



Florida Association of
Aging Services Providers

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Florida Association of Aging Services Providers

Guest Editors:

Andrea Busada—Broward County Elderly and Veterans Services
Amanda Hinz—Senior Friendship Centers

Message from the President

By Darrell J. Drummond, Council on Aging of St. Lucie, Inc.



June 1, Hurricane Season!! Once again, we find ourselves preparing for another hurricane season in Florida. The hope was that the last legislative session would produce changes in insurance policies to assist in reduction in costs to Florida homeowners and protect the overall insurance market. Unfortunately, this did not occur. Let us be in the fight to see that more effort is applied to assist homeowners' insurance protection at a reasonable cost.

We in the senior network, are tasked with finding ways to support seniors who are on fixed incomes and weather the increased costs for protection. It is my hope that the State legislature will see the need to further address the needs of all Floridians, but most importantly, protect the assets of

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This Issue's Sponsors



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seniors here in our State.

Florida has the greatest population of seniors in the country. Seniors contribute far more than any other group to the financial wellbeing of the State economy. As part of appreciating senior's contribution is the need to recognize that the overall financial health of the State is mostly dependent on the health of seniors and their assets. We all can do better; we need to encourage our legislators to protect our greatest asset. Here again, I like to point out some of our senior statistics:

- Despite being more than a quarter of Florida's population, adults age 60 and older positively contribute to the economy at both the state and local level at a higher rate in proportion to the rest of the population.
- Older adults' total economic contribution accounts for more than half (54%) of Florida's Gross Domestic Product (GDP) (\$478 billion).
- An average retiree in Florida contributes \$2,899 more to state and local budgets than they consume in public services.
- Approximately 83% of older Floridians vote.
- In 2017, older adults volunteered more than 130 million hours, worth more than 3 billion dollars in cost savings to the state for their services.
- One in three adults over age 60 provides care to another elder.

Today, I reach a new milestone; Happy Birthday to me! I am now 65 years old and Medicare eligible. As I reflect on the years of service and contribution to the senior network of Florida, I am reminded of how important it is for me to focus on the next years I have available to, 1) pass on the torch of leadership to the next generation. 2) reflect and appreciate all that I have been able to contribute in the years that I have been fortunate to provide leadership and guidance over my career. 3) make sure I am focused on remaining relevant for my family and community by participating to fullest extent in programs and initiatives for Florida seniors. 4) Finally, I am committed to insure that our association continues to be at the forefront of programs and advocacy to keep pace with the growing population of seniors in Florida.

Darrell Drummond

THANK YOU NUTRITION FOR LONGEVITY

*For sponsoring the
May 2023 FASP board meeting luncheon on
Thursday May 18, 2023*



Nutrition for Longevity is a company that focuses on providing healthy and sustainable meal options to promote long-term well-being. Their daily meal kits are inspired by The Longevity Diet and Centenarian regions where people traditionally consume a 95% plant-based diet rich in fruits, vegetables, legumes, whole grains, and nuts.

Nutrition for Longevity offers meal plans and subscription services, allowing customers to receive pre-prepared meals that align with their health goals. The meals are convenient, requiring minimal preparation and cooking time.

In addition to their meal services, Nutrition for Longevity is involved in ongoing research and partnerships with academic institutions to further explore the relationship between nutrition and longevity. They aim to contribute to the scientific understanding of healthy aging and develop evidence-based strategies to promote longevity and well-being.

Learn more by visiting their website <http://Nutritionforlongevity.com>

Hurricane Season 2023

Tax Free Holiday Coming Up—Stock up on Supplies and Be Prepared!

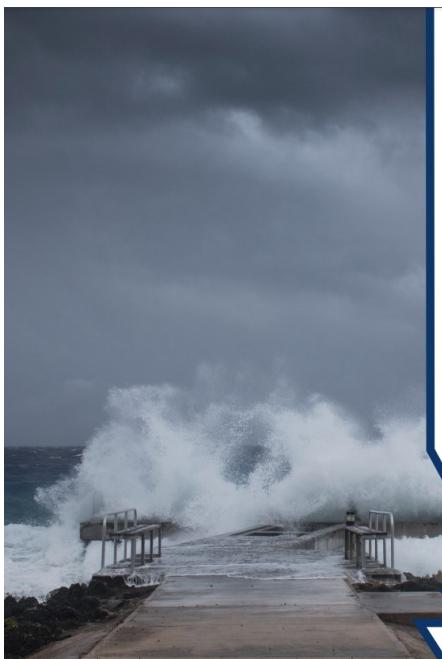


Tax Free Days in Florida will be August 26th—September 8th

June 1st, 2023 marked the start of hurricane season and there is a tax free holiday is coming up which all Floridians should take advantage of to stock up on essential supplies.

During this tax free break, Floridians can purchase many items to prepare for any storms that come our way. Qualifying household goods include pet food, cleaning supplies, batteries, flashlights, detergent, paper goods, tarps, generators, and more.

[**Click here to read the article**](#) and see a full list of qualified items for the 2023 Florida Disaster Preparedness Tax Holiday



Disaster Preparedness Sales Tax Holiday

\$10 or less

- Dog or cat food if sold individually or the equivalent if sold in a box or case

\$15 or less

- Manual can openers
- Collapsible or travel-sized food or water bowls for pets
- Cat litter pans
- Pet waste disposal bags
- Hamster or rabbit substrate

\$20 or less

- Reusable ice
- Leashes, collars, and muzzles for pets
- Pet pads

\$25 or less

- Cat litter weighing 25 or fewer pounds

\$30 or less

- Laundry detergent and supplies: powder, liquid, or pod detergent; fabric softener; dryer sheets; stain removers; bleach
- Toilet paper, paper towels, paper napkins and tissues, facial tissues
- Hand soaps, bar soap, and body wash, sunscreen and lotion
- Dish soap and detergents, including powder, liquid, or pod detergents or rinse agents that can be used in dishwashers
- Cleaning or disinfecting wipes and sprays, hand sanitizer
- Trash bags

\$40 or less

- Portable self-powered light sources
- Pet beds

\$50 or less

- Portable self-powered radios, two-way radios, or weather-band radios
- Gas or diesel fuel tanks
- Batteries, including rechargeable batteries, listed sizes only: 0 AA-cell, AAA-cell, C-cell, D-cell, 6-volt, 9-volt

\$60 or less

- Nonelectric food storage coolers
- Portable power banks

\$70 or less

- Smoke detectors or smoke alarms
- Fire extinguishers
- Carbon monoxide detectors

\$100 or less

- Tarpaulins or other flexible waterproof sheeting
- Ground anchor systems
- Portable generators and fuel carriers
- Dog or cat food weighing 50 or fewer pounds
- Over-the-counter pet medications

\$3,000 or less

- Portable generators used to provide light or communications or to preserve food in a power outage

May 27-June 9, 2023
August 26-September 8, 2023
Visit floridarevenue.com/DisasterPrep



The Cost of Long-Term Care in The U.S. is Outpacing the Income and Savings of Older Adults

By: [Gabriella Paul—WUSF Public Media](#)

Despite increases in assets among middle-class Americans in recent years, 80 percent of older adults would be unable to afford two years of long-term care, according to data from the National Council on Aging.

A new report shows that eight in ten Americans are unprepared to cover the cost of long-term care, like living at a nursing facility. Marc Cohen is a professor at the University of Massachusetts who studies the financial well-being of older adults and is a co-author of the February report. "As Americans turn age 65 and start to retire, a question arises about whether or not [they] have enough resources to ensure that they can live comfortably during their retirement," Cohen said. "And there are a couple of things that we found from this report."

Above all, they found this issue is pervasive. Half of all Americans 65 and older will require long-term services, like a nursing facility or at-home care, in their lifetimes. Yet many won't have a way to afford it. "The vast majority of Americans, if they had a need for long-term services and supports, would not be able to afford more than two years in the nursing home, if they had a significant health issue, or they lost income due to divorce or widowhood," Cohen said.

A significant blow to a household's income or assets — what's defined by experts as a "financial shock" — can threaten the financial security of older adults.



[Click here to read the rest of the article](#)

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FASP MEMBER IN THE NEWS!

Senior Center Spotlight: Hillsborough County Senior Centers are Partners in Research to Address Mental Health Concerns of Older Adults

By: [Kathleen Cameron](#) Senior Director of NCOA's Center for Healthy Aging

Published May 9, 2023

The effectiveness of a program designed to improve the mental health of older adults is the focus of a partnership between senior centers in Hillsborough County, Florida, and the University of South Florida (USF), Department of Mental Health Law & Policy.

Hillsborough senior centers are part of a USF research study to [pilot test the Do More, Feel Better \(DMFB\) Program](#). The National Institute of Mental Health is funding the multi-state study, with the goal of improving the mental wellness of older adults through positive activities. Specifically, this study is testing the effectiveness of older volunteers compared to professionals in steering fellow seniors with depression, anxiety, loneliness, and other mental health concerns toward activities that can improve their quality of life.

How Hillsborough senior centers expanded participation in mental wellness program

The pilot program began during the pandemic at the [Brandon Senior Center](#) and has expanded to all centers in Hillsborough County since 2020. Mary Jo McKay, Nutrition and Wellness Manager for Hillsborough County, knew that "this program was starting at a good time because we were well aware of the large number of older adults who had lost loved ones, friends, and other connections during the pandemic.

What goes on at Hillsborough senior centers?

Hillsborough County, located in coastal central Florida, is a diverse community of people from many cultures with large Latino, Haitian, and African American populations. The county government supports seven senior centers and 15 dining sites located throughout the county.

Like many senior centers across the U.S., Hillsborough senior centers provide a wide array of social activities and events, health and wellness programs, lunch, educational classes, games, transportation, and caregiving services that help older adults with all levels of physical abilities get the most out of life. These centers are a place to gather, learn, and enjoy free activities that are designed for today's active adults aged 50 and over. Men typically get together to play games like billiards and dominoes, while women tend to gather for the physical fitness programs, arts activities, and games like mahjong.

The largest centers see about 100 participants every day, down from about 250 pre-pandemic. The average age of participants is 70, with ages ranging from 55 to over 100.

[Click here to read the full article at NCOA.org](#)

Florida Ranks 26th Nationally in Federal Disaster Declarations from 2011-2021

Contrary to its reputation for high-profile disasters, Florida's ranking in terms of federally declared disasters may surprise many. Between 2011 and 2021, Florida had only 11 disaster declarations, ranking 26th among U.S. states. In fact, over half of the country experienced more disaster declarations during the same period. While the frequency of disasters in Florida may be lower, the size of the storms and the scale of the damage incurred make up for quantity.

When it comes to the financial toll, Florida ranks third in cost per disaster, surpassed only by New York and Texas. The cumulative costs in FEMA and HUD assistance between 2011 and 2021 amounted to a staggering \$8.3 billion in Florida, averaging \$754 million per disaster. These figures highlight the significant impact that Florida's storms can have, even if they occur less frequently than in some other regions.

Whether it be hurricanes, wildfires, floods, or earthquakes, every city, county, and state faces the risk of natural disaster. It is crucial for individuals and communities nationwide to be prepared, resilient, and equipped to respond effectively when faced with these emergencies.

Click the link below to read more and see all the rankings of state climate disaster declarations and total costs of damage per state.



[Click here to read the full article](#)

The State of Aging Services— A Q&A with Bob Blancato, Executive Director, NANASP

CaseWorthy's Greg Prosser and renowned public health expert Bob Blancato, Executive Director at the National Association of Nutrition and Aging Services Programs sat down for an informal discussion on the State of Aging Services. The President's aging priorities and new legislation for elder justice infrastructure was discussed as well as issues of malnutrition, affordable housing, and transportation for seniors and what the current administration and proposed legislation is doing to make progress in these areas.

[The full webinar and presentation files can be viewed here.](#)

Rate of Fatal Falls Among U.S. Seniors Doubled in 20 Years

By: Amy Norton

FRIDAY, May 12, 2023 (HealthDay News) -- Older Americans are dying of falls at more than double the rate of 20 years ago -- with women, men and all racial groups showing increases, according to a new study.

In 2020, the study found, just over 36,500 Americans age 65 and up died of a fall-related injury. That was up from roughly 10,100 deaths in 1999.

Adjusted for age, those numbers translated into a more than twofold increase in the rate of fall-related deaths among older Americans: from 29 per 100,000 in 1999, to 69 per 100,000 in 2020.

It's well known that falls are the leading cause of injury death among older Americans, and that the problem is growing.



[Click here to read the full article](#)

Redefining Singlehood—Exploring the Choice of Many Americans to Remain Unpartnered

In recent years, a growing number of adults in the United States have chosen to embrace singlehood, with nearly 40% of adults now unpartnered, according to a report by the Pew Research Center. This marks a significant increase from 29% in 1990. In an article published by Time.com, research into this topic is discussed, including the motivations behind the choice to stay single, as well as the challenges, joys, and impact of singlehood on personal well-being. Americans have come to recognize that marriage is just one of many avenues for personal happiness and that traditional path of marriage and starting a family or achieving financial stability have gradually given way to alternative paths to fulfillment.

[Click here to read the full article at Time.com](#)

Buckle up—It's Hurricane Season.

By: Amanda Hinz, VP of Contract Programs, Senior Friendship Center

As we reflect on last year's hurricane season, when Hurricane Ian struck Lee County and the rest of southwest Florida, it is evident that preparation, resilience, and community collaboration were essential to get through these catastrophic events. There are many lessons learned from Hurricane Ian and they have influenced our approach to hurricane preparedness, response, and recovery. Seniors are one of the more vulnerable populations in the state and it is important to find more ways to support them before, during, and after a storm. Historically, companies like Florida Power & Light (FP&L) and Duke Energy have participated in grant projects to help support seniors before, during, and after the storms. These are examples of inspiring initiatives that foster community collaboration and are aimed to enhance awareness and resources for hurricane preparedness. A timeline of Hurricane Ian's historic landfall is below along with additional reminders and resources for this hurricane season

Timeline of Hurricane Ian

9/24/22 - Saturday morning— National Oceanic and Atmospheric Administration's (NOAA) 'cone of uncertainty' predicts that Hurricane Ian will make landfall north of Tampa Thursday morning.

9/24/22 – Saturday evening - the cone has shifted so far North that Fort Myers was no longer in the cone.

9/25/22 – Sunday morning – Ian is headed north towards Tallahassee, expected landfall is early Friday morning.

9/26/22 - Monday evening – The cone has shifted back south, predicting landfall in Tampa as a category 3 Hurricane on Thursday afternoon.

9/27/22 – Tuesday morning - the cone was now rapidly shifting south. It looked like a very well-prepared Tampa might be in the clear.

9/27/22 - Tuesday evening, Ian had lined himself up to be a direct hit onto Fort Myers Beach, giving less than 24 hours' notice to Lee County residents.

9/28/22 – Wednesday morning – now a strong category 4, just shy of a category 5, Ian is heading straight for Fort Myers Beach.

9/28/22 – Wednesday 3:05PM – Hurricane Ian made landfall in Lee County as an intense category 4 hurricane, destroying nearly everything in his path.

Lee County residents who decided to shelter-in-place experienced, in real time, the 5th strongest hurricane to hit the United States. Cape Coral, one of America's fastest growing cities, experienced an 11-foot storm surge; the Sanibel Causeway was destroyed in several areas, isolating the approximate 200 people that did not heed the evacuation orders. Ian took the lives of 150 people in Florida; nearly two-thirds of those were people aged 65 and older.

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Florida is known to be a popular retirement destination due to its warm weather, sunny beaches, and countless golf courses. So, what happened? Over one-fifth of the Florida population is aged 65 and older – how does that same age group represent almost two-thirds of the Ian death toll? What can we, as a society, do differently to help those who are most vulnerable?

First, we must face the reality that although aging-in-place is the preference for most seniors and is far less expensive than any residential facility, it does mean that there are many more vulnerable seniors living in the community, with little to no help during a crisis.

Second, we must do a better job of helping seniors prepare for Hurricane season early on. Learning from Ian there are a few things that we can do to better equip our seniors for the next big storm.

Food. If people choose to shelter-in-place, they need to prepare. 12 days after Ian took out the Cape Coral power grid, there were still over 44,000 people without power. Seniors need to make sure they have shelf stable food and water on hand throughout hurricane season.

Electricity. How long can you go without electricity? In the Florida heat? Check your batteries to make sure they're still working for fans and flashlights. If possible, invest in a generator and buy gas early in the season and keep it, should you need it. Once a hurricane forms, gas station lines can be hours long.

Medications. Work with your local pharmacy to have enough medication on hand; going without vital prescriptions can make a bad situation much worse.

Plan Ahead. For vulnerable populations, the thought of evacuating is daunting; it's easier to roll the dice and hope the storm misses you. Helping seniors coordinate an evacuation plan and including friends and family can increase the likelihood that they'll evacuate, should the need arise.

Water. If purchasing bottled water is not in the budget for some seniors, they can fill their bathtub with water to ensure they have clean drinking water until utilities are restored. It's also helpful to always have a grill and at least 1 full propane tank on hand so you can have access to hot water.

Educate! People who evacuated during Hurricane Irma in 2017 felt it was an 'overreaction' and many chose to not evacuate for Ian. Reminding seniors that you can never over-prepare or overreact to mother nature just might save their life.

NOAA is predicting a 40% chance of a 'near-normal' hurricane season in 2023, "including 1-4 major hurricanes (category 3, 4, or 5)". As climate change continues to create stronger storms, we must do whatever we can to prepare ourselves and those we serve.

Please visit <https://www.noaa.gov/hurricane-prep> for more information.

Dementia, Therapeutic Intervention, and Brain Awareness Month

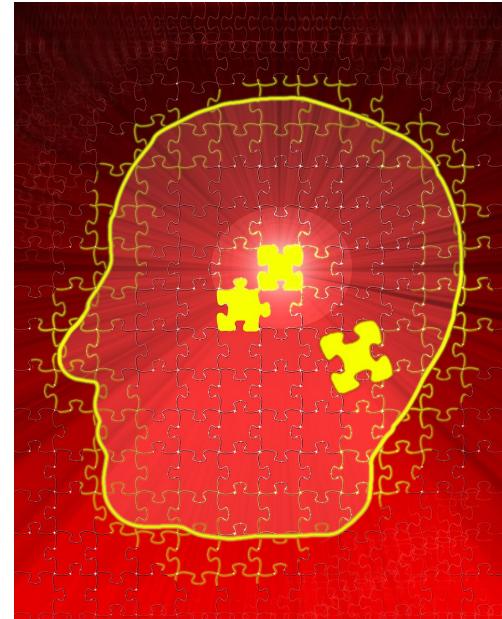
Using a Collaboration of Therapeutic Efforts to Combat Emotional Effects of Neurocognitive Impairment

By: Macey Walker, Certified Dementia Practitioner, Adult Day Services Manager, Senior Friendship Centers , Sarasota, FL

Macey Walker is a Certified Dementia Practitioner and Adult Day Services Manager with Senior Friendship Centers in Sarasota, FL. Her article, "Dementia, Therapeutic Intervention, and Brain Awareness Month" delves into Dementia and how it affects those suffering from it, as well as innovative approaches that provide hope and support for patients and their loved ones. By raising awareness and highlighting effective interventions, we aim to contribute to the well-being and understanding of those affected by dementia.

Observed each June, Brain Awareness Month highlights the importance of neurocognitive impairment disorders, early detection, and the millions of families affected by a diagnosis. Perhaps the most well-known brain disorder is dementia, a degenerative loss of cognitive processing severe enough to interfere with one's daily life. More than fifty-five million people worldwide are affected by dementia. A majority of these individuals are experiencing declines in memory, reasoning, language, and other cognitive functions. In most cases, dementia is a result of neurocognitive diseases such as Alzheimer's or Parkinson's Disease. Utilizing person-centered therapeutic practices can aid in revitalizing lives, despite diagnoses. When an emphasis is placed on cognitive stimulation, music, arts, physical exercise, or other interventions, dementia-related emotions, including anxiety, anger, and agitation, can subside.

Countless neurologic and psychological studies have shown that music can provide both emotional and behavioral benefits to those suffering from neurocognitive disease. The brain's auditory cortex, responsible for rhythm and musical memories, is virtually unaffected by the decay neurocognitive diseases can cause. As this neurological structure remains intact, individuals living with dementia are typically able to recall a multitude of songs and rhythmic patterns. The use of music allows individuals to feel connected and encouraged. Music can not only stimulate cognition but aids in reducing stress, anxiety, depression, agitation, and aggression. Similarly, art therapy can stimulate the brain in a variety of ways. Art allows individuals a communication outlet and a canvas for self-expression. Adaptable to varying degrees of hand-eye coordination and fine motor skill abilities, art therapy can be used at any stage of dementia progression and is unrelated to the severity of one's condition. Through art, individuals can obtain happiness and a sense of success. When utilized in a social setting, communication between individuals is pro-



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moted, strengthening one's sense of belonging.

Additionally, utilizing physical exercise can strengthen the body's muscles and joints, improve mobility, promote independence, improve one's ability to complete activities of daily living, and increase hours of nightly sleep. Recent research on neuroplasticity, the brain's ability to adapt in response to stimuli through the reorganization of structures, functions, or connections, has illustrated the potential benefit of combining physical exercise regimens with cognitive stimulation. Reigniting childhood-established neural pathways and response structures in the late stages of life can engage the brain, improve mood, and boost self-confidence. Engaging individuals in chair-based exercises while cognitively challenging strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning skills can promote neuroplasticity. Completing tasks that are familiar in new and experimental ways can be beneficial for all ages—for example, singing the alphabet while simultaneously spelling each letter with different extremities. Continuing the cognitive challenge, complete the same task again, drawing letters in cursive rather than print.

The combination of therapeutic outlets can improve functioning in persons living with dementia. Providing a range of enjoyable activities in social settings allows individuals to think, concentrate, and exercise their memory. Doing so not only enriches lives but also solidifies the importance of celebrating all that neurocognitively impaired populations are capable of—the true meaning behind this month's celebration.

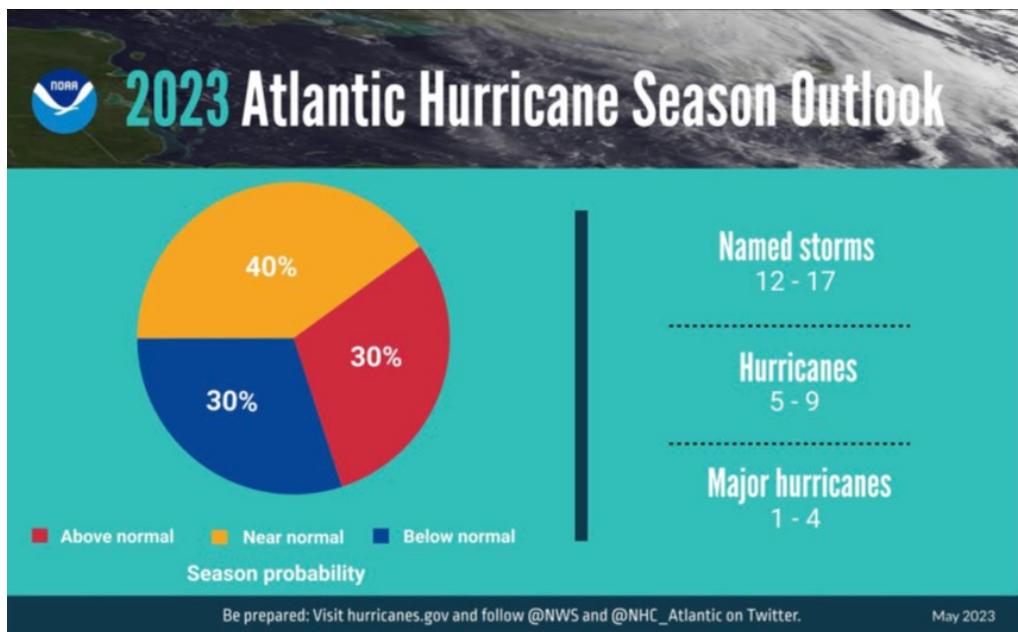


Bracing for the Storm: Making Good Decisions to Protect Florida's Seniors this Hurricane Season

By: Andrea Busada, Director, Broward County Elderly and Veterans Services

Hello, fellow Floridians! As we all know, we are now in the first month of hurricane season. While we take an all-hazards approach to emergency preparedness, response and recovery for the seniors in our care, I thought I would offer some information particular to hurricanes. At our most recent Broward County Administrator's Quarterly Leaders Meeting, Robert Molleda, Warning Coordination Meteorologist for the National Weather Service's Miami/South Florida Weather Forecast Office, gave an informative presentation on "**Making Good Decisions**" for the 2023 Hurricane Season. He gladly gave me his approval to share that information with all of you.

As with every hurricane season, there is always an uncertainty with the initial projection given so many competing factors, such as very warm waters, active tropical waves, or strong wind shear. Here is the 2023 forecast:



This outlook is in keeping with the averages from 1991 to 2020: 14 named storms, 7 of which were hurricanes, and 3 of the 7 were major hurricanes. 2022 was very close to that 30-year average: 14 named storms, 8 of which were hurricanes, and 2 of the 8 were major hurricanes (Fiona and Ian).

We were very pleased to learn that since the year 2000, the National Hurricane Center's forecast accuracy has improved dramatically – 72-hour intensity forecast has improved by 50% and the 72-hour track forecast has improved by 64%. This 72-hour timeframe is important because the nation's strongest hurricanes in the last 100 years, including Andrew, Charley, Mi-

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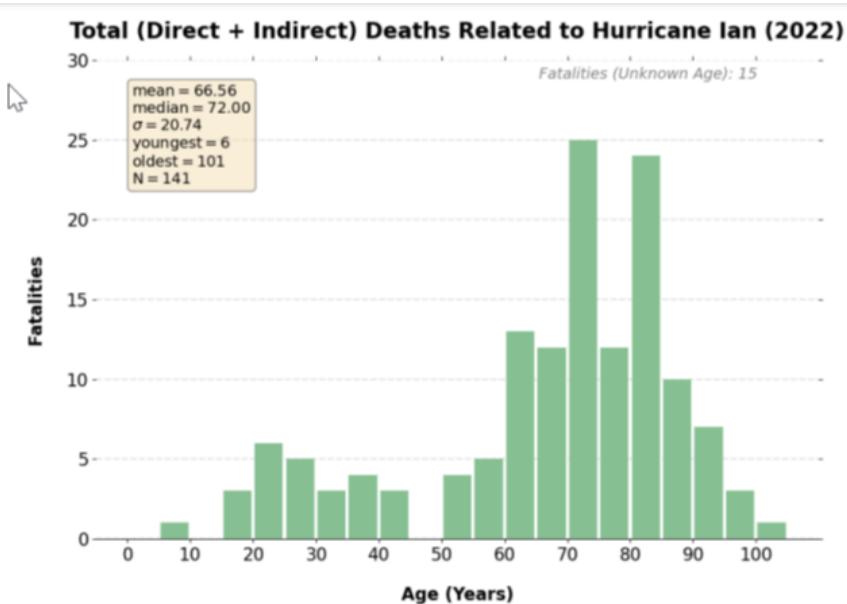
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chael and Ian, were all Tropical Storms 72 hours before landfall!

The National Hurricane Center's website is the best source of information when a storm is approaching: [Atlantic 7-Day Graphical Tropical Weather Outlook \(noaa.gov\)](https://www.noaa.gov/noaa-hurricane-center-atlantic-7-day-graphical-tropical-weather-outlook). Mr. Molleda reminded everyone that the "cone" is the estimate for the center or "eye" of the storm – if you are out of the cone, you are still in potential danger so always be prepared.

In order to help agencies and organizations make good decisions when planning and responding, he emphasized that every hurricane is different. For example, Hurricane Ian brought devastating storm surge of 10-15 feet in SW Florida and 14 tornadoes across SE Florida. Hurricane Nicole, on the other hand, caused hurricane-force winds, high surf, coastal flooding, and beach erosion. He stated, *"There are multiple alternate scenarios which must be considered in every hurricane forecast. Taking this into consideration is crucial for making responsible decisions..."* He especially emphasized that "water is what kills." 90% of fatalities are caused by water, not winds. 82% of fatalities from 1963 to 2012 were caused by storm surge, rain, or surf. Storm surge is the leading cause of death – even 3 – 5 feet of moving water is life-threatening!

This brings us to what I thought was the most important part of his presentation:



He pointed out that **most fatalities** during storm events occur in the older population. I was so pleased to hear him point this out, and he went on to discuss that we all have a responsibility to look after the seniors in our communities. I looked around the room, with over 200 County leaders, and I could tell everyone was paying attention and taking in this information. Many of them turned to look at me to show that they understood. Sometimes it takes someone from the "outside" to drive a point home.

It is heartbreaking that it takes tragedies for communities to realize the extra help that must be

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put forth for seniors, but it certainly results in amazing initiatives and programs. FASP and partner FCOA have worked with several foundations to supply shelf-stable food and emergency kits for older Floridians. Public/private partnerships can support seniors who may be on the waiting list or not yet qualify for other assistance from the network.

Here are links to every county's emergency management agency and other helpful resources to make sure you are ready and to help you make good decisions!

Stay safe, everyone!

Helpful Websites for Emergencies/Disaster Preparedness

Click Here to View All Florida Counties' Emergency Management Websites

- NOAA National Hurricane Center <https://www.nhc.noaa.gov/>
- Hurricane Kit Shopping Guide <https://www.broward.org/Hurricane/Pages/HurricaneKitShoppingGuide.aspx>
- State of Florida <https://www.floridadisaster.org/>
- Florida Special Needs Registry <https://snr.flhealthresponse.com/>
- Duke Energy <https://www.duke-energy.com/safety-and-preparedness>
- FPL <https://www.fpl.com/storm.html>
- FPU <https://www.fpuc.com/fpu-emergency-response/>
- Tampa Electric <https://www.tampaelectric.com/stormcenter/>
- Healthcare Facilities – CEMP Preparation Tips <https://www.broward.org/emergency/pages/healthcarefacilitycemp.aspx>
- AHCA Facility Emergency Plans <https://ahca.myflorida.com/health-care-policy-and-oversight/bureau-of-health-facility-regulation/laboratory-and-in-home-services/home-health-agencies/home-health-agency-emergency-management-information>
- U.S. Department of Homeland Security <https://www.ready.gov/>
- FEMA <https://www.fema.gov/>



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Hyatt Regency, Orlando FL August 7th-9th 2023

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Promoting Independence in our Community

<https://www.seniorresourceassociation.org/>



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