



Florida Association of
Aging Services Providers

Florida Association of Aging Services Providers e-Newsletter

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Guest Editors: Jennifer Martinez, Marion Senior Services
Elizabeth Lugo, The Volen Center

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Message from the President
by Andrea Busada, Broward
County Elderly and Veterans
Services

Dear FASP Members:

When you read this edition of the FASP Newsletter, you will likely be in the process of kicking off special events and program highlights for Older Americans Month. I want to commend all of you for your dedication in serving your communities, and ask that if there is anything we could do to help further your mission to provide high quality of care, please do not hesitate to let us know. We are honored to serve alongside you.



Sincerely,
Andrea Busada



Council on Aging
of St. Lucie, Inc.

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BY:



My Take - Part I by Elizabeth Lugo



April 4, 2015 came and went without any fanfare or notice. It was an ordinary day filled with the busy work and stress of a CEO of a senior service organization---e-mails, conference calls, meetings and deadlines. Not until my husband said to me a few days later that for some reason my paycheck was a little bigger did it dawn on me----it was my anniversary of being hired at the Center! Each year, on the anniversary of their hire, employees at our Center get a small bonus in their pay to commemorate and acknowledge their continued dedication to the older adults we serve. And it was my special day and I did not even realize it. What had happened to that young fresh-faced, naïve and energetic young lady who accepted a case manager job 22 years ago, on a salary she could not even live on, but with dreams of changing the world?

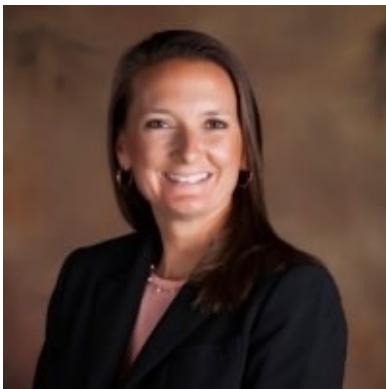
My thoughts wandered to a recent conference call where I had met Jennifer Martinez of Martin County Senior Services. Having never met her before, I felt her enthusiasm and passion through the phone. I learned she had recently taken the helm of her organization and was really making great things happen for seniors in her community. Her energy was infectious and, I must admit, I hung up the phone feeling energized and ready to go. I felt like I had just had a conversation with myself, 22 years ago.

This made me think about the past 22 years and what they had meant to me and, more importantly, what they had done to me. I think anyone who has been in this business for more than a few years will admit that it can be repetitive and, at times, can leave you questioning if you are really accomplishing anything at all. Having been through endless bid cycles, monitoring visits, numerous Area Agency staff, multiple DOEA Secretaries, volunteer luncheons, annual campaigns and meetings, another year just flew by like nothing. But the past year was not nothing; and neither was the year before it. Thousands of older adults ate at my dining sites, hundreds of seniors were bathed and cared for in their homes, thousands of seniors got to and from their doctor appointments on my busses. The RFPs I killed myself writing and lost sleep over are helping seniors every day remain in their homes living their lives with dignity. The volunteer luncheons I attended and hosted are keeping hundreds of volunteers serving meals and feeding seniors every day, and the list goes on and on.

It may seem like that original passion and energy is not there, but it is. It just needed to be rekindled. It only needed to be awakened. I challenge other leaders in the aging network who feel they have become jaded and stagnant to just reach a little further and find the initial spark that put you where you are today. Use the energy and enthusiasm of people like Jennifer Martinez who are looking at the world of senior services with a fresh set of eyes to shake you out of your hibernation. We are doing amazing things and changing the world. We just do it so often we forget to recognize the awe that it inspires in others. To the seniors we serve and their families and the community at large we are superheroes. Even superheroes need to be reminded of the good they are doing!

So April 4, 2015 may have come and gone without a bang or a parade, and so what if I only have a small 'blip' in my paycheck to acknowledge it. My real paycheck is the daily hugs and the firm grasps of my hand from the seniors we serve. April 4th may have been filled with meetings and the daily grind, but it was also filled with hugs from clients, a desk full of handwritten thank you letters and voicemails from caregivers telling me how we have saved their lives. I am thankful for people like Jennifer Martinez who remind me to measure my success not by the number of emails and calls I respond to, but the number of lives I touch, and that little by little, that young social worker living on Spaghetti O's truly is changing the world---one senior at a time.

My Take - Part II: Fresh Lense by Jennifer Martinez



Learning something new is a fabulous way to be refreshed. When work can grind you down, something about learning a new activity thrills the soul. It reminds you that the world is bigger than your desk and your to-do list.

In July of 2015, I made one of the biggest decisions of my life by accepting the position of Marion Senior Services, Executive Director; an agency having a legacy of service dating back before I was born. This is the realization of a huge life dream and the largest responsibility I have to date, besides being a mother to an amazing daughter. My grandparents were always a massive part of my life and their well-being was always a priority. My community has also remained at my forefront as my family is directly affected by its success and this position allowed me the opportunity to address the needs close to my heart. I am embracing this challenge with open arms.

I find myself surrounded by colleagues and fellow professionals that have been immersed in the trenches of serving our elders for decades and a wealth of knowledge and support. From the staff here in my office, our AAA- Elder Options, to the FASP Board meetings and introductions during Senior Days in Tallahassee, the joyous welcomes are quickly followed by getting down to business.

We are facing a world about to cross a demographic landmark of huge social and economic importance. Within the next few decades, the population of 65 and over will outnumber children under five for the first time....ever! This means our work is now more important than ever. This transformation carries challenges for families, policy makers, caregivers, business partners and donors to make accommodations of how to care for our elderly, living alone in unprecedented numbers.

By arming ourselves with this knowledge, we are striving to become more proactive in our strategies rather than reactive. I truly believe that organizations, and even individuals, that emphasize a proactive strategy are usually more effective at dealing with challenges. We are rallying our troops and gathering all of the available resources in the community to aid in the challenges ahead and our partners are growing. After all, who wouldn't want someone to help care for their own grandparents?

“Knowledge is power and enthusiasm is the switch.” I look forward to meeting all of the professionals in our world, knowing the great work we currently do and the great work ahead of us. I thank those of you who have taken my calls, e-mails and have guided me through Senior Days at Tallahassee and although those moments may not have been monumental in your world, you moved mountains in mine.

Game on.

Recognize a Valuable Service Employee You Know with a FASP Award!



The 2016 FASP Awards Committee has begun accepting nominations for the 2016 Minotty Eye Foundation Best Direct Service Employee of the Year.

The deadline for submissions is **Friday, June 3, 2016**.

FASP Members are encouraged to nominate a Florida aging service employee who has:



- ♦ added value to the service being delivered that has benefited the elders served;
- ♦ gone above and beyond job requirements to provide customer service and ensure customer satisfaction;
- ♦ developed community resources and support to the services being provided; and
- ♦ demonstrated a high level of commitment to excellence.

The Minotty Eye Foundation Best Direct Service Employee of the Year Award acknowledges an employee who makes a difference in the lives of seniors individually or through a unit, group, agency or organization.

Each year, FASP presents this award during the Florida Conference on Aging to honor the dedication of Florida service employees. The 2016 Florida Conference on Aging will be held August 8-10, at the Caribe Royale – Orlando, Florida.

Due to the generosity of the Minotty Eye Foundation's sponsorship, the Award winner will receive one year complimentary membership and complimentary registration on Tuesday, August 9th to receive their award which includes \$500.00 for themselves and \$500.00 for their Agency.



Dr. Paul Minotty

Nominations can be submitted online at [2016 FASP Award Nomination](#). If you have any questions, please contact moreinfo@fasp.net or call (850) 222-2575.

Save the Date: 2016 Florida Conference on Aging

Mark your Calendars and Save the Date for the 2016 FLORIDA CONFERENCE ON AGING!

AUGUST 8-10, 2016
The Caribe Royale, Orlando, Florida

[Register Online](#)

[Register to Exhibit Here](#)



Hearing Loss is Not Harmless



Though many people believe it to be merely an inconvenience, you already know that deciding to ignore hearing loss has the potential for dangerous consequences that could be avoided by treating even mild cases of hearing loss.

Research studies from Johns Hopkins Medical Center reveal that, compared to their counterparts with

'normal' hearing, people with untreated hearing loss have:

- A 300% greater probability of falling
- Up to a 500% greater probability of Alzheimer's or other dementia
- A 32% higher probability of hospitalization
- A 36% greater probability of poor physical health
- A 57% greater probability of poor emotional or mental health

Please talk to your consumers if they describe or exhibit signs of hearing loss/tinnitus. If they are unaware of their hearing loss, it can go undiagnosed and untreated until it becomes a more serious problem.

Staying connected to family and friends is critical to keeping the mind active. Unfortunately, hearing loss makes communication over the phone challenging, stressful, often frustrating to the point where we stop trying. We become anxious when the phone rings and begin to avoid phone calls, further separating us from the most vital brain stimulation: conversation.

Thankfully, the Florida Telecommunications Relay, Inc. (FTRI) program offers a solution for qualified Florida residents. Amplified cordless phone and amplified corded phone are available to your consumers at no cost! To request information or a presentation, please contact FTRI at 800-222-3448 or outreach@ftri.org. Thank you for your support of the FTRI program!

Marion Senior Services: Recognition and Celebration

March for Meals and volunteer recognition go hand and hand. Throughout the months of March and April, Marion Senior Services (MSS) has recognized and celebrated the vital services provided through the Meals on Wheels program and the generosity of the volunteers who make our mission possible.



County Commissioners: Proclamation

program. The students were invited to share the same meal as the seniors that day and learn of how they can make the difference in the lives of the seniors around them. Community Champions joined the ranks of our volunteers to see the difference we are making on a daily basis. All of these activities educated the community and rallied our business leaders around the vulnerable seniors who rely on our services and their vital safety net to remain healthier and independent in their own homes.



Meals Champions

In March, the agency participated in the national initiative, "March for Meals." The campaign was kicked off by Proclamation presentations at both the City Council and County Commission meetings and a Ribbon-Cutting at one of our congregate sites by the Ocala/Marion Chamber and Economic Partnership. Within these three events, we educated our local politicians and business leaders on the importance of supporting the services that enable our seniors living independently and with dignity. We also made presentation throughout the month for service organizations like The Leadership Ocala Marion Youth (LOMY)

When Marion Senior Services think of volunteers, we think of time and values. In our lives, one thing we cannot create, accumulate, acquire, buy or even borrow is time. We have a limited amount of time for sleep, work, family and our own interests. Therefore, an individual's time is a very precious commodity.

When an individual commits themselves to volunteer on a consistent basis they have chosen to give up their own time to support an activity to benefit others. This brings value. Some of the strongest values, service and sacrifice are shown when one places the needs of another above their own. The true volunteer chooses to give up their personal time and energy and expend it to help others.

Volunteers have kept the universe spinning at Marion Senior Services for decades! With April being Volunteer Appreciation Month, Marion Senior Services hosted two events: an Appreciation Breakfast on Tuesday, April 12, and an evening celebration on Thursday, April 14, within the Reilly Arts Center. The breakfast celebrated every faucet of volunteerism within the agency and announced the Top Five nominees for Volunteer of the Year. The evening celebration was open to the public and announced our Volunteer of the Year, Ana Leahy, and recognized two of our most devoted Board members, Mrs. Biddie Kirk and Mrs. Juanita P. Cunningham.



Juanita and Biddie

Since many volunteers are the backbone of organizations and do a lot without expecting anything in return, they deserve to be recognized in a special way. It is essential to tell your volunteers that you are grateful for their commitment to your cause, not just at the times dictated, but all year long! Let the celebrations continue!

Resources

Almost one in five seniors have been hit by financial swindles: study. [Click Here.](#)

2016 Alzheimer's Facts and Figures. [Click Here.](#)

Our Parents, Ourselves: Health Care for an Aging Population. [Click Here.](#)

FASP Board Member Running for Hospital Board



Long-time advocate and FASP member, Karen Deigl, is running for a position on the Indian River County Hospital Board.

Good luck, Karen!



Elder or Senior?

Have you found yourself wondering which term to use - elder or senior? It's a discussion that seems to keep popping up in media and the aging network. We have compiled a list of articles to help you explore this topic and decide which term may be best to use for your organization.

["Elders?" "Older Adults?" "Seniors?" Language Matters](#)

['Elderly' No More](#)

[Older Adult, Older Person, Senior, Elderly or Elder: A Few Thoughts on the Language we use to Ref-](#)

DOEA: Dementia Care & Cure Initiative



The Florida Department of Elder Affairs announced on April 7th, 2016 that Leon County and the City of Tallahassee will be the first Dementia Caring Community in Florida through the Dementia Care & Cure Initiative. Video clips and handouts from the 4-7-16 event below.

Secretary Verghese - <https://youtu.be/qTGADh6emPM>

Senator Montford - <https://youtu.be/u-uliuPzb0g>

Handouts: [DOEA Press Release](#), [Dementia Care & Cure Initiative Background Information & Goals](#), and [Alzheimer's Association Statistics](#)



Secretary Verghese

FASP is on Facebook - Are You?

Do you or does your organization have a Facebook or Twitter account?
We would love to "like" "Friend" and/or "follow" you too.



FASP - Florida Association of Aging Services Providers Facebook page

<http://www.facebook.com/home.php?#!/pages/FASP-Florida-Association-of-Aging-Services-Providers/186392068069967>

FASP - Florida Association of Aging Services Providers Twitter

<http://twitter.com/1FASP>

follow us on
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DOEA - Florida Department of Elder Affairs Facebook page

<http://www.facebook.com/pages/Florida-Department-of-Elder-Affairs/128604923878650?sk=wall>

FCOA - Florida Council on Aging Facebook page

<http://www.facebook.com/home.php?#!/pages/Florida-Council-on-Aging/74320166787>

FCOA - Florida Council on Aging Twitter

<http://twitter.com/#!/FCOA1>



<http://www.aarp.org>



**Council on Aging
of St. Lucie, Inc.**

<http://www.coasl.com>

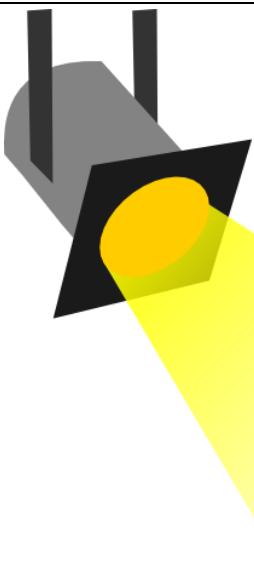


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www.coasl.com/



COUNCIL ON AGING OF MARTIN COUNTY, INC.

www.councilonagingmartin.org/



www.agingresources.org/



www.volencenter.com

The intent of the FASP Newsletter is to keep you informed about program updates and information relating to aging services providers. If you have any comments about the newsletter, suggestions on ways to improve it and/or items you would like included, please contact FASP by e-mail at moreinfo@fasp.net or by phone at (850) 222-3524.

FASP's Mission: Supporting older adults and the providers that serve them through information, connection, and resources.



May 19-20, 2016: Long Beach, CA. American Geriatrics Society Annual Meeting. [More information.](#)

If there are upcoming events you think should be listed here for the FASP membership to see,

let us know by emailing us at moreinfo@fasp.net.