3			5	2		
	5		7					
		4			2	9	8	3
	2			8	3			

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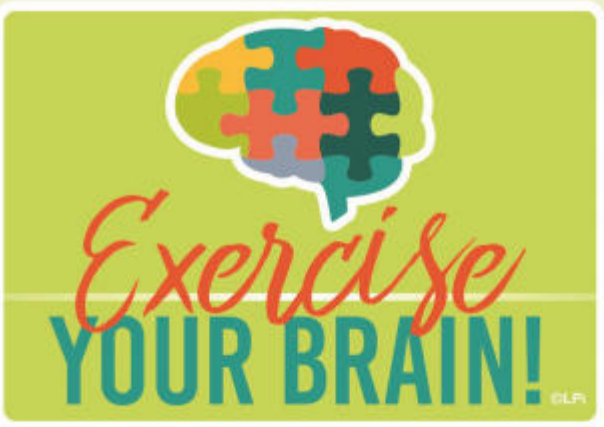
DIFFICULTY: ★★★☆



ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "L" = "Y"*

"BSBJLNKTIU PNCJNP CP
PGXBWGVL'P VCLVJBCX."

— HCJJL ITSBI

PREVIOUS SOLUTION: "Everything starts as somebody's daydream." – Lan Niven

Answer to Sudoku

9	2	1	6	8	3	7	4	5
6	7	4	5	1	2	9	8	3
3	5	8	7	4	9	6	2	1
7	4	3	1	6	5	2	9	8
1	9	2	3	7	8	5	6	4
8	6	5	9	2	4	3	1	7
2	8	9	4	3	7	1	5	6
5	1	7	8	9	6	4	3	2
4	3	6	2	5	1	8	7	9

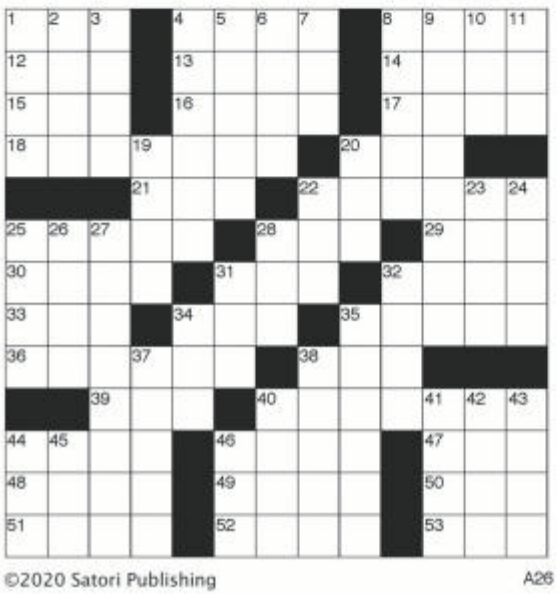
CROSSWORD PUZZLE

ACROSS

1 Ruler of Tunis
4 Today (Ital.)
8 Part of QED
12 Soft drink
13 Stir up
14 Geophagy
15 Nat'l Endowment for the Arts (abbr.)
16 Togs
17 Org. or Petroleum Exporting Countries (abbr.)
18 Net
20 Genetic letters
21 Like (suf.)
22 Turk. inn
25 Friend of Pythias
28 Hebrew letter
29 I (Ger.)
30 Frenzied
31 Wolframite
32 Jackfruit
33 Illness
34 Grab
35 Germanic gods
36 Goal
38 Old-Eng. jurisdiction
39 Beak
40 Ram
44 Cushitic lang.
46 Breathe rapidly
47 Proportional shoe width
48 Danube tributary
49 Pueblo Indian
50 Possessed
51 Dutch painter
52 Afghan title
53 Environmental Protection Agency (abbr.)

DOWN

1 Nemesis
2 Earthly paradise
3 Votes
4 Decree
5 Squash
6 Fr. author
7 Fr. pronoun
8 Goddess of horses
9 Growing by a riverbank
10 Unit
11 Tactical Air Command (abbr.)
19 Cozy retreat
20 Dept. of Motor Vehicles (abbr.)
22 Adjective-forming (suf.)
23 Geological epoch
24 Asian desert
25 Foolish
26 E. Indian tanning tree
27 Sad
28 Flap
31 Grimalkin
32 Male person
34 Pen point
35 Physician
37 Scand. people
38 Branch of Muslim
40 Heddles of a loom
41 US dam
42 Eucalyptus secretion
43 French art group
44 Kilometers per hour (abbr.)
45 Military macaw
46 School organization (abbr.)



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GRAHAM COUNTY SENIOR ACTIVITY CENTER

DECEMBER 2020

SENIOR NEWSLETTER

GRAHAM COUNTY SENIOR ACTIVITY CENTER

THE CENTER:

822 W Main St•
Safford, AZ 85546
(928) 428-5891

Activities Coordinator:
John Smallwood
jsmallwood@seacus.org

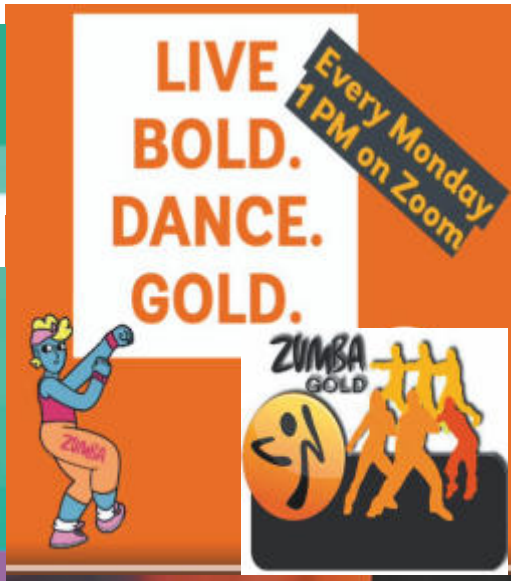
Hours of Operation:
Closed Until Further Notice

WELCOME

At this time we do not have a date for the senior activity center to return to "normal activity", so for now the activities being offered will be available via Facebook. So if you have Facebook please join our SEACUS Senior Activities Center Group, by entering said group in your search bar, and request to join. I will accept your request, and then you're in. As of right now we are offering Yoga, Zumba, and Craft Classes. You can watch Live when the classes are scheduled or watch them at your convenience once the class has ended.

ADVISORY COUNCIL

President– Kris Cheryl
Vice President - Jean Napier
Treasurer– Sharon Valencia
Secretary - Randi Robbs



Joke Time

Youngman In A Supermarket

Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man, "is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better." "Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was $127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.

The Graham County Senior Activity will be continuing with the Food Drive through the remainder of 2020. Food provided through the food drive varies month to month, but typically includes various produce, bread, and occasional meat and dairy product

Please know that starting in August we will no longer be making reminder calls, and will always occur on:

December 17th

January 28th

February 25th

If you have any questions please call Sharon at 928-428-4328

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1775 S. 20th Avenue • Safford, AZ 85546
(928) 428-0501

- Utilities Included
- Elevator
- Ample Parking - Well-Lit
- Mobility Impaired for 18+
- Coin operated laundry facilities
- Studios & 1 Bedrooms
- HUD Subsidized Rent/Based Off Income
- Pets Allowed (15 lbs. Limit)
- Age Restrictions (62 Years & Older)

Property Manager: Raquel Valdez
Raquel.valdez@tiempoinc.com • www.casadefloresapts.com
Office Hours:
Mon. - Fri. • 8 a.m. to 5 p.m.

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ADT-Monitored Home Security
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- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

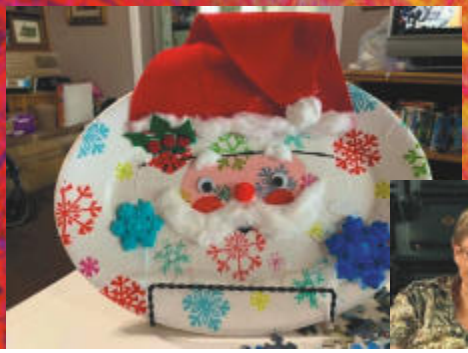
ADT Authorized Provider SafeStreets 1-855-225-4251

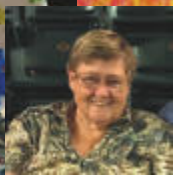
Get Crafting

Most Tuesdays @ 12:30

Come enjoy crafts taught by fun instructors and attended by friendly folks

Here are some of the crafts that have been done so far. If you would like to participate just let us know on Facebook at SEACUS Senior Activities Centers Group.





SEACUS MEALS ON WHEELS SINCE 1978

HOLIDAY PIE SALE

Leave THE BAKING TO US!

Just $10

November 1st-December 18th

Pumpkin Pie

Pecan Pie

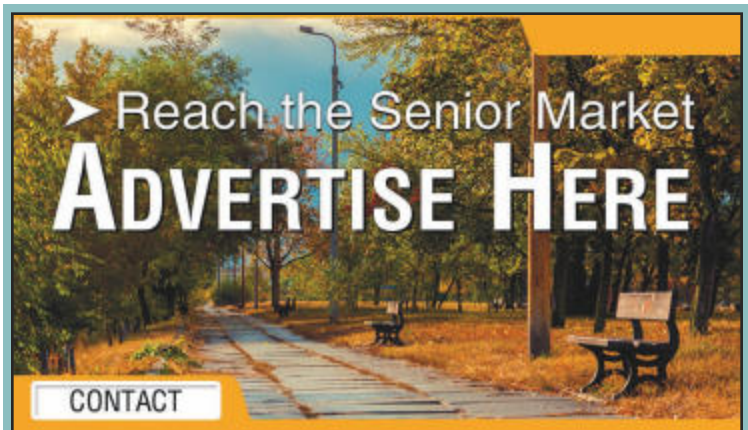
Sugar Free Pecan Pie

3 days notice please

Call in orders to Sharon at:

928-428-4328

PIE•FIXES•EVERYTHING



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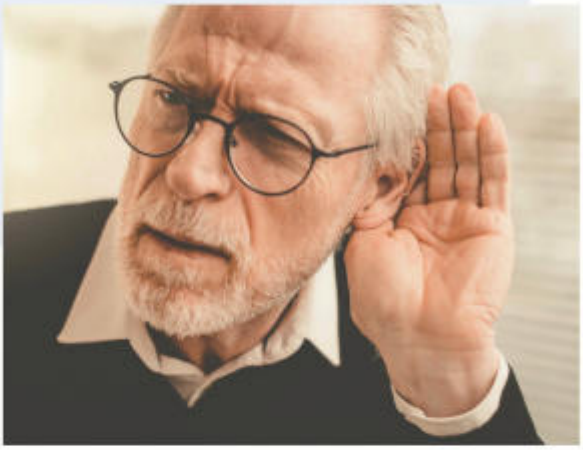
cnicholls@lpiseniors.com or (800) 950-9952 x5841

HEALTH & WELLNESS

SELECTIVE LISTENING, OR HEARING LOSS?

Our senses are designed to clue us in when something isn't quite right. If you can't see the road signs, losing your balance, wearing blue socks or red socks, if you are eating sugar or salt or if you are drinking sparkling water or white soda, you know it. However, when it comes to age-related hearing loss, the process is so gradual it can continue for years before you or someone else notices it.



SIGNS OF HEARING LOSS

Misunderstanding what is being said such as mistaking "watering the plants" for "wetting your pants," or accusing others of mumbling is often embarrassing, but can be how it begins. Men are often accused of tuning out their wives, but the high-pitched sounds of women and children can be difficult to hear in situations of ongoing hearing loss.

According to healthyhearing.com, one of the chief complaints health care professionals hear from patients complaining of hearing loss is that they can hear, but they can't understand.

Hearing loss not only involves the ear, but the brain as well, where the sound is transmitted into meaningful language. Symptoms of age-related hearing loss vary from mild to profound, but most seniors deal with mild to moderate hearing loss, the type that makes it challenging to hear higher pitched sounds. Other symptoms include:

- Difficultly hearing phone calls
- Trouble following conversations
- Asking others to repeat what they said
- Very loud TV volume
- Background noise clouding conversations
- Feeling exhausted from trying to hear

HEARING LOSS CAN AFFECT MENTAL HEALTH

Studies show that at least a third of those between 65 and 74 and half of those over 75 are dealing with hearing loss. Many of them are reluctant to admit they can't hear, but not dealing with it can lead to depression or isolation in an attempt to mitigate embarrassment or frustration at not understanding conversations.

Hearing loss can also lead to increased risk of dementia, falls, and depression. According to a 2014 National Institutes of Health study, researchers found that hearing loss nearly doubled the risk of depression in adults. Those wearing a hearing aid were happier and had a greater quality of life.

Schedule a visit with an audiologist to get your hearing checked. There may be an easy remedy to boost your ability to hear, such as a hearing aid. Others may benefit from devices such a cochlear implant.

HEARING AID BENEFITS

Prevent Falls — According to Johns Hopkins University School of Medicine, even mild hearing loss can triple the risk of falls as the individual is less aware of what is going on around them, making them more susceptible to colliding with another or tripping over a pet.

Mood Boosting — Those wearing hearing aids are more likely to participate in social activities as they no longer feel left out because they cannot hear conversations. A survey by the National Council on aging found that untreated hearing loss caused 30% of non-hearing-aid-users to battle depression.

Memory Improvement — Research at the University of Maryland found that wearing hearing aids improves memory because the brain isn't working so hard to decipher words. Being able to hear frees up resources in the brain that can be used for cognitive function.

Relationship Building — Individuals with hearing loss who wear hearing devices have better relationships with family members, friends, and colleagues than those without.

If you are struggling to understand your loved ones, it's alright to ask for help. The benefits of visiting an audiologist and admitting that you are having difficulty will far outweigh the discomfiting knowledge that hearing loss is part of your reality.

©LPi

Christmas Word Search

C D E C E M B E R U S T O R V
G H D W A R E C R A O S R I P
I A R R E I N D E E R A B E R
N S L E I G H E J A N S R C E
G N G A S E O G I S A N T A S
E O S T O C K I N G M O J N E
R R I H L V C N G D E R O D N
B T C A O I D G L D N T L Y T
R H A M E L G E E A T H G C S
E L V E S G L H D E S P H A L
A I C R D A S Y T Y C O T N E
D C H R I S T M A S X L S E E
A R A Y B R E A S A N E R A F
C A R O L S W R W I N T E R S
S T G I N G L L Y O R N A S T

CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE
HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER
SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH

Cooperative Extension

Back by popular demand is our Harvesting Rainwater class! (flyer attached)
Come and learn everything from passive collection, which simply directs water to the point of use during rainfall, to active collection, which is the storage of rainwater to be used as needed. Active collection can even be automated!
We will be meeting from 9 till noon, Saturday, December 21st, here at the Greenlee County Cooperative Extension office in the South County Annex in Duncan. We will be requiring masks and seating will be within social distance guidelines.
The cost of this workshop will be $10.00 to the public and is included in tuition paid by those enrolled in the Greenlee County Master Gardener program.
The next meeting to explore the possibilities of entering the grape industry here in Greenlee County will be Wednesday, December 18, from 10 till noon, a ZOOM link will be emailed to those on the mailing list. If you missed the last meeting and would like more information, or to be put on the list, contact me by email, or call 928-254-8734.
Last but not least! Keep an eye on the Seed Library facebook, for upcoming library events at https://www.facebook.com/GreenleeSeedLibraries

Bill Cook
Program Coordinator, Horticulture

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at

www.ourseniorcenter.com

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CONTACT
Contact Christine Nicholls to place an ad today!
cnicholls@lpiseniors.com or (800) 950-9952 x5841

We are still closed here at the Greenlee County Senior Center. Meals on Wheels is still running and keeping us busy. We do have congregate meals available for seniors pick up only, call Gloria– 928-865-5240, for details.
Hope you all are well and see you soon.

The Greenlee County Senior Center would like to thank the wonderful people who donated food, time and energy to help our center!

Rebecca and Duane Turner

Tony, Joe, Tiny, and Ruben

THIS DAY IN HISTORY

DECEMBER 1, 1955: In Montgomery, AL, black seamstress Rosa Parks refused to give up her seat to a white man and was arrested, marking a milestone in the civil rights movement.

DECEMBER 2, 1982: Dr. Robert Jarvik implemented the first artificial heart in Barney Clark, who lived 112 days with the device.

December 3, 1947: Tennessee Williams' play "A Streetcar Named Desire" opened at Broadway's Ethel Barrymore Theater.

December 4, 1954: The first Burger King restaurant opened in Miami, FL.

December 5, 2008: The iTunes Music Store reached 300 million applications downloaded.

December 6, 1947: Everglades National Park in Florida was dedicated by U.S. President Truman.

December 7, 1787: Delaware became the first state to ratify the U.S. constitution, thereby becoming the first of the United States.

December 8, 1952: On "I Love Lucy," a pregnancy was acknowledged in a TV show for the first time.

December 9, 1978: The first game of the Women's Pro Basketball League (WBL) was played between the Chicago Hustle and the Milwaukee Does.

December 10, 1931: Jane Addams became a co-recipient of the Nobel Peace Prize, the first American woman to do so.

December 11, 1951: New York Yankee Joe DiMaggio announced his retirement from major league baseball after 13 years.

December 12, 1975: Sara Jane Moore pled guilty to a charge of trying to kill U.S. President Ford in San Francisco the previous September.

December 13, 1966: The rights to the first four Super Bowls were sold to CBS and NBC for a total of $9.5 million.

December 14, 1903: The Wright brothers made their first attempt to fly with the Wright Flyer. The plane flew for just a few seconds before stalling.

December 15, 2001: The Leaning Tower of Pisa reopened after 11 years and $27,000,000 spent to stabilize it, without fixing its famous lean.

December 16, 1901: "The Tale of Peter Rabbit" by Beatrix Potter was printed for the first time.

December 17, 1969: Tiny Tim and Miss Vicki Budinger were married on "The Tonight Show" with Johnny Carson.

December 18, 1862: The first orthopedic hospital, Hospital for the Ruptured and Crippled, was organized in New York City.

December 19, 1918: Robert Ripley began his "Believe It or Not" column in "The New York Globe."

December 20, 1880: New York's Broadway became known as the "Great White Way" when a stretch of the street was illuminated by lamps, making it among the first electrically lighted streets in the U.S.

December 21, 1937: Walt Disney debuted "Snow White and the Seven Dwarfs," the first full-length, animated feature.

December 22, 1990: Lech Walesa was sworn in as Poland's first popularly elected president.

December 23, 1977: Cat Stevens converted to Islam and later changed his name to Yusuf Islam.

DECEMBER 24, 1851: A fire devastated the Library of Congress in Washington, DC, destroying about 35,000 volumes.

December 25, 1939: "A Christmas Carol" by Charles Dickens was read on CBS radio for the first time.

December 26, 1982: A computer was named "Time" magazine's Man of the Year, the first time a non-human received the honors.

December 27, 1966: The Cave of Swallows, the largest known cave shaft in the world, was discovered in Mexico.

December 28, 1981: Elizabeth Jordan Carr, the first American test-tube baby, was born in Norfolk, VA.

December 29, 1952: Sonotone Corporation started selling the first transistorized hearing aid.

December 30, 1980: After 25 years on TV, "The Wonderful World of Disney" was cancelled by NBC. It was the longest-running series in prime-time television history.

December 31, 1967: The Green Bay Packers won the National Football League championship game by defeating the Dallas Cowboys 21-17. The game is known as the Ice Bowl since it was played in a wind chill of 40 degrees below zero.

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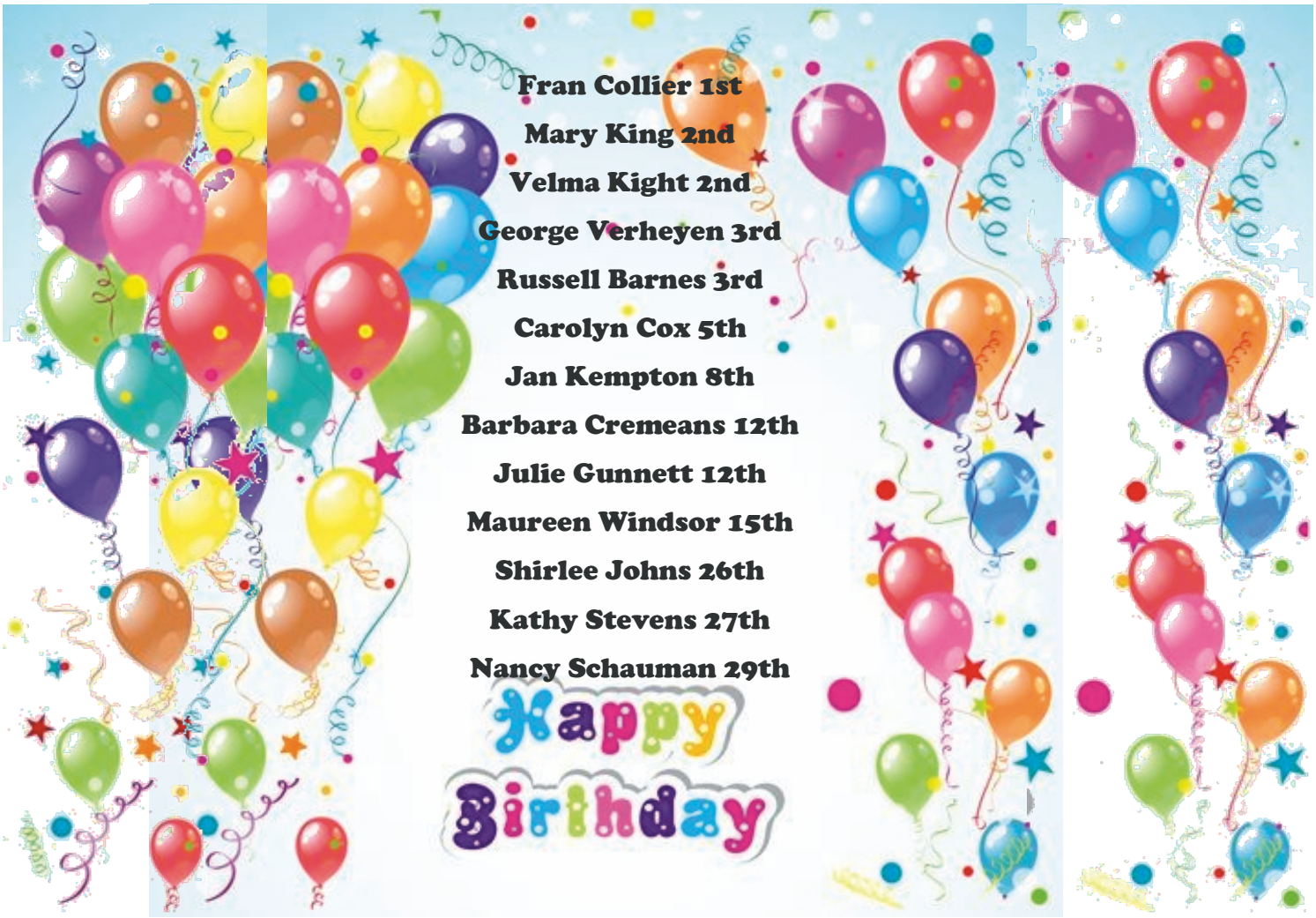

SEACUS
MEALS ON WHEELS
SINCE 1978

BUILD SOMETHING THAT OUTLIVES YOU

CHECK OUT the NEW SENIOR SERVICES webpage!!!

https://www.graham.az.gov/614/Senior-Services

This resource website will help you find the information you need to live with meaning and joy throughout your senior years. It also provides access to information on services that you may need. Here in Graham County we want our Senior population to live long, healthy, productive lives.

You will find information for services:

- Locally (Graham, Greenlee and Southeastern AZ region)
- State (including Tucson, Phoenix, etc.)
- National websites with additional resources

SEACUS
SouthEastern Arizona Community
Unique Services
1124 W. Thatcher Blvd. #102

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