



Florida Association of
Aging Services Providers

Florida Association of Aging Services Providers e-Newsletter

Volume 58: March/April 2017

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

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Message from the President

by Andrea Busada, Broward
County Elderly and Veterans
Services



Dear FASP Members:

Your FASP was recently busy visiting Legislators at the Capitol in Tallahassee in correlation with our Board meeting. We are thrilled at the grassroots efforts of FASP members throughout the state. If you have any questions about advocating for FASP's endorsed priorities, please don't hesitate to contact moreinfo@fasp.net. We are always available to speak with you about advocating for home and community based services.

Sincerely,
Andrea Busada

THIS ISSUE SPONSORED BY:



Real Possibilities in

Florida



Guest Editorial by Liz Lugo

Liz Lugo, Executive Director, The Volen Center

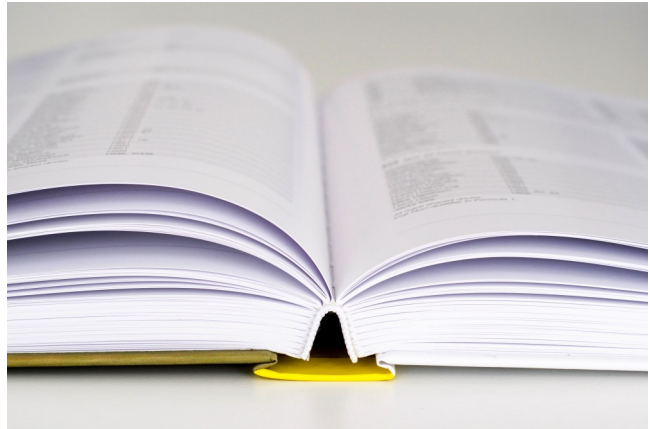
Chapter 4, page 197---not there.

Chapter 6, page 28---not there either.

Appendix C, page 3----nope, not there either.

In a world where we are not only governed, but at many times defined by the Florida Department of Elder Affairs (DOEA) Programs & Services Handbook, my first reaction is to reach for the manual. I consider myself resourceful and have become adept at using the Handbook for guidance and confirmation that my staff and I are doing what we are supposed to be doing. I mean if we are supposed to be doing it; it HAS to be in that 785+ page document that weighs 4 pounds and is 6 inches thick, right?

We are supposed to feed the frail elderly, yet I could not find the chapter on the Bistro program our Center runs that offers subsidized meals for those clients who can afford to pay something towards the cost of a delicious deli boxed lunch from Too Jays Restaurant. I could not find the section on developing and retaining those donor relationships that bring in \$40,000 annually to provide these meals. I could not find the page where it describes that seniors, who would otherwise go hungry, can purchase for a mere \$3, a meal that includes a sandwich or salad, side dish, dessert and drink. I could not find where it detailed how to fill the gap between the \$3 we charge for the meal and the \$9 that meal costs our Center.



I was hard pressed to find anything on the Christmas Day meals our Rotary friends deliver that are paid for by a very generous donor and are delivered with a flowering plant and gift, courtesy of a local bank and nursery. And the Thanksgiving meals we provide to over 150 clients at our Center along with dancing and entertainment; not to mention the other 100 who are homebound and unable to attend, that a local church group cooks for and delivers hot meals to.

And then there is the food pantry program where we distribute nonperishable food to seniors in need through a partnership with the local food bank. Where are the enrollment forms and instructions for staff and case managers on determining need and coordinating delivery?

We are supposed to care for those with dementia and other related cognitive disorders. I looked and I looked but could not find anything on the Life Enrichment Plus program we offer for those not yet ready for Adult Day Care, but with the proper supervision by staff, can continue to be safely be enrolled and participate in our senior center programs and activities. There were pages and pages on CIRTS entry and reporting requirements and types of assessments and forms, but nothing on how to bridge the gap between adult day care and senior center programs.

We are supposed to enhance and improve the quality of life for seniors, but there was no chapter on the inter-generational day care we operate in partnership with the local YMCA. It did not explain how to execute the monthly parties where preschoolers dance, eat and interact with seniors. It did not talk about the weekly visits

Guest Editorial by Liz Lugo continued...

our preschoolers make to our adult day care and the smiles it brings to the faces of our clients. There was no attachment or appendix on the results that only hugs from short little arms and tiny little hands can bring. And by now I am sure you have **figured out** that there was not one mention of the pet therapy program and the joy that our furry friends bring to the Center.

I know the Volen Center is not unique in that many of the programs and services we provide cannot be found in the DOEA Programs and Services Handbook. Yet many times we find ourselves so focused on the technicalities and the requirements of those programs that we forget the amazing work we are doing that is not outlined in some chapter or explained in any Notice of Instruction. Just because a program does not have us living in fear of corrective action or noncompliance, does not reduce its impact and importance on the lives of the seniors we serve. Just because a program does not have 785+ pages of rules dedicated to it, does not mean it is not equally worthy of those that do.



When I hear of all of the amazing work being done outside the realm of the DOEA Handbook, it makes me proud of the aging network in the state of Florida. Our aging network continues to amaze and inspire me. We continue to go above and beyond the call of duty, providing way more than what the Handbook says we need to and the funding says we can. So to all my aging network colleagues and friends, you are the superheroes of our industry and together we are writing those missing chapters on senior care. Chapter 1 of OUR manual starts by saying that when you are out there feeding the elderly, caring for the cognitively impaired and enhancing the quality of life for our seniors, make sure to unfurl your superhero cape and wear it with pride.

Thank you superheroes! Many service providers within the FASP membership go above and beyond what they are regulated and mandated to do. To celebrate the amazing services you provide, and the attitude with which you perform those services, the Volen Center offered to extend an opportunity for a FASP member agency to win \$250! Congratulations to Josh Newby and the Council on Aging of West Florida on your winning submission!

See the winning submission below:

Council on Aging of West Florida Wins FASP Contest



As increased temperatures and humidity begin to hit the northwest Florida area, aging adults in particular are at further risk of stroke and heat exhaustion. In an effort to ensure that local seniors are comfortable in their homes during the summer, Council on Aging of West Florida partners with WEAR ABC 3, Cat Country 98.7, NewsRadio1620, and Magic 106.1 FM every year to procure the community's donations of new air conditioner units and fans during our Senior Chill Out. While utilizing all-day media coverage, donation centers are set up at three Lowe's Home Improvement stores throughout the area for one day.

Afterwards, hard-working volunteers help to install the units for seniors who need it most. In addition to these in-kind donations, last year the 2016 Senior Chill Out raised \$8,071 that helped with the purchase of even more air conditioner units and fans. A generous donation of \$250 from FASP will help to greater serve seniors in our area during the summer months – for example, this donation could buy two A/C window units or 15 fans. With your help and support, Council on Aging and its media partners can continue to go above and beyond to help more aging adults stay safe from the summer heat in 2017.



AARP® Real Possibilities in
Florida

By Tom Scherberger

A Naval Academy graduate, Ken Reinhardt spent four years in the Navy before working in the airline and manufacturing industries as an engineering and production manager.

"I left active duty in 1967, and for years I wasn't eligible for VA benefits," Reinhardt said. "At an AARP event in Orlando in 2010, the gentleman at a VA booth encouraged me to apply again and, lo and behold, I was deemed eligible. I use the VA for an annual physical and have been impressed with the care and efficiency at the local clinic."

Reinhardt, 75, is an AARP volunteer and member of the Veterans Coalition of Coral Springs, where he lives. About a fourth of veterans struggle in civilian life, and, as Reinhardt shows, even those who succeed can use help.

Recognizing the need, AARP Florida is expanding services for veterans of all ages through outreach, volunteer training, support for existing veterans programs, and specialized AARP programs with proven track records. Outreach efforts have begun in the Tampa Bay area, Orlando, Jacksonville, Tallahassee and South Florida.

Florida has more than 1.5 million vets, the third most after California and Texas. About half of Florida's veterans are 65 or older.

"The demographic makes it a logical audience for us to reach out to," said Colleen Krepstekies, AARP Florida associate state director for communications, who is coordinating the effort. An Army National Guard major, Krepstekies is a former legislative and cabinet affairs officer for the Florida Department of Veterans Affairs with her own network of contacts.

Florida is a veterans magnet for myriad reasons: great weather, no state income tax, multiple Veterans Affairs hospitals and veterans nursing homes, and an array of state benefits and programs



for veterans. The state offers eligible veterans a property tax exemption, a special driver's license designation for certain retail discounts, no-interest home loans, educational assistance and state examiners to help veterans navigate benefits.

Hundreds of veterans nonprofits operate in the state, and AARP will help guide veterans to the most reputable ones. "People who are older, especially veterans, can get isolated, so we are here to connect you with other resources that we are aware of and...give you a greater sense of purpose through volunteer opportunities," Krepstekies explained.

AARP Article continued...

Specialized efforts

Existing AARP programs will be customized for veterans. Abby Walters, AARP field coordinator for the Greater Orlando area, said a big focus will be Finances 50+, an AARP Foundation workshop series that educates people about credit, debt and saving for retirement.

Life Reimagined is another AARP program that can help veterans “figure out how to make changes they want to make in their lives,” Walters said. “It’s not limited to work or family or hobbies. It’s however they want to change.”

The AARP Volunteer Speakers Bureau is reaching out to veterans about caregiving and other issues. “We are going to make sure that our volunteers are prepared if they run into a veteran,” Walters said.

AARP is also partnering with groups such as the Veterans Arts Center Tampa Bay in St. Petersburg, which focuses on education, therapy and wellness.

“Art is therapeutic,” explained founder and executive director Scott Macksam, a retired Army major. “It transforms; it grows people; it heals the inner wounds.”

Another partner organization, the National Association of Veterans & Families, is holding its third annual Champion for Veterans Gala fundraiser on May 19 in Atlantic Beach, near Jacksonville. The Florida Caregiver Conference in Tampa in November will have breakout sessions for veterans.

Tom Scherberger is a writer living in Treasure Island, Fla.

An advertisement for Elder Options. On the left, a large, close-up photo of a smiling woman with dark hair and a headset microphone. In the background, a smaller photo shows an elderly couple walking together. On the right, text provides contact information for Elder Options, including a helpline number and website.

Elder Options is your link to aging, disability, Medicaid and Medicare resources in North Central Florida, providing advice, counseling, and helpful

How can we help you?
Call the Helpline
1-800-963-5337

ELDER OPTIONS

100 SW 75th Street, Ste. 301
Gainesville, FL 32607
www.agingresources.org

Art of Aging

Jennifer Martinez, Executive Director, Marion Senior Center

Experts say the keys to successful aging include accepting changes and finding meaningful activities. Yes, getting older is filled with emotional landmines, including fears of losing one's independence or getting a serious illness, but we have the ability to change that mindset through our continued engagement offerings at various service levels.

Over the past two months, many of us participated in March for Meals, the national Meals on Wheels campaign, and then rolled right into April for volunteer appreciation. Throughout the month of March we celebrated and recognized the impact of a hot, home delivered meal to thousands of isolated seniors supporting their independence and health. The success of this program is largely contributed to our volunteers, many of whom are retired and earning to have purpose.

Through Meals on Wheels, we are providing the vital resources needed for independence and dignity and allowing our elderly communities to accept the inevitable changes of aging. The beauty in all of this, is that we are providing a catalyst to healthier lifestyle for all those involved...

Moving onto April, Volunteer Appreciation Month, we chose an additional celebration with a special new agency partnership with the Marion Cultural Alliance. Art of Aging was a collaborative effort that celebrated aging through art, stories, and education. Oversized photographs of some of our community's most iconic seniors were the centerpiece of the exhibit and the surrounding walls were filled with work by local senior artists.



This exhibit along with Volunteer Appreciation Month provided a positive light on active aging. Both our clients and volunteers rise to the daily challenges and changes that inevitably follow with aging and despite all of the negative connotations that usually follow, growing older is a gift and should be celebrated together. The companionship and friendships that are fostered through our services promote active aging for everyone involved and our wheels are still turning to better serve those most vulnerable.

I am proud to be within an aging network that goes beyond the binders of the DOEA Handbook, finding alternative solutions to meet the needs of those we serve and maximize our services, but at the same time, provide the keys to the "Art of Aging" to an entire community.

Nurturing Relationships at Senior Day Reception

FASP Board members recently met in Tallahassee, participated in Senior Day, and visited Legislators during their stay.



Click the Graphic to contact Representatives



FASP Board Member Angela Vazquez with Representative Daisy Baez at the Senior Day Reception

ACL Drafts Principles for Person-Centered Approach



The Administration for Community Living (ACL) released a draft of principles for a person-centered approach to serious and advanced illness in March. ACL said “At ACL, we believe that every person should be able to make choices and to control their own decisions, regardless of their age, disability, or illness. ACL, in consultation with stakeholders from the aging and disability communities, has drafted a set of principles to guide our work in this area, and to enhance existing programs and services related to serious or advanced illness for older adults and people with disabilities.

Now we need your feedback. We know there are a wide variety of deeply held perspectives on these issues, and we are committed to better understanding them. We are seeking input from the people we serve—older adults, people with dementia, people with all types of disabilities, and the families and caregivers who often support them. We also hope to hear from our partners in the aging and disability networks. Please send your comments, by May 12, 2017, to AdvancedIllness@acl.hhs.gov. We will carefully consider all input as we finalize the principles, which we will share via ACL.gov when complete.

You can access the draft by [clicking here](#).

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>



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>



Resources

May is Older Americans Month - [Click Here](#) for resources

Emergency Department Visits for Injury and Illness Among Adults Aged 65 and Over - [Click Here](#)



June 2017

June 15: Elder Abuse Awareness Day

<https://acl.gov/newsroom/observances/WEAAD/About.aspx>

July 2017

July 23-27, 2017: San Francisco, CA. International Association of Gerontology and Geriatrics Conference. <http://www.iagg.info/>

August 2017

August 28-30, 2017: Orlando, FL. Florida Conference on Aging. [Register Here.](#)

Past Sponsors



www.hillsboroughcounty.org/aging/



<http://agingtrue.org/>



www.friendshipcenters.org



Real Possibilities

<http://www.aarp.org>



<http://www.coawfla.org/>



Washington County Council on Aging

<http://www.washcocoa.com/>



United
HOMECARE

There's just no place like home.

<http://www.theresidencesuhc.com/>



<http://www.seniorresourcealliance.org/>



<http://www.volencenter.com>

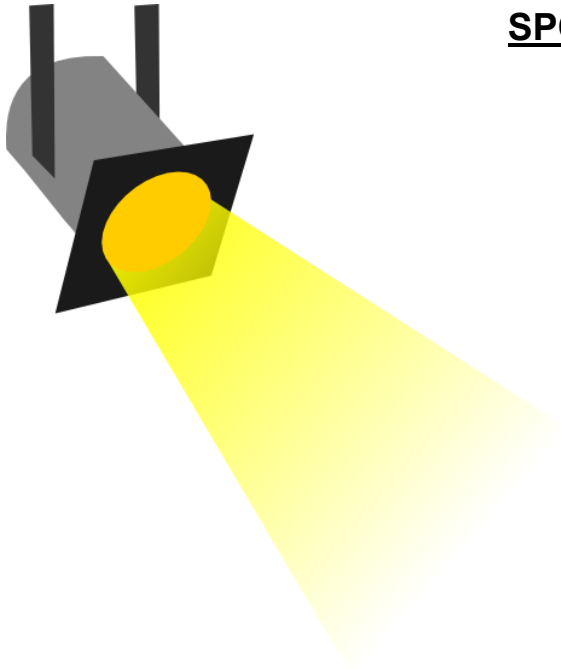


<http://www.goldenyearsnews.com/>



www.newvisioneyecenter.com

SPONSOR SPOTLIGHT



Real Possibilities in

Florida

<http://www.aarp.org/fl>



<http://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.