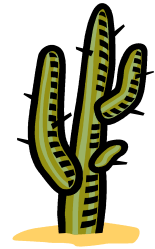


ARIZONA CITY TRIAD



Services for Seniors

Home Alone Kit

Volunteers will install a pendant system that can be activated for an emergency call in case the person cannot reach the telephone.

Lock Boxes

Lock boxes are available for those who would like emergency responders to have access to their homes in an emergency.

Home Assistance Program

Volunteers help out with simple tasks around the homes of seniors who are having difficulty, such as changing light bulbs or fixing a running toilet.

Volunteer Medicare Benefits Counselor

Available Wednesdays from 9am-11am at:
Golden Harvest Community Church
13060 Sunland Gin Rd., Arizona City, Arizona.

Telephone Reassurance Program

Senior volunteers make a daily phone call to seniors who live alone each morning between 7:00am and 9:00am.

9-1-1 Cell Phones

Free cell phones, with only 9-1-1 service, are provided to seniors who cannot afford a cell phone.

Alzheimer's Caregiver Support Group

Meets the 1st Tuesday of each month from 1pm-2:30pm at the Golden Harvest Community Church, 13060 S. Sunland Gin Rd. in Arizona City.

To find out more about these services or to volunteer for these programs, contact:

Pastor Jim Young, Golden Harvest Community Church:
520-466-7849, or Carol Wilson at Pinal-Gila Council for Senior Citizens: **520-836-2758**.

Director's Corner

Fall is here and the Arizona City TRIAD is ready for another season of helping seniors in our community. It is our mission to help seniors find ways to do the things they cannot do for themselves. One of our goals for this year is to educate seniors on the dangers of prescription drug abuse. This is a more common problem than most people realize. It is very important to understand how to take your medications and to keep them in a safe place where no one else but you can get to them.

We are also beginning to plan for the next health fair in the spring to provide information on health related issues to the community. We had over 25 vendors in attendance at the last health fair in March. We are hoping this one will be bigger and better than the last one.

If you know of anyone who is alone and in need of assistance, we have two programs that are very valuable. The home alone unit is a great way for a person living alone to call for assistance in the event of an emergency and get help right away. We also have a telephone assurance program where someone will call a person who is alone every morning to make sure everything is alright and that they don't need any assistance with anything that day.

We also have handymen available to do minor repairs for seniors who unable to do things around the house themselves anymore.

If there is anything the TRIAD can do to help you or someone you know, please call me at **466-7849**.

Jim Young,
Director, Arizona City TRIAD

Signals that may indicate an alcohol or medication-related problem

- ◆ Memory trouble after having a drink or taking medicine
- ◆ Unexplained bruises
- ◆ Irritability, sadness, depression
- ◆ Unexplained chronic pain
- ◆ Changes in eating habits
- ◆ Failing to bathe or keep clean
- ◆ Having trouble finishing sentences
- ◆ Lack of interest in usual activities
- ◆ Loss of coordination (walking unsteadily, frequent falls)

Information from the publication "Aging, Medicines and Alcohol," U.S. Dept. of Health and Human Services

Prescription Drug Use/Abuse*



When used as prescribed, prescription drugs are safe medications that help millions of people.

Persons 65 years of age and above comprise only 13 percent of the population, yet account for approximately one-third of all medications prescribed in the United States. Older patients are more likely to be prescribed long-term and multiple prescriptions, which could lead to unintentional misuse.

Commonly Abused Prescription Drugs

Although many prescription drugs can be abused, there are several classifications of medications that are commonly abused.

The three classes of prescription drugs that are most commonly abused are:

- ◆ Opioids (such as OxyContin, Percodan, and Lomtil), which are most often prescribed to treat pain;
- ◆ Central nervous system (CNS) depressants (such as Nembutal, Valium, and Librium), which are used to treat anxiety and sleep disorders; and
- ◆ Stimulants (such as Adderall and Ritalin), which are prescribed to treat the sleep disorder narcolepsy and attention-deficit hyperactivity disorder (ADHD).

What can you do to protect yourself?

There are several ways that patients can prevent prescription drug abuse.

- ◆ When visiting the doctor, provide a complete medical history and a description of the reason for the visit to ensure that the doctor understands the complaint and can prescribe appropriate medication.
- ◆ If a doctor prescribes a pain medication, stimulant, or CNS depressant, follow the directions for use carefully and learn about the effects that the drug could have, especially during the first few days during which the body is adapting to the medication.
- ◆ Also be aware of potential interactions with other drugs by reading all information provided by the pharmacist.
- ◆ Do not increase or decrease doses or abruptly stop taking a prescription without consulting a health care provider first. For example, if you are taking a pain reliever for chronic pain and the medication no longer seems to be effectively controlling the pain, speak with your physician; do not increase the dose on your own.
- ◆ Finally, never use another person's prescription.

*Information from National Institute on Drug Abuse
www.drugabuse.gov

MAKE SURE TO KEEP YOUR MEDICATIONS IN A SAFE PLACE!

TRIAD is a cooperative project composed of seniors, Pinal County Attorney's Office, Pinal County Sheriff's Department, Pinal-Gila Council for Senior Citizens, and other partners who are dedicated to preventing the victimization of seniors as well as improving their quality of life. One of the goals of the TRIAD is to reduce consequences associated with abuse and misuse of prescription medications and alcohol. The TRIAD meets monthly at the Arizona City Fire Department. Community members are welcome.

Meetings are on the 1st Friday of the month from 9:30am to 11:00am.

This program is sponsored in part by Pinal-Gila Council for Senior Citizens, Area Agency on Aging, Region V. Funded by ADHS/Division of Behavioral Health Services, Cenpatico Behavioral Health of Arizona, DES Division of Aging and Adult Services, Older Americans Act, and United Way of Pinal County.
Contact PGCSC at 520-836-2758



Under the Americans with Disabilities Act, Pinal-Gila Council for Senior Citizens must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. For example, this means that if necessary, PGCSC must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that PGCSC will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. Please contact: Olivia Guerrero, CEO at 1-520-836-2758 or 1-800-293-9393.