

Withdrawal/Redaction Sheet

Clinton Library

DOCUMENT NO. AND TYPE	SUBJECT/TITLE	DATE	RESTRICTION
001. schedule	Schedule for Hillary Rodham Clinton [partial] (2 pages)	10/15/1996	b(7)(E), b(6)

COLLECTION:

Clinton Presidential Records
Speechwriting
Lissa Muscatine
OA/Box Number: 12074

FOLDER TITLE:

HRC - Armory Park Senior Center 10/15/96

2017-1164-S

rc2806

RESTRICTION CODES

Presidential Records Act - [44 U.S.C. 2204(a)]

- P1 National Security Classified Information [(a)(1) of the PRA]
- P2 Relating to the appointment to Federal office [(a)(2) of the PRA]
- P3 Release would violate a Federal statute [(a)(3) of the PRA]
- P4 Release would disclose trade secrets or confidential commercial or financial information [(a)(4) of the PRA]
- P5 Release would disclose confidential advice between the President and his advisors, or between such advisors [(a)(5) of the PRA]
- P6 Release would constitute a clearly unwarranted invasion of personal privacy [(a)(6) of the PRA]

C. Closed in accordance with restrictions contained in donor's deed of gift.

PRM. Personal record misfile defined in accordance with 44 U.S.C. 2201(3).

RR. Document will be reviewed upon request.

Freedom of Information Act - [5 U.S.C. 552(b)]

- b(1) National security classified information [(b)(1) of the FOIA]
- b(2) Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]
- b(3) Release would violate a Federal statute [(b)(3) of the FOIA]
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- b(7) Release would disclose information compiled for law enforcement purposes [(b)(7) of the FOIA]
- b(8) Release would disclose information concerning the regulation of financial institutions [(b)(8) of the FOIA]
- b(9) Release would disclose geological or geophysical information concerning wells [(b)(9) of the FOIA]

TO: PATTI
BRENDA
SABRINA

SCHEDULE FOR HILLARY RODHAM CLINTON**TUESDAY, OCTOBER 15, 1996****DRAFT #4**

TUCSON, AZ / ALBUQUERQUE, NM

Traveling Party: HRC
Craighead 1-800SKYPAGE #207-4691
Political
Berry

Tucson, AZ

HRC Lead Advance: Al Rutherford
Sheraton Tuscon El Conquistador
10000 North Oracle Road
520/544-5000 Hotel Phone
520/544-1228 Hotel Fax
Pager
Cell

Staff Office: Room#5120
Site: Robert Walker
Toni Deatzlon
Press: Michelle Bonner
RON: Tamara Monosoff

Albuquerque, NM

POTUS Lead Advance: Kirk Hanlin
Pyramid Holiday Inn
505/821-3333 Hotel Phone
505/822-8115 Hotel Fax
1-800-SKY-8888 PIN#106-1120
202/253-2818 CELL

Scheduler: Jaycee Pribulsky
202/530-1348 Office
202/496-1012 Fax
202/544-4123 Home
1-800-SKY-GRAM PIN#212-0882

PREV RON

Tuscon, Arizona
Sheraton Tuscon El Conquistador

Withdrawal/Redaction Marker

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SCHEDULE FOR HILLARY RODHAM CLINTON
TUESDAY, OCTOBER 15, 1996
PAGE 2

8:40am

(b)(6)

[001]

9:40am
30

DEPART Sheraton Tuscon El Conquistador
EN ROUTE Armory Park Senior Center
 220 South 5th Avenue
 [drive time: 40 minutes]

LIMO: HRC
STAFF VAN: CRAIGHEAD, BERRY, POLITICAL

10:20am
10:10

ARRIVE Armory Park Senior Center
 220 South 5th Avenue

Greeters:

Robin Gore, Supervisor
 James Ronstadt

10:30am-
11:45am
30**SENIORS ROUNDTABLE DISCUSSION**

Ballroom

Armory Park Senior Center

HRC Holding Room: Center Director's Office

Phone: 520/791-4865 ext. 11

Fax: 520/791-5314

OPEN PRESS**PROGRAM:**

-- Off-stage announcement of HRC, xxx and program participants.

-- xxx delivers welcoming remarks and intros program participants.

-- Program participants deliver 3-5 minute testimonial remarks.

-- HRC delivers remarks.

More info on
 "Elder Care"

Moderator?

6 → 2 seniors, 2 providers +
 2-5 PLOTUS + moderator

SCHEDULE FOR HILLARY RODHAM CLINTON**TUESDAY, OCTOBER 15, 1996****PAGE 3**

- Open discussion.
- xxx delivers closing remarks.
- HRC departs stage left and works a ropeline from left to right.

Contact: Robin Nagore
520/791-4865

PARTICIPANTS: Approx. 80 people to attend.

12:05pm

DEPART Armory Park Senior Center
EN ROUTE Sunnyside High School
[drive time: 20 minutes]

12:25pm

ARRIVE Sunnyside High School
1725 E. Bilby Road

Greeters:

- Raul Nido, ^{Nee-doh} Principal, Sunnyside High School
- Ray ^{Quintero} Kintero, ^{Kin-terr-oh} Student Body President, Sunnyside High School
- George Miller, Mayor of Tuscan
- School Superintendent, ^{Mary Garcia} ^{City Supervisor}

12:30pm-

~~GET OUT THE VOTE RALLY~~

1:25pm

Auditorium
Sunnyside High School
HRC Holding Room: Boys Dressing Room
Staff Hold:
Phone:
Fax:
OPEN PRESS

PROGRAM:

- Off-stage announcement of HRC, Raul Nido, George Miller and xxx.

2 sets of
ack. cards
① Mayor, #1 tier
② #2 tier

Address to the community of
Tuscon

**SCHEDULE FOR HILLARY RODHAM CLINTON
TUESDAY, OCTOBER 15, 1996
PAGE 4**

*Cookab-
briefing*

- Raul Nido, Principal, delivers welcoming remarks and intros George Miller, mayor of Tucson.
- George Miller, mayor of Tucson delivers remarks and intros xxx, student. *Ray Quinted*
- xxx, student intros HRC.
- HRC delivers remarks.
- HRC exits stage right and works a ropeline from right to left.

Contact: Raul Nido, Principal, Sunnyside H.S.
520/741-2400

PARTICIPANTS: Approx. 1,000 people to attend.

1:30pm

DEPART Sunnyside High School
EN ROUTE Davis-Monthan Air Force Base
[drive time: 15 minutes]

1:45pm

ARRIVE Davis-Monthan Air Force Base
CLOSED PRESS

2:00pm

WHEELS UP Tucson, AZ
Davis-Monthan Air Force Base
HRC Holding Room: Distinguished Visitor's Lounge
FBO: Base Operations
Phone: 520/228-4507 or
520/228-4315
Fax: 520/228-3260
CLOSED PRESS / CLOSED PUBLIC DEPARTURE

FLIGHT TIME: 1 HOUR (+1)
MANIFEST: HRC, CRAIGHEAD, BERRY, POLITICAL.

(b)(7)e

SCHEDULE FOR HILLARY RODHAM CLINTON**TUESDAY, OCTOBER 15, 1996****PAGE 5**

4:00pm **WHEELS DOWN** Albuquerque, NM
 Albuquerque International Airport
 FBO:
 Phone:
 Fax:
 CLOSED PRESS / CLOSED PUBLIC ARRIVAL

4:15pm **DEPART** Albuquerque International Airport
 EN ROUTE Pyramid Holiday Inn
 [drive time: minutes]

LIMO: HRC
STAFF VAN: CRAIGHEAD, BERRY, POLITICAL

5:00pm **ARRIVE** Pyramid Holiday Inn

Greeters:

5:15pm- **DOWN TIME**
6:45pm Suite
 Pyramid Holiday Inn

6:50pm **DEPART** Pyramid Holiday Inn
 EN ROUTE xxx
 [drive time:]

6:55pm **ARRIVE xxx**

Greeters:

7:00pm- **POLITICAL RECEPTION w/ The President**
8:00pm **xxx**

8:05pm **DEPART xxx**
 EN ROUTE Pyramid Holiday Inn
 [drive time:]

8:15pm **ARRIVE** Pyramid Holiday Inn

SCHEDULE FOR HILLARY RODHAM CLINTON
TUESDAY, OCTOBER 15, 1996
PAGE 6

8:30pm- **PRESIDENT'S DEBATE PREP**
11:00pm xxx Room
 Pyramid Holiday Inn

HRC AND BC RON **Pyramid Holiday Inn**
 Albuquerque, NM

WEATHER FORECAST FOR TUCSON, AZ:

WEATHER FORECAST FOR ALBUQUERQUE, NM:

WASHINGTON, D.C. EVENTS:

KENNEDY CENTER:

- National Symphony Orchestra
- Pacific Northwest Ballet
- UTA HAGEN in Mrs. Klein
- Shear Madness

ARENA STAGE:

- Blues for an Alabama Sky
- Miser

FORD'S THEATER:

- Will Roger's USA



TO
Brenda Costello
NAME
White House
COMPANY
202-456-2239
FAX NUMBER

FROM
Al Rutherford
520 NAME
602 -544-1222
FAX NUMBER
602 520-544-5000
PHONE NUMBER

10/10/96
DATE

11:45 pm
TIME

NUMBER OF PAGES SENT INCLUDING COVER 2
HARD COPY TO FOLLOW BY MAIL: ☐ YES ☒ NO

COMMENTS

More Info on Senior Center to
follow on 10/11/96



Sheraton El Conquistador

RESORT AND COUNTRY CLUB

10000 N. ORACLE ROAD, TUCSON, ARIZONA 85737
PHONE: (602) 544-5000 • FAX: (602) 544-1222
TDD • (602) 544-1833

FOR RESERVATIONS CALL 1-800-225-7222

■ A130

CITY OF TUCSON MAYOR & COUNCIL

255 W. Alameda Tenth floor
Tucson, AZ 85701

MAILING ADDRESS:

P.O. Box 27210
Tucson, AZ 85726-7210

PHONE: 791-4215 (City Clerk), 791-2059 (IT), 791-4017 (FAX). See program description for additional numbers

CITY CLERK: Kathleen S. Detrick

DAYS & HOURS: Mon-Fri 8-5

AREA SERVED: Tucson

SOURCE OF FUNDS: City

VOLUNTEER OPPORTUNITIES: Yes

SPANISH AVAILABLE: Yes

FEES: None

INTAKE PROCEDURE: Call

PROGRAMS:

For questions or concerns about neighborhood or municipal issues contact:

City of Tucson Mayor: 791-4201, 791-5348 (FAX);
George Miller (Term expires 12/4/95).

City Council:

Ward 1, West Side: 791-4040, 791-5393 (FAX); 940 W. Alameda, 85745

Ward 2, Northeast: 791-4687, 791-5380 (FAX); 7575 E. Speedway, 85710

Ward 3, North Central: 791-4711, 791-5391 (FAX); 1510 E. Grant, 85719

Ward 4, Southeast Side: 791-3199, 791-4717 (FAX); 7575 E. Speedway, 85710

Ward 5, South Central: 791-4231, 791-3188 (FAX); 4300 S. Park Ave., 85714

Ward 6, Midtown: 791-4601, 791-5348 (FAX); City Hall, Tenth Floor, P.O. Box 27210, 85726-7210

Citizens' Comment Line (791-4700; 7 day, 24 hr ans machine): Anyone wishing to make a comment, complaint, or suggestion regarding any function of City government may call and leave a message; callers are asked to identify themselves by name and address or by name and phone number. A transcript of the message is forwarded to the appropriate department as well as to the Mayor, Council, City Attorney and City Manager; department responds to the caller's concern or comment.

Or write one letter for distribution to Mayor and Council members addressed to: Mayor and Council, P.O. Box 27210, Tucson, 85726-7210.

■ A131

CITY OF TUCSON P. ARKSAND RECREATION DEPARTMENT

900 S. Randolph Way
Tucson, AZ 85716

MAILING ADDRESS:

900 S. Randolph Way
Tucson, AZ 85716

PHONE: 791-4873 (Information on ramadas, special events) See program description for additional numbers

DIRECTOR: Jim Ronstadt

DAYS & HOURS: Mon-Fri 8-5

AREA SERVED: Tucson

SOURCE OF FUNDS: City

VOLUNTEER OPPORTUNITIES: Yes

SPANISH AVAILABLE: Yes

FEES: Call for information

INTAKE PROCEDURE: Call, write, or walk in

PROGRAMS:

Conducts aquatics, arts and crafts, dance, drama, leisure classes, music, sports, and special events throughout the city at centers, parks, pools, playgrounds, and schools; offers recreation programs for children, teens and special populations; and operates year round adult sports programs and programs for older adults at Armory Park Senior Center and other sites. Also publishes *The Tucson Parks and Recreation Program Guide* and *Class Catalog*, a quarterly newsletter supplement to the Sunday newspaper, which contains information about programs, facilities, special events, and leisure classes.

Armory Senior Center (791-4865, 220 S. Fifth Ave.; Robin Nagore, Supervisor; Mon Wed Thu 8:30 AM-7:00 PM, Tue Fri 8:30 AM-10:30 PM, Sat 9-5, Sun 1-5); Sponsors clubs, day trips, recreational, physical fitness, and social activities for people age 50 and over; and provides blood pressure screening, health counseling, nutrition education and physical exams (call for schedule). The Center also holds an annual health fair and sponsors **Senior Olympic Festival** each January.

High School HANGIN': Open recreation includes sports, art, field trips, and special events during lunch and after school dismissal at Tucson High School (400 N. Second) and Palo Verde High School (4302 S. Avenida Vega).

Kid Kreation: Structured morning activities for children ages 3-5 one or two mornings a week at

Armory Park

VIRGIL CASTILLO

202-456-2239 Fax
From Rutherford

We're getting older — more and more of us every day.

Seniors age 75 and older were the second-fastest growing age group in Pima County from 1980 to 1990. Their numbers increased 62 percent.

In 1990, 18 percent of the county's population was 60 or older. By the year 2010, it should reach 21.2 percent.

Today, many baby boomers are seeking care for aging parents. The overwhelming majority — up to 97 percent — of county seniors live at home or with family, while the rest reside in elder care homes.

Today, the Star presents an overview of options available to seniors in elder care settings.

SENIOR CLUBS

place
stamp
here

ARMORY SENIOR CENTER

HOURS OF OPERATION

Monday, Wednesday & Thursday
8:30 AM - 7 PM
Tuesday & Friday 8:30 AM - 10 PM
Saturday 9 AM - 5 PM
Sunday 1 PM - 5 PM
HOLIDAYS 1 - 5 PM

5 locations

GOLDEN AGE #1

655 N. Craycroft
Meets every Tuesday
10 AM - 3 PM

SUNNYSIDE CLUB

Archer Center 1665 La Cholla
Tuesday 10 AM - 3 PM

EASTSIDE SENIOR CLUB

Udall Center 7200 E. Tanque Verde Rd.
Tuesday & Friday 8:30 - 3:30 PM

QUIBBLERS AND NIBBLERS

Randolph Center 200 S. Alvernon Way
Wednesday 10 AM - 3 PM

JACOBS JESTER

1010 W. Lind
Jacobs Y. M. C. A.
Tuesday & Thursday
9 AM - 3 PM


220 S. 5th Avenue
Tucson, AZ 85701

WANTING
SOMETHING
ELSE TO DO !



DON'T BE A
COUCH
POTATO !



KICK UP
YOUR HEELS !



AND
GET GOING !



AT

ARMORY SENIOR CENTER

220 S. 5th Avenue • Tucson, AZ 85701
791-4865

Tucson's active lifestyle has a lot to offer citizens. Armory Park Senior Center and Tucson Parks and Recreation provides many services for Seniors with varied needs, interests and abilities.

HEALTH AND FITNESS

KATIE UGO HEALTH CLINIC

Provided by the University of Arizona
College of Nursing

Podiatry Clinic
Pharmacy Counseling

SPECIAL HEALTH SERVICES

Bone Scan
Mammogram
Inoculation, Flu Immunizations
Health Fair
Walking for Exercise Program

FITNESS

Walking for Exercise
Seniors' Exercise

SPECIAL INTEREST

DAY TRIPS: Monthly trips to museums, parks, theatres, and points of interest.

HIKES: Enjoy nature on day hikes in Southern Arizona, coordinated October through April.

DISCUSSION GROUP: Current topics and events.

STAMP CLUB: Trade and collecting.

DANCING

LESSONS

Ballroom
Country Western Line Dancing
Folk Dancing
Square Dancing
Pattern Dancing

BALLROOM DANCING

LIVE MUSIC! 5 days per week,
Daytime and evenings
COUNTRY DANCE & MORE Bi-monthly

SOCIAL ACTIVITIES

CRAFT CLUB: Arts and Craft Class

BRIDGE: Duplicate and Party

BINGO: Cash Prizes

TABLE TENNIS: Free Play

ENTERTAINMENT

A variety of performing groups and
Choral singing groups. Entertaining
Monthly

MOVIE: Free

VOLUNTEER OPPORTUNITIES

SHARE YOUR SKILLS AND TALENTS!

Clerical	Kitchen
Receptionist	Nutrition Program
Gift Shop	Journalist
Library	Senior Olympic Festival

SOCIAL SERVICES

FOOD DISTRIBUTION PROGRAMS

FOOD PARTNER: supplement your food budget by receiving credit for volunteer hours plus a nominal fee.

BROWN BAG: income requirements, must be 60 years old and need assistance.

COMMODITIES: government subsidies, income and or handicap requirements to establish eligibility.

COUNSELING AND ASSISTANCE

TAX PREPARATION: February - April

JOB BANK: employment opportunities for seniors 50 years plus.

Utilities, Medicare and Social Security counseling available.

NUTRITION

MEALS PREPARED AND SERVED ON SITE FOR PARTICIPANTS AGE 60 PLUS.

MEALS ARE SERVED: 4PM
Monday-Friday,
DONATIONS SUGGESTED.

HOME BOUND MEALS: available, eligibility required.

FUN WITH FOOD: nutritional education special programs monthly.

SHORT HISTORY OF "NEW" ARMORY SENIOR CENTER

In 1973, a general obligation bond program included the sum of \$500,000 for the Downtown Senior Center. The initial step in development was a series of meetings with the Building Committee of the Senior Citizens Club, and staff from Parks & Recreation and City Architects offices, to compile a list of functions for the Senior Center to fulfill. The committee had 18 Senior members, including Ann Shehi, Carol Martin, Loti Billig, and Parks and Recreation staff including: Gene Reid, Freda Draper, Len Roberts, Jim McGeorge, Jim Ronstadt, and Loveless Gardner.

The site was just right. Per Mayor and Council memorandum, the consensus was that "Staff noted considerable interest and support from both agency and citizen groups to develop a physical plant that would accommodate a balanced recreation and social service program in Armory Park. This location is well suited as a central point for elderly services and programs with many older citizens residing in the area, and more moving in with the completion of the Tucson Housing Foundation project across the street from the existing facility." Now the existing building was reviewed. On December 16, 1974, contract for architectural services for the senior center was approved.

An investigation of the old building, which dated back to World War I, determined that the facility was in poor condition, and should be demolished; to be replaced by a structure of approximately 20,000 square feet.

In March of 1975, Mary Hardy's request for the planning of a Bicentennial tree to be planted at the site was approved; it was put next to the soldier's monument.

On May 15, 1975, the Mayor and Council approved plans to remove the old Armory Building and replace it with a single story structure for the senior citizens.

Concerns that programming not be discontinued while building was underway, led to a search for a temporary site nearby. On Friday, August 1, 1975, the last dance was held at the Downtown Recreation Center. On August 5, programs were moved to the Scottish Rite Temple, while construction was underway.

The Armory Senior Citizens Center was completed in December, 1976. Architects were James Gresham and Associates, at a cost of \$63,700. The Contractor was George G. Codd Construction Company; at a cost of \$897,033.

The Grand Opening was held January 12, 1977, with Ann Shehi being General Chairman for the Grand Opening Day, and Freda Draper, Mistress of Ceremonies. The program of activities included a Chorale Group, with Ed Fox, Director, and Flora Flick, Accompanist; tours were given by Alice Revier, a Hula Show, Shuffleboard contest, ballroom dancing, and a dance exhibition. The new Center started service.

BEGINNING

Recreation professionals programming for older adults will be faced with the challenge of programming for what will soon be the largest population in the US (persons 50+). We are faced with creating an opportunity for optimal aging.

Successful aging will be determined primarily by self perception, and self perception will be determined by the choices presented.

Visionary departments will plan now for all to shift and prepare for growth. Program for young older adults as well as the frail elderly. Recreation centers will be a focal point for older adults and create a social support system. Our responsibility will be to make those later years vital, program for diversity in aging, while meeting the needs of the community.

(Kroust '93) At risk older adults are those who will face difficulties that "will result in a diminution of health & well being, and ultimately loss of independence."

(Start Graphs)

(Age Distribution of Population in Pima County graph, Growth of 65+ Population, & % Increase in Pop.)

Between 1989 and 2030 the 65+ population is expected to more than double. In fact, if current fertility and immigration levels remain stable, the older population will be the only age group to experience significant growth in the next century.

After 2010 however, the number and proportion of the elderly will grow very rapidly. Between 2010 and 2030, the elderly population is projected to grow by 2.6 percent annually. By 2020, assuming no significant changes in mortality, the elderly population will reach 52 million, and 2030 the graying of the baby boom will result in 65.6 million elderly. During this period, the proportion of elderly will rise from 13 percent to 2000 to 21.8 percent in 2030, after which it will rise slowly to 22.9 percent by 2050.

(Percent of Children and Elderly graph)

In 1900, 4 percent of the population were age 65+ while young people under the age of 18 made up 40 percent of the population.

By 1980, the proportion of people age 65+ had increased to 11 percent and the proportion of young people had decreased to 28 percent. Census Bureau projections indicate that by the year 2030 there will be proportionately more elderly than young people in the population: 22 percent of the population will be 65+ and 21 percent will be under the age of 18. **By the year 2030 the so called minority population will double.**

(Older People Below and Near Poverty Level, by Age Group: 1989 graph)

The oldest elderly are the most likely to have incomes below or just above the poverty level. In 1989, the poverty rate for people 85+ was 18.4 percent - more than twice the 8.8 percent rate of those 65 to 74 years old. Outreach to those who are disadvantaged financially and physically must become a priority.

(Living Alone Increases with Age graph)

The percentage of elderly people who live alone increases steadily with age. Whereas, just 24.5 percent of people age 65 to 74 live alone, among those age 75 to 84, 38.2 percent live alone, and close to half (47 percent) of people age 85+ live alone. **By the year 202, the number of people age 85+ living alone is projected to more than double - to 2.3 million.**

(Trend graph)

Physically and cognitively active lifestyles are becoming the norm for older adults. The active lifestyles of older adults are exemplified by the number of outdoor recreation programs specifically designed for older adults as well as by the increasing number of older adults involved in outdoor recreation pursuits. Older adults can be found rafting down rivers, hiking in nat'l parks, bird watching, camping, cross country skiing, and the list goes on. The benefits of participation in outdoor activities include new experiences, personal growth and success, improved self-confidence, development of trust and problem solving skills, and a sense of unity or oneness with nature and with others.

Travel is popular activity for individuals in their later years. Travel programs are being provided by a number of agencies and organizations including public parks and recreation departments who are faced with the need to develop a variety of travel experiences for their constituents.

Cultural arts (music, dance, drama, visual arts, crafts) are often a very popular program offering of senior centers or recreation programs.

Sports and fitness have ever increasing number of older adults who are participating. Research has shown that swimming, distance running, track & field, and bowling are the most popular sports for this populations. Benefits include adding years to life, helping older adults stay in shape physically, emotionally and spiritually, improved cardiovascular fitness, improvement in morale, and greater life satisfaction. Sports programs have been shown to improve overall health, flexibility and cardiovascular efficiency of older adults. Our local Senior Olympics is proof of the increasing popularity in physical fitness and sports activities. Last years Olympics involved over 3100 participants in 40+ venues.

CLOSING

Parks & Recreation departments will need to remain at the fore front of leisure & recreational program & service provision of older adults. The mission of public agencies is to serve the public agencies is to serve the public and since the public is aging, more time, effort & resources will have to be directed at the older adult population.

Leisure is not just a means of rest & occasional play, but is an opportunity in lifelong learning, continued personal growth, and expansion of oneself through service to others.

FOR THE "SHIFT" TO BEGIN WE NEED TO:

- EXPAND COMPREHENSIVE MULT-USE COMMUNITY CENTERS FOR OLDER ADULTS
- CREATE A SOCIAL SUPPORT SYSTEM
- PROGRAM FOR DIVERSITY
- EMPHASIZE HEALTH AND FITNESS PROGRAMS
- RECOGNIZE THE RESPONSIBILITIES TO COMMUNITIES THEY ARE LOCATED IN.
COMMUNITY MOBILIZATION WILL LEAD TO COOPERATIVE COMMUNITY PLANNING
TO PROVIDE A FOCAL POINT FOR HEALTHY AGING.

FAX

ARMORY SENIOR CENTER
220 SOUTH FIFTH AVENUE
TUCSON, ARIZONA 85701
(602) 791-4885
FAX (602) 791-5314

Date 10 / 11 / 96

Number of Pages

TO:

Brenda Castello

1-202-456-2239

FROM:

ROBIN A. NAGORE

RECREATION CENTER SUPERVISOR

ARMORY SENIOR CENTER

TUCSON PARKS & RECREATION DEPT.

Pages 14.

REMARKS:

Brenda
More information
than you'll
need. ☺

Silver Threads

PUBLISHED BY SENIOR CLUB NO. 1 DOWNTOWN CENTER
220 SOUTH FIFTH AVENUE ... TUCSON, ARIZONA ... TELEPHONE 791-4865

SPONSORED BY ... TUCSON PARK AND RECREATION, 900 RANDOLPH WAY, TUCSON AZ. 85701

OCTOBER ** ROBIN NAGORE** ARMORY CENTER SUPERVISOR ** 1996

OFFICERS FOR 1996

PRESIDENT CAROL STOHR
VICE PRESIDENT LAWRENCE DONATHAN
2nd VICE PRES LOUIS STOHR
TREASURER JENNY DUNCAN
REC. SECRETARY LUELLA BAKER
EDITOR LAWRENCE DONATHAN

MEMBERS AT LARGE

DERONDIA STAVROS, FRANK SHO VAN & OZ SHUTTLEWORTH

ARMORY CENTER HOURS

MONDAY THROUGH THURSDAY, 8:30 a.m. to 7:00 p.m.
TUESDAY & FRIDAY 8:30 a.m. to 10:30 p.m.
SATURDAY 9:00 a.m. to 5:00 p.m.
SUNDAY 1:00 p.m. to 5:00 p.m.
HOLIDAYS ... 1:00 p.m. to 5:00 p.m.
MARTIN LUTHER KING PRESIDENTS' DAY
MEMORIAL : 4 of JULY : LABOR DAY & VETERANS' DAY



OPERATIONS COMMITTEE : VI & HAROLD SEITZ,
GILDA MORENO, LIONEL BARNETT AND CHARLES DUNCAN

PRESIDENTS MESSAGE

I want to thank those of you that attended our September Business Meeting, and to those who didn't let your curiosity get to you. Attend the October, 9th meeting. We have a program, "A Trip Down Memory Lane." Come out and hear what this program is about. You need to be informed on everything going on in your organization and this is the place to do it. See you at the next Business meeting October 9 at 10:00 a.m. in the main ballroom; it will only last one hour and then we party. See you there.

Your President
Carol Stohr



LATIN DANCE WORK SHOP

Carleton A. Rankin and Gena Jensen have a Latin dance practice session on Friday at 6:30 p.m.

Halloween Party

Halloween is coming up and we'll celebrate it on Friday October 25. You may wear a costume; there will be prizes for those with costumes. There will be a free lunch at break time.

PIANO PLAYER NEEDED

If you would be interested in playing the piano for our business meetings, please stop at the Club office and let us meet you.

SPECIAL NOTE

From the calendar page. The Merrie Makers put on show the 1st Wednesday of each month. The Variety Entertainers have their show on the 3rd Wednesday of each month. Both groups put on some very good entertainment and shows. They have such great talent. Come to see the shows and see for yourself, how good they are. The shows are free.

BINGO

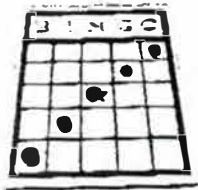
Bingo is going very well. The new bingo sheets are replacing the hard cards. The players are happy with the new sheet because they are easier to use.

Come and enjoy yourself and have an afternoon of fun playing, **BINGO !!**

"Those who bring sunshine into the lives of others cannot keep it from themselves."

MOBILE CLINIC

Open first Friday each month in the mornings.
Mobile clinic Covers, Podiatry, Dentures and
Eyeglasses.



BINGO

Bingo every Tuesday with a new look. We are using paper sheets instead of the hard card of the past. We will have daubers for sale. Come out and join in the fun of playing bingo. The playing starts at 1:00 p.m.

LIBRARY



LIBRARY

Our library is open Monday and Wednesday from 9:00 a.m. until 12:00 noon. Open Tuesday, Thursday and Friday from 8:30 a.m. until 1:00 p.m.



BALLROOM DANCE CLASS

Charlie and Jenny Duncan have a dance class every Thursday at 11:00 a.m.

TUESDAY BALLROOM SPECIAL

Tuesday Ballroom dance there will be a \$10.00 door prize. The B-B-C Band will be playing. So come out; you may win the door prize.

READERS WANTED

Help a child learn to read better by reading with them one hour a week. The children are in grades 1-5 from Safford School across the street. Think of how critical reading is and what a life long pleasure it can be. Many of our children need extra help and encouragement and do not get enough of it. To become a reading Buddy, contact Robin.

KEEP ACTIVE AND STAY INDEPENDENT

Exercise classes on Monday, Tuesday, Thursday and Friday from 8:30 - 9:00 a.m. Come out any day No charge.

LINE DANCE CLASS

Lois is still teaching line dance classes on Fridays from 12:30 - 2:00 p.m. Beginners are always welcome. We work on All levels of dancing.

SPEAKERS SERIES

After the Variety Entertainers Show at 11:15 a.m. in the meeting room. The speaker will be posted at the front desk.

PARTY BRIDGE

The name of the game is bridge! 3 afternoon a week! See your monthly calendar for details. Winners are: Vanessa King; Linda Parker; Bella Whitman; Walt Hatter; John Carcich; Marlyn Meyer; "Ce" Bowie; Grace Osborn; Rod Himrod; Norma Underhill; Newt Vail; Bonnie O'Donnell; Madeline Himrod; Floyd Slusher; Evelyn Morse; Bill Tyra; Millie Porter; Frances Eggert; Nancy Smith; Steve Olenzake and Florence Ondov.

THE GIFT SHOP

The club office will accept donations of jewelry or other gift shop item. Keep us in mind when moving or cleaning. Your junk could be our treasure.

PATTERN MAKING AND SEWING

Our expert tailor Mr. Otta will teach you to make patterns and how to sew your material together. Classes start at 8:30 a.m. until 2:00 p.m., Wednesday, Thursday, and Friday.

WANT A SMART WAY TO

S-T-R-E-T-C-H

YOUR GROCERY BUDGET?

BE A VOLUNTEER FOOD PARTNERS

\$15.00 and 2 hours of volunteer service per package buys you 70% to 80% more food each month than the same items at your grocery store.

Sample Grocery Package:

WHOLE CHICKEN
STEW MEAT
GROUND TURKEY BREAST
FROZEN TORTELLINI
FROZEN VEGETABLES
1 CAN TOMATOES
4 POUNDS ORANGES

SPAGHETTI SAUCE
BROWNIE MIX
RICE
BISCUIT MIX
LUNCH MEAT
5 POUNDS POTATOES
2 POUNDS ONIONS

**VOLUNTEER
FOOD
PARTNERS**

A NON-PROFIT
FOOD BUYING
COOPERATIVE
FOR
EVERYONE

For Armory delivery call Mary Smylie
at 791-4865

FOR REGISTRATION INFORMATION:

622-0525 OR 881-1794

*CASH OR FOOD STAMPS: SOME SITES MAY HAVE AN
ADDITIONAL TRANSPORTATION COST

ARMORY SENIOR CENTER

<u>Program</u>	<u>Day & Time</u>	<u>Number of Participants</u>	<u>Operated by</u>
Nursing Clinic	M, W, Th	40/day	UA College of Nursing
Ballroom Dance	S,T, W, TH, F	85/day	Armory SeniorClub
Income Tax Services	T, W, TH, F	45/day	AARP Volunteers
Living Longer Livelier Exercise	M, T, TH, F	25/day	Center Staff
Table Tennis	M	10/day	Volunteer
Folk Dance	M	8/day	Volunteer
Senir Nutrition Program	M, T, W, TH, F	80/day	Center Staff Funded By: AAOA & DES
Armory Park Neighborhood Assoc.	M	25/month	Association Board
Pattern Dance Classes	T	10/day	Volunteer
Line Dancing to the "Oldies"	T	15/day	Volunteer
New Choraleers Choir Rehearsal	T	10/day	Volunteer
Bingo	T	40/day	Volunteer/ Club
Round Dance	T	35/day	Volunteer
Stamp Club Meeting	T(1st & 3rd)	25/day	Volunteer
Kraft Club	W	15/day	Center Staff
Toastmasters	W	35/day	Volunteer
Square Dancing	W, S	50/day	Volunteer

Ariz. suicide rate for elderly alarming

By Tom Turner
The Arizona Daily Star

You may do an older friend a favor by talking to him or her about suicide, especially if that friend has recently lost someone close or if he or she has been acting differently.

The suicide rate among older people (65 and over) is particularly alarming in Arizona, according to the state Department of Health Services - so alarming that the department directed a major awareness campaign in late 1994 to doctors in private practice.

While men 65 or older, widowed and living alone, are one of the top suicide-risk groups in Arizona, according to a February 1996 state report titled "Suicide Mortality, Arizona, 1984-1994."

The person who commits suicide was likely to have made a recent visit to a doctor for various complaints, hence the agency's efforts to alert primary physicians.

Another reason: Today's senior generation often avoids getting help for depression or mental health problems. The health department stated in its doctor advisory.

"Very few of them have ever been seen by a mental health professional, even when experiencing a major mental health problem," registered nurse Jane L. Lange wrote in the December 1994 advisory.

While part of that reluctance stems from a stubborn sense of self-reliance engendered in childhood by their elders, the cost of mental health care also is a factor. Medicare only pays for mental health treatment delivered by a psychiatrist or in conjunction with medical referrals. And even then, the patient must pay half and Medicare will cover only \$1,100 a year.

The state urged doctors in private practice to watch for signs of clinical depression among elderly patients and to lead them gently to help. Even without specific evidence,

the department advised, a doctor can be fairly certain there is a problem with a patient if he or she finds that patient irritating or dreads the patient's visit.

In nine of the last 11 years, the health department reported that the suicide rate among older Arizonans was "the highest of all age groups." Last year, the rate was second to young people ages 15 to 24.

Arizona's suicide rate for seniors, nevertheless, is almost twice the national average.

Most elder suicides - 70 percent - were committed with guns in 1994, the state health department found. In homes where firearms were already kept, 80 percent of the elder suicides used guns to end their lives. In homes where guns were not kept, 6 percent used guns.

That statistic hasn't changed so far this year, said Christopher Mrela of the state health department's Office of Health Planning, Evaluation and Statistics.

In fact, he said, the use of guns might account for the state's high suicide rate in that suicide attempts with guns are more often successful than attempts using other means.

For those with older friends and relatives, the American Association of Retired Persons lists signs of trouble to watch for:

- Signs of depression such as changes in eating or sleeping habits; unexplained fatigue or apathy; trouble concentrating or indecisiveness; crying for no apparent reason; inability to feel good about themselves or unable to express joy; withdrawal from family, friends or social activities; loss of interest in hobbies or work; and loss of interest in personal appearance.

- A lot of conversation about death, even a preoccupation with it.

- Giving away prized possessions.

- Taking unnecessary risks.

- Increasing use of alcohol, drugs or other medications.

- Failure to take prescribed medications or following prescribed diets.

- Obtaining a gun.

"It is important to remember that any of these signs alone is not indicative of a suicidal person," AARP advises. "But several signs together may be very important," especially if there is any history of suicide attempts.

If several signs are detected, AARP advises the friend or relative to:

- Take the suicide clues seriously.

- Ask directly if the friend or relative is thinking about suicide. "It will not cause someone to be suicidal or commit suicide. You will usually get an honest answer."

- Get involved. Be available. But don't dare him or her to do it. That tact rarely works.

- Don't preach about the "wrongness" of suicide or the "value of life." Mostly listen.

"Remember," AARP cautions, "Ultimately you cannot stop someone who is intent on suicide, but you can encourage them to seek professional help."

Local sources of advice and counsel include:

- **Help on Call:** 24-hour suicide/crisis counseling. 323-9373.

- **Victim-Witness Advocates:** Mobile crisis unit and mediation service. 740-5526.

- **Southern Arizona Mental Health Center:** 628-5241.

- **La Frontera Clinic:** 884-9920.

- **Family Counseling Agency:** 327-4583.

- **Our Town Family Center:** Mobile crisis unit. 323-1706.

- **Palo Verde Urgent Care Center:** 795-4357.

Suicide

Continued from Page One

...a disturbing trend among

chiatry at the Philadelphia Veterans Administration Medical Center.

"The demographic trend is really frightening," he says.

Older white men are most at

ty"; and they are more frail and less likely to recover from a suicide attempt than teen-agers or adolescents.

Older white men seem to be most at risk for a specific set of

medical breakthroughs allow people to live longer. Dr. Jack Ke-vorkian has made assisted suicide a very public issue in recent years, and more older people are choosing to end their lives early rather than face the possibility of

Local

Polen

Suicide

Continued from Page One

reflects a disturbing trend among the elderly.

In 1994, people over 65 made up 12.5 percent of the population but committed 20 percent of all suicides, according to the National Center for Health Statistics.

And the number of elderly suicides is expected to double by 2030. The size and psyche of the baby boom generation, whose oldest members turn 65 in 2011, accounts for that grim prediction.

Baby boomers have a higher rate of depression than the World War II generation that makes up most of today's elderly population, says Dr. Ira Katz, a professor of psychiatry at the University of Pennsylvania Medical Center and director of Geriatric Psy-

chiatry at the Philadelphia Veterans Administration Medical Center.

"The demographic trend is really frightening," he says.

Older white men are most at risk. Between 1989 and 1991, more elderly white men died by suicide than in car accidents. In fact, white men were more than seven times as likely to kill themselves as white women in that period.

Senior-care specialists are responding to those alarming statistics with aggressive outreach programs aimed at stemming the depression and alienation that frequently sets the stage for suicide.

Doctors and academics offer a textbook full of reasons for the suicide epidemic: Older people lose more friends and loved ones than the rest of the population; their depression often is kept hidden or brushed off as "senility"; and they are more frail and less likely to recover from a suicide attempt than teen-agers or adolescents.

Older white men seem to be most at risk for a specific set of reasons, all societal.

For one thing, white men generally have lived happier lives than other groups, making the shocks of senior life more stinging.

Among the World War II generation, women are more used to living at home and tend to have better coping skills than men, said Dr. Nancy Morrow-Howell, who studies elderly depression at Washington University in St. Louis. So, retirement or the death of a spouse isn't always quite as big a blow for them.

"Women have more ability to adjust to those things, especially socially," she said.

For some, suicide is a quality-of-life decision, especially as

medical breakthroughs allow people to live longer. Dr. Jack Ke-vorkian has made assisted suicide a very public issue in recent years, and more older people are choosing to end their lives early rather than face the possibility of a bleak fate.

"Just because we can live longer, do we want to?" asks Morrow-Howell. "We know we can add more years, but we don't know if we can add on more functional years."

Despite such fatalistic attitudes, the senior suicide rate could be lowered, experts say.

Suicide among the elderly almost always results from depression, said Katz of the University of Pennsylvania. Once depression is spotted, it usually can be controlled and is completely curable 80 percent of the time, he added.

But too often, depression is dismissed as senility or "old age" by family and friends.

Elderly white men called the most likely suicides

Knights-Ridder Newspapers

At 60, a newly retired Otto Moe looked forward to spending his golden years traveling the country in his RV and hiking the Washington woods he'd lived in most of his adult life.

But that all ended for Moe four years ago after he underwent surgery for prostate cancer. In the months after surgery, Moe had to deal with erratic, often embarrassing leakage. He was in constant pain and shed 35 pounds.

Now, the legs that used to take him on weeklong walks through the northern Cascades

Experts call suicide rate among Arizona's elderly alarming. Page 5A.

carry Moe only a few blocks. And one of the hands he used to build his own house trembles so uncontrollably that he can't hold a cup of coffee.

Moe, who is 78, says his disabilities made him so depressed that he often cried like a baby and considered killing himself. "I thought, what's the use of going on? He even had a plan to end his life with 'Gunshots.'"

See SUICIDE, Page 5A

Robin

Armory Senior Center is truly a focal point for healthy aging. Under the City of Tucson Parks and Recreation Department, we offer a hybrid of services through a voluntary organizational model providing activities that relate directly to life satisfaction and maintain healthy intellectual, social and physical functioning and a social agency model that includes a health clinic and meals program that many older adults may not otherwise avail themselves of.

Armory Senior Center has an established prominence in the community for over thirty-five years. Presently, with our doors open eighty hours per month, we serve ^{near} ~~six to eight~~ thousand older adults per month. Thirty five organizations utilize the center on an ongoing basis.

We are forming new partnerships and visions linking traditional elements of society into new non-trad coalitions to improve the lives of our aging community.

Armory Senior Center is truly a focal point for healthy aging. Under the City of Tucson Parks and Recreation Department we offer a hybrid of services through a voluntary organizational model.

News Release Armory Senior Center

We have a birthday coming up in January regarding our current building But the total history of Armory Senior Center's Club #1 goes back to its original organization in December of 1959. They first met in the Service Men's Center on South 6th Avenue and were financed partly by the city and by their own fund raising activities.

The charter was received in 1962 and while the city renovated the Old Armory , which had been built in the 1900s ,they met briefly in Randolph 's old club house.

Before too long the size of the membership and the condition of the old building made it necessary to consider a new facility. It was decided to demolish the old building and to build a new one. on the site. The last dance was held in the old armory on August 1st 1975. The club continued to meet in the Scottish Rite Temple on Scott Avenue during construction. The new building was completed in December of 1976 and dedicated in January of 1977.

Since its beginning the Club has had a great part in the operation of the facility in cooperation with Tucson Parks and Recreation and the City of Tucson. Its senior only (50+) age requirement makes it a special area for seniors. The spacious ballroom, large dining room, craft, tv, card, billiard/pool, library, health clinic area and meeting rooms give it plenty of room to run a variety of activities to meet a large number of interests.

Club members volunteer their time in many areas of the building from the front desk to the kitchen and teaching some of the classes to name a few.

Armory Senior Center is an important part of the downtown scene providing recreation, respite, food, service, & fun for seniors from all over the area.

For more information call 791-4865 or come down to 220 South 5th Avenue, south of Broadway between 12th and 13th Streets. We are open 8:30 AM 7 PM Mondays, Wednesdays & Thursdays. 8:30 AM to 10 PM on Tuesdays and Fridays. 9AM to 5 PM on Saturdays and 1 to 5 PM on Sundays and Holidays.

We will have a special historical display on view in the center from Monday, August 19th through Sunday August 25th.

pub:armnuz

WHAT IS A MULTIPURPOSE SENIOR CENTER?

Nearly every community has a multipurpose senior center. Over 8 million older adults participate in the approximately 9,000 senior centers throughout the United States. The center is a hub for activities and services for older persons, and a visible symbol of the community's concern about its older residents. The center has many functions—that's why a senior center is called "multipurpose."

The multipurpose senior center is a community facility in which older people can meet with one another to fulfill many of their social, physical, emotional, and intellectual needs. It is also a focal point for services to, and by, older persons. Center programs and activities can help older persons enhance their dignity, support their independence, and encourage their involvement in and with the community.

Senior centers provide access to community resources as well as to services and activities that maintain independence and wellness. Individuals of all generations interact and interrelate in many kinds of senior center programs. Young, middle-aged, and older persons form a community of mutual interests in which all concerned benefit from a balanced, meaningful, and enjoyable program of individual and group services.

What Are Benefits of Participation?

Older men and women benefit through social interaction with individuals of various ages, through educational programming, counseling, health promotion, employment counseling and placement, recreational activities, and volunteer opportunities. They come to senior centers for many different reasons: to meet other people, to participate in specific activities, or to obtain specific services to provide a seamless continuum of care. Those who come bring their talents, skills, and values. The range of program opportunities is rich and varied enough to supply each individual with particular resources needed at that point to continue growth and development.

HOW DO SENIOR CENTERS BENEFIT THE COMMUNITY?



ACTION

in health promotion

- Senior centers screen thousands of older persons each year for high blood pressure and other health problems, and refer them to their physicians for follow up.

in activities

- Aerobics groups, such as the one in this Delaware senior center (below), are popular activities for senior center participants. Senior centers offer a range of other activities ranging from employment counseling and consumer education to trips.



MODERN MATURITY CENTER



BRUCE STROMBERG

in community outreach

- An older man enjoys a nutritious meal at a senior center in Pennsylvania. Outreach programs often identify isolated older people. Many will eventually participate, with their peers, in programs such as nutritious meals. For others, the center will organize help at home.



GEOFF COX

in intergenerational programs

- Support for families of chronically ill and disabled children is provided, often through senior centers, by older volunteers. Center programs also provide such services as supervision for "latchkey" children during after-school hours.

Photographs by Bruce Stromberg were provided courtesy of the Philadelphia Corporation for Aging.

1996 Armory Senior Health Fair

**Thursday, April 25th 1996
Armory Senior Center Dining
Room**

8:30 AM-12:30 PM

**Sponsored by Tucson Parks and
Recreation and
The University of Arizona College of
Nursing**

Sylvia Yeager Fair Coordinator



1996 Health Fair Participants

*AHCCCS/ALTCS Ann Sierra
*ALOHA Adult Loss of Hearing Association Barbara Hyde/Loretta Butler
AMERICAN RED CROSS Robin Jensen
AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP) Jeannie Wexler
*ARIZONA HEALTH Michele Gerbing
ARMORY NUTRITION PROGRAM Betty Gordon
ARMORY SENIOR CENTER Robin Nagore
*ASSIST Pamela Hendrickson
BALMORAL CARE Teri Woodard
CARONDELET LABORATORIES Elda Elias
CATALINA CARE Carlotta Martin
*COLUMBIA ELDORADO HOSPITAL Jim Snodgrass
COMMUNITY HOSPICE Melody Weber
*DANNY'S HOME HEALTH CARE Linda Lyons
DESERT INSTITUTE OF THE HEALING ARTS Norma Ray
*DIRECT CENTER FOR INDEPENDENCE Ken Laux
*DOWNTOWN CHIROPRACTIC Dr. Fred Gerretzen
FHP Michael McCall
FLOWER SQUARE CARE Pam Walter
*GREENSPRING WELLNESS CENTER Del Jones
GRIMM EYE CLINIC Phyllis Brueckner
HEALTH SOUTH Suzi Bustamonte
HOSPICE FAMILY CARE Dasa Hirsh
*HUMANA HEALTH Diana Harbour
INTERGROUP Chris Troxell
KATZ HEARING AID AND AUDIOLOGY Sue Katz
LUPUS FOUNDATION OF SOUTHERN ARIZONA Sharon Smiley
NURSING SERVICE INCORPORATED Jewel Spivak
*OASIS Ben Schultz
*OLD PUEBLO UROLOGY Jody Jepson
PARK VILLA HEALTH CARE Carlotta Martin
PHARMACIST BEN SCHULTZ
PIMA COMMUNITY COLLEGE DENTAL HYGIENE Donna Beach
PIMA COUNCIL ON AGING (PCOA) Jean Weiner
*PIMA COUNTY CLEAN AIR PROGRAM Suzanne Parisi
*PIMA HEALTH SYSTEMS Frank Samaniego
PIMA COUNTY HEALTH DEPARTMENT Marie Sutton
*PRO ACTIVE PHYSICAL THERAPY Peter Burke
PULMONARY REHAB OF COLUMBIA/ELDORADO HOSPITAL Loretta Stiso
QUALITY LIFESTYLES HOMECARE AND HOSPICE Nancy Barnwell
*SELF HELP INTERVENTION PROJECT Gina Herrera
SENIOR AWARENESS PROGRAM Jeanne Mandell
*SENIOR SUPPORT SERVICES PHP Kathy Higgins
SENIOR CLUB #1 Carol Stohr
*SOUTHERN ARIZONA SENIOR PROGRAM Marty Looney
SUNRISE HEALTH CARE CORPORATION Carlotta Martin
*TUCSON AIDS PROJECT Marco Martinez
UNIVERSITY OF ARIZONA COLLEGE OF NURSING Mary Vincenz
WOMEN'S HEALTH INITIATIVE Orlando Romero
*New to fair this year
Scheduled, but cancelled last minute due to conflicts VAN TRAN, ASSOCIATION FOR
THE BLIND & VISUALLY IMPAIRED

TESTING 1996 HEALTH FAIR

LUNG FUNCTION Pulmonary Rehab of Columbia/Eldorado Hosiptal
HEARING Katz Hearing Aid and Audiology
VISION Grimm Eye Clinic
HEART RATE Arizona Health
GLUCOSE Columbia Eldorado Hospital
HEIGHT U of A Nursing
WEIGHT U of A Nursing
BLOOD PRESSURE NSI/ U of A Nursing
BALANCE Health South
SPINAL ALIGNMENT Downtown Chiropractic
BLOOD, ARMORY PROFILE, U of A Nursing/ Carondelet Laboratories
BREAST EXAM U of A Nursing
BODY FAT Intergroup

SPECIAL SERVICES

MASSAGES: Desert Institute of Healing Arts/ Downtown Chiropractic

FOOD DONATIONS: Club #1, 17th Street Farmer's Market, Humana Health, Armory Nutrition Program, Community Food Bank

VOLUNTEERS: Pat Preston, Evelyn Sicherl, Ida Schwartz, Margaret Darak, Hilda Moreno, Sue Akers, Barb, Evelyn Dewalt, Edith Greenberg, Mary Jane Welty, Frank Rivera, Maria Rivera, Alberta Herlong, Charlie Duncan, Jenny Duncan, Lionel Barnett, Carol Stohr, Louis Stohr.

UNIVERSITY OF ARIZONA COLLEGE OF NURSING STUDENTS supervised by faculty members Pat McKnight &, Mary Vincenz

hf96rpt

Project Narrative

Statement of Need

Tucson, Arizona, population 405,390, is known to many as a community with warm winters and upscale retirement communities; known to some as a place to come to escape the harsh winter of home; but known to many senior Tucsonans as a place where they struggle to maintain independence.

Tucson has a large percentage of persons over 60. Though census figures only indicate that the over 60 + population is 16 percent, this population increases greatly during the fall, winter and spring months as "snow birds" descend. Several large retirement communities surround Tucson, including Sun City Vistoso, Saddlebrook and Green Valley, a retirement community of approximately 18,000. Retirement mobile home parks, travel trailer parks and senior apartment complexes abound. Seniors from all over the continent come to Tucson to bask in the warmth, enjoy their retirement years and experience enhanced quality of life. It is important to remember that native Tucsonans' along with the rest of the nation are also growing older.

The greying of America is no longer a figment of some futurist's imagination. It has become a reality. Since 1900 when only one out of 25 or 3.1 million people in the United States had reached or passed the age of 65, the proportion of senior citizens has experienced a dramatic increase. Today one out of eight persons have reached or passed 65. It is expected that by 2030 that one in five persons will reach or pass 65. At that time there will be proportionately more elderly than young people. (Aging America Trends and Projection, 1991)

Today, the elderly, as a group, face a number of problems — chronic health disabilities, lack of transportation services, loss of social contact, vulnerability to crime and consumer fraud and inability to perform tasks such as home repair, shopping and housekeeping. Documentation has shown not only that these problems are intensified with age but that also the potential incidence of infirmity and immobility increases with age. (Labanowich, Andrews, & Pollock, 1978) The above holds true in Tucson as well as the entire United States.

These senior individuals, because of their unique profile, are often at high risk of institutionalization. Sensitive to the precarious existence of this group, the Pima Council on Aging, the Area Agency on Aging, undertook a study to determine what services could be provided to postpone or prevent institutionalization, thereby allowing the individuals to remain in the least restrictive living environment. Their research revealed the following needs: transportation.

congregate meals, home delivered meals, day care, home health care, recreation and socialization, household chores, crisis intervention, and care coordination with a single point of contact. (The Frail Elderly: Meeting the Challenge, 1980)

Today, people are not staying in hospitals. Nationally, the average length of stay for an older person in an hospital fell from 14.2 days per stay in 1968, to 8.5 day in 1986, then rose to 8.9 days in 1988. Many procedures are done on an outpatient basis. In 1993, more than 55 percent of all the surgery done in the country was done on an outpatient basis, compared with 49 percent in Arizona. We are playing catchup however as hospitals in our state did 5.4 percent more outpatient procedures than the year before. The increase nationally was 2.6 percent. Health Maintenance Organizations and other managed-care plans that try to reduce health care costs are a big reason for the trend toward outpatient care in Arizona. Out state ranks third nationally in terms of the number of seniors enrolled in Medicare HMOs. Pima County, which includes Tucson, ranks first. While this trend may be saving health care dollars on a short term basis, it can wreak havoc with the senior with no support system in place and has the potential to cost more in the long run. Patients previously receiving services from the health care sector are now being referred to a community care system without a corresponding increase in funding for that system.

According to Aging America, Trends and Projections (1991) most older people have little protection against the high cost of long-term care. Financing of long-term care comes mainly from two sources: private payments by the individuals or families (48.4%) and public payments by Medicaid (44.4%) and Medicare (1.9%). Private insurance pays 1.1% of the cost. Tucson, like the rest of the nation is struggling with the high cost of long-term care. We know that services such as those identified by Pima Council on Aging will and do prevent early institutionalization, thereby reducing the cost to both the individual and the public.

It is the intention of this proposal to mobilize a neighborhood to provide area seniors "care" which might not be available through traditional medical and social services. Sample "care" might include yard clean up, simple home repairs, grocery shopping, socialization and recreation, peer counseling, escort services and assistance with paying bills. These services will improve the quality of life and help seniors remain in the least restrictive environment.

The current home and community service system funded through the Older Americans Act, Social Service Block Grant, state and local sources has evolved over time and, due to funding limitations, can only provide case management, home care, home delivered meals, electronic

emergency alert, adult day health care and transportation to those who meet the criteria of being deficient in two or more activities of daily living or instrumental activities of daily living. Because of the ever growing demand on the system and the limited funding to support the system, waiting list have emerged for the traditional home care services and many other needed services go unprovided.

As older individuals become more frail and dependent or are discharged from the hospital sooner or sicker after an injury or acute illness, the necessary skilled home care is only provided through Medicare and private insurance policies if nursing service and or other therapies are prescribed. The custodial kinds of service, which often makes the difference between the older person being able to be maintained in their home or needing to be placed outside of their home, is just not covered. Some older individuals can purchase these needed services, while for others families may step in to provide the care. Some people can fit into publicly funded programs, but for many eligibility guidelines and financial resources will restrict the ability to receive the care required.

With these growing demands, the rising cost of care, and the struggle with how to pay for long term care services, communities throughout the nation will need to focus on new methods of care such as neighborhood based volunteer programs.

The neighborhood chosen for this Senior Care Project is the Armory Park Neighborhood, which houses the City operated Armory Park Senior Center. This historic neighborhood is bordered by the downtown Commercial Center, Southern Pacific Railroad, and a park utilized by a large number of homeless people. Homes in the area were built during the early days of Tucson and reflective both a Spanish and early American influence. The area contains a thriving arts community with studios and theaters, a science and technology middle and elementary school (Safford) and a full service senior center. While this area may sound ideal, there are no shopping facilities, no public transportation, no place to congregate and historic codes make it difficult to effect home repairs. The neighborhood lies in census tracks one and nine. See attachment A

Like many cities throughout the United States, this downtown neighborhood has been undergoing change. Today Armory Park is inhabited by a mix of professionals who live in restored homes, seniors who have lived in their homes many years, seniors in elderly subsidized high rise housing and a few families many of which are multigenerational Hispanic families.

According to the 1990 census 775 residents (22%) of this area are aged 60 or over compared to 51,198 (16%) for Tucson as a whole.

Population (1990 U.S. Census)

Census

Track	Population	Over 60	Poverty rate
1	514	231	61.5%
9	2,970	544	53.4%
City	405,390	51,194	20.2%

The Armory Park neighborhood was recently identified as part of Tucson's empowerment zone/enterprise community. Per capita income for this area is \$7,474 compared to Tucson \$11,184. The median value of a home is \$43,755 while Tucson is \$66,800. Medium rent is \$150 a month compared to Tucson's at \$327.

Racial and Ethnic Characteristics (1990 U.S. Census)

	Percent of American Indians	Percent of Asians	Percent of Hispanics	Percent of Blacks	Percent of Whites
1	1.8	.6	27.8	6.2	63.2
9	3.9	.3	71.8	2.9	20.2
City	1.6	2.3	29.3	4.3	62.5

As indicated, the area chosen for this project has not only a high number of seniors, but a disproportionate poverty rate and minority population.

APPROACH

To affect an increase in the availability, provision and utilization of services to assist elderly individuals in remaining in their home, this project intends to mobilize a neighborhood to provide services that will expand the traditional home and community based programs. The services to be delivered will be determined by the residents themselves, but might include simple home repairs, yard care, grocery shopping, transportation, socialization and recreation, escort services, and assistance with paying bills. The project will work with the older individual and his/her family in identifying capabilities and areas of need, develop a plan of care that will link the older individual to services currently provided in the community and supplement that care plan with

services that can be provided through the volunteer-based neighborhood care project.

The Armory Park Neighborhood was chosen for this proposal because of its defined boundaries: its strengths in having a strong neighborhood association and a full service senior center; and its mix of residents which include many young professionals.

The City operated Armory Park Senior Center has a thriving program for seniors already in place that draws people from all over the city. Programs include congregate and home delivered meals, a nursing clinic operated by the College of Nursing, educational workshops, volunteer opportunities, ballroom dancing and a myriad of other social and recreational programs. Because the focus of Armory Center is healthy aging several new prevention activities will be initiated such as Tea and Talk where older adults will have an opportunity to share concerns with others with the help of a professional facilitator.

The Armory Park Senior Center will provide a neighborhood based focal point from which to mobilize the residents to support each other and volunteer in ways that will not only serve the needs of its elderly residents but its residents at large.

Armory Park neighborhood is listed in the register of historic places. As such many building restrictions have been put in place. Unfortunately many of the restrictions make it financially impossible for long time residents to make the repairs needed to their homes. In addition these seniors are often not physically able to maintain their yards and paint their homes. The young professionals who have moved into the neighborhood have restored their own homes, support the building restrictions and want the neighborhood to look nice. It is our intention to mesh these two situations, add a component with Safford Magnet School and have the volunteers and students do the simple repairs and yard work for the seniors. It is our hope that through such a volunteer effort, the neighbors will get to know each other and become more of a community.

The U of A College of Nursing Clinic has provided prevention services for seniors at Armory Park Center since 1982. The Clinic is very popular and offers seniors an opportunity to discuss their health concerns in a familiar setting. One of the concerns of the Clinic and the Center staff is that clients who utilize the Clinic do not reflect the demographics of the Armory Park Neighborhood. It is expected that with the efforts of community mobilization that those seniors who reside in the area will become more willing to utilize the free and low cost services the Clinic has to offer. These are just two examples of how this project will utilize resources already in place and coordinate them to benefit area seniors.

Lack of neighborhood involvement and loss of sense of community as well as economic and

social deprivation put older adults "at risk" of a multitude of problems. The Project Director will facilitate a "Resiliency Resource Inventory" with the Armory Park Neighborhood Association. This inventory will be of protective conditions and resources in the community rather than focusing on what isn't there. These resources will be categorized as promoting caring and support, high expectations and opportunities for participation.

The Project Director, who will be expected to have extensive knowledge of aging issues, will participate in an extensive community mobilization training through Arizona State University and the Arizona Prevention Resource Center. The Community Program Manager and Project Administrator have already completed this training.

Several principles of Community Mobilization will be utilized in the Armory project. Mobilization will be inclusive and involve all facets of the community. It will be comprehensive and include multiple strategies and systems. It will be responsive to the residents needs and priorities. The mobilization will build on area strengths. It will recognize that local people solve local problems best and encourage leadership development within the community. It will work to bring the community together; both as a means and as a goal in itself. It will recognize that behaviors that put the older adult at risk and the problems resulting from them are community problems; therefore they must be solved at the community level. Mobilization will be ongoing and will be an evolving process of planning, implementation and evaluation over time.

The Armory Park Senior Care Project will follow a six stage framework for Community Mobilization. Stage one is the initiating stage, stage two is readiness where groups evolve into coalitions and assess communities readiness to participate. At this stage regular meetings are held. In stage three the coalition will review the communities current status. Stage four is the planning stage and with stage five is the implementation. Stage six is sustaining and replanning. This final stage will be ongoing.

Volunteers will be recruited from the above mobilization process as well as from other areas. Volunteers might also be recruited from participants at Armory Senior Center. A few specialized volunteers may be recruited through the Volunteer Center of Tucson.

The Volunteer Center of Tucson will provide consultation on setting up a volunteer program, methods of recruitment, job descriptions, screening of volunteers and general assistance in getting started in a positive manner.

Volunteers will be provided training in a) the myths and realities of aging; b) how to assess the needs of seniors; c) services available in the community and how to access them; d) sensitiv-

ity training in working with older minority adults; e) services guidelines and procedures and f) other needs as they are determined.

As volunteers are being recruited, screened, and trained, preparation for intake of clients will begin. Referrals will come from case managers, hospital discharge planners, home care agencies, family, friends, neighbors, older individuals themselves or other social service agencies. Special outreach efforts will be undertaken by the project to inform, encourage and work with the minority older individuals and their families in utilizing the available services. It is expected that as the neighborhood is mobilized and the community is made more aware, referrals will increase.

As the referrals are received, the project director will determine the need for either volunteer based or professional services or a combination of both. If only volunteer services are indicated, the project director will arrange for delivery of the service. If a more skilled level of service and assessment is needed, a referral will be made for case management so that a professional assessment is done and a plan for services is developed and implemented. The project will initially contract with a case management agency to provide this professional level of services. The case manager will work with the older person and his/her family to identify the individual needs, develop a plan and implement the plan by linking them to available home care services in the community and supplement the plan as needed with the volunteer based services. The project director will provide follow up to see if the service arrangements have been completed and/or will work with the case manager to see if the case plan is working to meet the needs of the client.

During this contact period with the client, the individual will be encouraged to become connected with and participate in the services already in place at the Armory Park Senior Center.

As Tucson has such a large percentage of seniors enrolled with Medicare HMO's, it is the intention of the project to collaborate with these organizations as well as home health agencies on issues as they relate to seniors. Tucson Parks and Recreation has a relationship with most local HMO's through the Senior Olympic Festival and will develop relationships with home health agencies through this project.

To effectively accomplish the various components of this project, the City of Tucson Parks and Recreation and Human Services Department will develop an Advisory Board for the Project. Members will include neighborhood residents, neighborhood seniors, volunteers, staff, members of each of the collaborative agencies, representatives from one of the neighborhood senior high rise housing units, Downtown Business Association and a member of the City Council. Every

effort will be made to reflect the cultural makeup of the neighborhood and to make sure two thirds of the members are from the neighborhood itself.

The City of Tucson Parks and Recreation and Human Services has brought together a number of community agencies and the University of Arizona's College of Nursing to collaborate in accomplishing this proposed project. The City of Tucson will be the fiscal agent and manager of the grant.

The City of Tucson, Community Program Manager, principal author of this grant, will be the link between the city and this proposed project. The supervisor of the Armory Park Center will be Project Administrator. A Project Director and clerk typist will be hired to implement the project. Every effort will be made to secure an individual who is bilingual and familiar with the neighborhood. The project will fall under all city policies and procedures. The project will have use of the city's risk management, legal and reproduction and design departments. All volunteers will be registered and covered under the city's liability insurance. Volunteers going into seniors' homes will be fingerprinted to insure the safety of the senior.

Working in cooperation with the City of Tucson, Pima Council on Aging, the Area Agency on Aging will provide consultation on a) developing necessary services and safeguards, b) training volunteers, c) assisting with the integration of already existing services into the new neighborhood based volunteer services, d) providing linkages and coordination with other agencies in the aging network, and e) disseminating project materials and results.

The University of Arizona's College of Nursing currently operates a nursing clinic at the Armory Park Senior Center 2 to 3 days a week. Through their efforts many individuals receive assistance in monitoring their health. The Clinic agrees to provide training for staff and volunteers, assist in the recruitment of volunteers, provide health care services to area seniors, and be an active part of the Advisory Board. Their faculty has the desire and qualifications to provide a vital link to not only the University of Arizona but the entire health care community.

It is the intention of this project to also work closely with home health agencies, hospital discharge planners, other social service agencies such as the Food Bank, Information and Referral, the Downtown Development Corporation, the Downtown Arts Council and Downtown Business Association. The City of Tucson, along with the Area Agency on Aging, have had extensive experience in coalition building, thereby assuring success in the coordination of community services.

During every phase of the project, it will be essential to do outreach into the neighborhood

gets \$ Administration on Aging
~~Aging + Adult Administration~~

↳ under Older Am. Act

USDA monthly food distribute

→ Sandy in Chris Jennings' office

65585

Older Americans Act
↓

Arizona

Aging + Adult Administration
↓

Armory Park

**FIRST LADY'S ROUNDTABLE DISCUSSION WITH SENIOR CITIZENS
OCTOBER 15, 1996
ARMORY PARK SENIOR CENTER
TUCSON, ARIZONA**

PANEL

Donald (Don) Shropshire (Moderator)
Tucson, AZ

Don, one of Tucson's most respected community leaders, retired as president and chief executive officer of Tucson Medical Center in 1992. During that time he was founding director and Board Chairman of Partners Health Plan, an HMO.

Don has been very active in local, regional, and national health care organizations. His list of civic activities covers almost all aspects of community life and his enthusiastic support of programs for older persons has helped enhance the lives of thousands of Tucson senior citizens.

Marian Lupu, Executive Director, Pima Council on Aging
Tucson, AZ

Marian is the 71 year old Executive Director of the Pima Council on Aging, a non-profit agency. She has an outstanding history of service and advocacy on behalf of older persons which has been consistently sustained for over 30 years. She is the nation's longest serving director of an Older American's Act Area Agency on Aging.

Since 1987, the Pima Council On Aging has provided the leadership that was instrumental in helping to bring to our community most of the services that are now available to older persons and their families. Marian was a delegate to the 1971, 1981, and 1996 White House Conference on Aging.

Yvonne Ramirez
Tucson, AZ

Yvonne is highly involved in the Intergenerational Service Learning Program. This program is sponsored by the Tucson Unified School District and Pima Council on Aging. It is a program designed to link student groups with frail elderly who need help when no other services are available to provide that help. Students work, under adult supervision, to provide yard work, painting, etc. to senior citizens. These students are generally scholarship students who are also involved in giving community service.

Gladys Sorenson, Ed.D.
Tucson, AZ

Gladys is a past-president of the Board of Directors of the Pima Council On Aging. She retired from her position as Dean of the College of Nursing, University of Arizona at Tucson, having trained many of the present Deans of Nursing Colleges throughout the country. She is well-informed about issues related to the elderly and is currently a care-giver to her 107 year old mother.

William O. Wills
Tucson, AZ

Before retirement, William served for twenty years as the administrator of the Pima County Health Department. He also served as a member of the Advisory Board of the Retired Senior Volunteer Program (RSVP) and on the Executive Board of the Pima Council on Aging (PCOA). He served on both Boards for twenty years. Today, he concentrates his volunteer efforts on helping with the maintenance and survival of the poor through a food delivery program. He is an active member of the Sunshine Church. NOTE: He is taking time from his regular volunteer hours to be a part of this panel.