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FLORIDA

# Agging *Outlook*

SUMMER 2024

## SECRETARY'S MESSAGE

Summer is here!

Thank you all for taking the time to read *Aging Outlook*! In this warmer-weather edition, we are spotlighting some of the amazing programs and services available to our aging residents throughout our beautiful state. I've been honored to have visited so many of these programs over our vast aging network, so I'm excited for you to have the chance to read and learn more about them now.

Beyond the innovation and vibrance of the programs and services themselves, we celebrate our incredibly energetic and talented team at Elder Affairs, and our terrific partners and providers. I truly hope you've been able to meet or talk to some of them, as they are all deeply passionate about their service to you!

As we continue to build on our successes and enhance our processes, one of my top priorities has been to invest in our caring and dedicated team and partners. Collectively, they not only live into our mission each

day but are oftentimes the first point of communication and contact with our cherished seniors. Together, all of us work hard to promote the well-being, safety, and independence of Florida's aging adults, their families, and caregivers.

In addition to empowering our team through continued learning opportunities and a dedicated recruitment effort that focuses on top talent, we are also enhancing our public-facing services, such as our website. Hopefully, you'll continue to see all the improvements that help us engage with our seniors in the most efficient and comprehensive way possible.

This summer, I'm on the road again to touch base with new providers and take a peek at many of our new programs. Hopefully, you will see me in the field with our partners as we continue building the strong and caring relationships that developed during my first year as Secretary. We can't get where we want to go without continuing to invest in a solid,



ABOVE: Secretary Michelle Branham speaks at a FDVA Roundtable.

fortified network that is mutually dedicated to senior service and believes strongly in our mission-bound goals.

Along with being in the field, we are also taking some intentional time in Tallahassee to focus on our ongoing education. Elder Affairs is hosting a series of workshops dedicated to key strategies and best practices that strengthen operational and business acumen, so our partners are equipped to face the challenges and complexities

that arise in the aging space. I'm excited that these unique workshops are the first of their kind in the nation. We had such an outstanding turnout at our first workshop earlier this year. All 11 AAA partners were in attendance!

Of course, these important and crucial investments, not only in the programs and services but in the team as well, are made possible by the caring

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and continued support of Governor Ron DeSantis and the Florida Legislature, who always put Florida's seniors first! This support was especially showcased earlier this month in the Governor's Focus on Florida's Future budget. The Agency's legacy programs, as well as the programs and services that support caregivers and those living with Alzheimer's Disease and Related Dementias (ADRD), all received significant increases in funding.

Another integral source of funding for Elder Affairs comes from the Older Americans Act (OAA) of 1965, which supports critical services for seniors such as meal and nutrition programs, caregiver support, the Long-Term Care Ombudsman Program, and more. Earlier this year, I had the honor of testifying before the U.S. Senate Committee on Health, Education, Labor, and Pensions to advocate for specific reauthorization of the OAA while promoting maximum efficiency of resources and fiscal responsibility.

Needless to say, it's been a busy but outstanding year so far – and there's so much more we want to do! So, hopefully, you'll see us out in the field this summer, listening and learning! As always, if you have any questions or feedback for us, please don't hesitate to reach out. We'd love to hear from you!

As we move through this month of July, I wish everyone a fun, relaxing, and healthy rest of the summer, full of plenty of good memories with loved ones. Of course, if ever you need us, please call our Elder Helpline at 1-800-963-5337. We are always here to help in any way we can.

To everyone, please try to stay cool in the upcoming months and stay tuned for more news in our next edition of *Aging Outlook*.

## The Special Needs Registry Aids Seniors During Hurricane Season

By Mary Thomas, Communications Coordinator, Florida Division of Emergency Management

Hurricane season occurs annually in Florida from June 1 to November 30, bringing an increased threat of severe weather and hurricanes that can significantly impact any area of the state. Even if a hurricane does not make direct landfall within a particular area, there can still be flooding, tornadic activity, or other hazards that may necessitate an evacuation order. While every resident should have their own customized disaster plan in place to ensure their safety during an emergency situation, evacuation planning can be particularly challenging for those with access or functional needs. For these individuals, we offer the Special Needs Registry.

Managed by the Department of Health, the Special Needs Registry facilitates connections between registered individuals and local emergency services and resources to provide assistance during emergencies. The information within the registry is solely used for the planning and provision of emergency and/or disaster services and is exempt from public records. To sign up for the Special Needs Registry, visit [FloridaDisaster.org/SNR](https://FloridaDisaster.org/SNR).

Florida residents who believe they may need assistance during an evacuation order should register for the Special Needs Registry well in advance of hurricane season to ensure they can be accounted for and contacted in advance of any disaster. Floridians should also have their own plan in place and an updated emergency contact plan established so that they can be checked on by a designated and informed neighbor, family member, or friend if severe weather impacts the state.

For resources on planning and preparedness, visit [FloridaDisaster.org/PlanPrepare](https://FloridaDisaster.org/PlanPrepare). A proper preparedness plan will include a

stocked emergency supply kit containing food, water, comfort items, and medicine that can last an individual for at least seven days. Any important medical information, such as backup prescription information and medication, should also be accounted for if possible.

Also, during hurricane season, ensure you have multiple ways to receive emergency alerts to stay informed about risks by visiting [FloridaDisaster.org/AlertFlorida](https://FloridaDisaster.org/AlertFlorida) to sign up. Also, follow the Division on Facebook, Twitter, Instagram, and NextDoor at @flsert for daily preparedness, mitigation, response, and recovery information as necessary.

For awareness, completing the Florida Special Needs Registry does not automatically qualify an individual for a special needs shelter. Additional information will be provided by your local emergency management agency regarding evacuation and sheltering options available to you. For more information on your local options, registration, sheltering, transportation, and evacuation, visit your local emergency management at [FloridaDisaster.org/Counties](https://FloridaDisaster.org/Counties).

For more disaster tips, download our guide at [elderaffairs.org/wp-content/uploads/2023-disaster-guide\\_digital.pdf](https://elderaffairs.org/wp-content/uploads/2023-disaster-guide_digital.pdf).







## Supporting Home Care: Jessica Emick's Compassionate Journey with the Johnsons

By Carrie Clarke, FACE  
Operations Manager

Jessica Emick, FACE Care Navigator, began assisting John and Susan Johnson\* when Mrs. Johnson was diagnosed with early to mild-stage dementia and expressed a desire to remain at home for the rest of her life, with support from her husband. Mr. Johnson, a decorated Army combat veteran

of Vietnam, approached his new mission with dedication and duty.

In their initial meeting, the Johnsons expressed concerns about accessing in-home care due to their remote location and limited finances. Jessica swiftly connected them with ElderSource, their local Area Agency on Aging, where they received assessments for state and federally funded services and programs. Although these services had waitlists, Jessica's resourcefulness came into play. Aware of Mr. Johnson's entitlement to caregiver benefits through the Veterans Administration, she facilitated connections that secured additional financial aid and a pension increase. Additionally, Jessica discovered a Long-Term Care benefit within Mrs. Johnson's retirement package from her career with the United States Postal Service, which the couple began utilizing.

The value of these resources became evident when Mrs. Johnson suffered a sudden stroke in April 2023. Mr. Johnson turned to Jessica for guidance on obtaining more

in-home care, and she suggested reaching out to their church community. A compassionate church member now visits Mrs. Johnson regularly, providing companionship and relief for Mr. Johnson.

Throughout the past year, Jessica's ongoing support has enabled the Johnsons to access services such as Meals on Wheels and subsidized in-home respite care. As Mrs. Johnson's health declined, Jessica assisted them in navigating the decision to begin home hospice, easing their concerns and ensuring they understood the process.

In Mr. Johnson's heartfelt words: "Jessica, I cannot thank you enough for what you have done for me and my wife. Hospice has been outstanding—they care as you do, ensuring my wife is as comfortable as possible. May God bless you and all those involved."

*\*Names have been changed for privacy.*



# PATHWAYS TO EXCELLENCE

## *Building a Strong Foundation Through Shared Understanding*



*By Paige Baker, CMTA Unit Supervisor, Florida Department of Elder Affairs*

Earlier this year, the Florida Department of Elder Affairs (DOEA) hosted a first-ever, statewide collaborative workshop with our Area Agency on Aging (AAA) partners, entitled “Pathways to Excellence: Building a Strong Foundation Through Shared Understanding,” in partnership with Guidehouse.

The purpose of this workshop was to support the AAAs’ business operations in the areas of planning, administration, finance, and strategy. This collaborative initiative aims to best prepare the aging network for the state’s evolving market and population needs, positioning Florida as a model for mission readiness!

The first day of training covered the major components and history of the Older Americans Act (OAA), providing the framework for the entire workshop. The discussion emphasized the roles and responsibilities of both DOEA and the AAAs.

Working to maximize funding from the OAA and increase effectiveness, on the second day, the focus shifted to the significance of strategic planning for operational management within the AAA organization. Participants explored business proficiency and its crucial role in ensuring the mission



PICTURED ABOVE: Participants of the a statewide collaborative workshop with our Area Agency on Aging partners, entitled “Pathways to Excellence: Building a Strong Foundation Through Shared Understanding.”

readiness of Florida’s aging network and state infrastructure. Additionally, there was an open dialogue on the necessity for AAAs to demonstrate flexibility and innovation to adapt to the evolving needs of the aging network.

All 11 Area Agencies on Aging were represented at the workshop as well as all senior management from DOEA. Together, we are paving the way for Florida to become the

national model by setting the highest standards for the state’s OAA network! Phase II of the workshop series will take place in July. Many thanks to our AAA partners for their strong commitment and collaboration.



# Fresh From Florida: Join the Club

## Celebrating Florida's Seafood

By Nichole Mitchell, Development Representative II, Florida Dept. of Agriculture and Consumer Services

Join the free “Fresh From Florida” Club to enjoy exclusive perks tailored for food enthusiasts. As a club member, you can explore and save your favorite Florida fresh recipes, create custom menus, share shopping lists with family, friends, or caregivers, explore food seasonality, and ask Chef Justin cooking questions. With these recipes, you can build menus featuring local Florida products for special holidays, family gatherings, or weekly meal planning based on what’s in season. To join, visit [follow-freshfromflorida.com](https://www.freshfromflorida.com), click on the “recipes” tab, and hit the heart button on any recipe to create your free account and save your favorites!

### Casting the Net: “Fresh From Florida” Seafood

Florida is a seafood lover’s paradise, teeming with ocean treasures. Navigating seafood selection and preparation can be daunting, but choosing “Fresh From Florida” seafood ensures you’re getting quality seafood harvested from our abundant waters. Discover Florida’s delicious assortment of locally grown food available across the state. Learn about nearby farmers and fresh seafood markets on [FreshFromFlorida.com](https://www.FreshFromFlorida.com).

### Five Tips for Turning the Tide in Your Kitchen

**Marinate for Flavor:** Enhance the taste of your seafood by marinating it in citrus, herbs, and spices. This not only adds flavor but also tenderizes the seafood.

**Grill Like a Floridian:** Florida’s tropical climate is perfect for grilling. Use a cedar plank for a smoky flavor or wrap delicate fish in foil to retain moisture.

**Pairing Paradise:** Citrus fruits, tropical salsas, and coconut-based sauces

complement Florida seafood beautifully. Experiment with different flavor profiles.

**Mind the Heat:** Seafood cooks quickly, so keep a watchful eye. Overcooking can result in a dry and rubbery texture.

**Seek Expert Advice:** If you’re unsure about how to cook a particular type of seafood, ask Chef Justin for advice. He can offer valuable tips and suggestions to help you achieve the best results. As a “Fresh From Florida” Club member, you can email your culinary and recipe questions to be answered by our award-winning chef.

Embark on a culinary journey with these free tips to savor the freshest seafood Florida has to offer. From selection to preparation, mastering the art of seafood ensures a delectable dining experience that captures the essence of the Sunshine State’s coastal bounty. Cast your culinary net wide and let the flavors of Florida’s seas inspire your next seafood feast.



## Florida Grouper with Citrus Salad

### INGREDIENTS

- 4 (6-ounce) Florida grouper fillets
- 3 Florida oranges, peeled, seeded and segmented
- 2 Florida grapefruit, peeled, seeded and segmented
- 1 tablespoon rice wine vinegar
- 1/4 cup fresh flat leaf parsley, chopped
- 1 fennel bulb, thinly sliced
- 1/2 cup jicama, peeled and julienned
- 4 tablespoons olive oil, divided
- Sea salt and fresh ground pepper, to taste

### PREPARATION

Combine the fennel, jicama, citrus segments, two tablespoons of olive oil, vinegar, and parsley in a large bowl. Season with salt and pepper and mix thoroughly. Store in the refrigerator until ready to serve.

Preheat two tablespoons of oil in a large skillet over medium-high heat. Season grouper fillets with salt and pepper. Carefully place the fillets into the pan and sear for two to three minutes per side or until completely done. Serve over chilled citrus salad.

**Enjoy your fresh, Florida-inspired meal and discover more recipes by joining the free “Fresh From Florida” Club today!**



# 2024 FLORIDA SENIOR GAMES

## *Embrace Healthy and Active Opportunities*

*By Nick Gandy, Florida Sports Foundation*

Are you over 50? Looking to lead a healthier, more active lifestyle? Have you considered revisiting a sport you once loved? Interested in making new friends from across Florida? The Florida Senior Games is the perfect solution for you.

The Florida Senior Games program offers year-round competition at over 20 locations statewide, starting at the local level. While the Games take a break during Florida's summer heat, a new schedule of 11 events kicks off in September, spanning from Pensacola to Miami.

These local events serve as qualifiers for the 2024 Florida Senior Games, set for December in Pasco County, also known as Florida's Sports Coast. The 33rd Annual Florida Senior Games will also act as a qualifier for the 2025 National Senior Games, scheduled for July 24-August 4, 2025, in Des Moines, Iowa.

Several sports require a qualifying performance to advance to the Florida Senior Games, while others are "open" sports that don't require prior qualification. Athletes can earn the chance to compete in the National Senior Games based on their performance at the state level.



The journey to the National Senior Games begins at the local level. The Florida Senior Games include a variety of sports:

- **Court Sports:** Basketball, volleyball, pickleball, tennis, badminton.
- **Endurance Sports:** Swimming, track and field, cycling, softball, road racing, race walking/power walking.
- **Focus and Strategy Sports:** Archery, shuffleboard, bowling, table tennis.

These events offer something for every athlete aged 50 and over, providing an opportunity to stay active and meet like-minded individuals dedicated to a healthy lifestyle.

Check the local games schedule, starting with the Pensacola Senior Games in September, for registration information. Registration for the 2024 Florida Senior Games will be available by September 1. Visit [floridaseniorgames.com](http://floridaseniorgames.com) for more information.







# FALL 2024 FLORIDA SENIOR GAMES EVENTS

## Pensacola Senior Games

September 6-12, 2024

Phone: (850) 912-4056

Web: [cityofpensacola.com/2529/Pensacola-Senior-Games](http://cityofpensacola.com/2529/Pensacola-Senior-Games)

## Gainesville Senior Games

September 13-22, 2024

Phone: (352) 338-9300

Web: [gainesvillesportscommission.com](http://gainesvillesportscommission.com)

## Palm Coast Senior Games

September 2024

Phone: (386) 986-2516

Web: [palmcoast.gov](http://palmcoast.gov)

## Jacksonville Senior Games

October 2024

Phone: (904) 205-5667

Web: [jaxseniors.net](http://jaxseniors.net)

## Tampa Bay Active Life Games

September 30 - October 11, 2024

Phone: (813) 344-8415

Web: [HCFLGov.net/activelife](http://HCFLGov.net/activelife)

## Charlotte County Fit For Life Games

October 1-31, 2024

Phone: (941) 681-3741

Web: [charlottecountyfl.gov/seniorgames](http://charlottecountyfl.gov/seniorgames)

## Martin County Senior Games

October 18-26, 2024

Phone: (772) 221-1419

Web: [martin.fl.us/seniorgames](http://martin.fl.us/seniorgames)

## Ormond Beach Senior Games

October 18-26, 2024

Phone: (386) 676-3291

Web: [obseniorgames.org](http://obseniorgames.org)

Email: [srgamesob@gmail.com](mailto:srgamesob@gmail.com)

## Golden Age Games

November 1-3, 2024

Phone: (407) 688-5120

Web: [sanfordfl.gov](http://sanfordfl.gov)

## Village of Pinecrest Senior Games

November 4-8, 2024

Phone: (305) 284-0090

Web: [pinecrest-fl.gov/seniorgames](http://pinecrest-fl.gov/seniorgames)



## Cutler Bay Senior Games

November 14-22, 2024

Phone: (786) 205-5427

Web: [cutlerbay-fl.gov](http://cutlerbay-fl.gov)

## 2024 Florida Senior Games, presented by Humana

December 7-15, 2024

Florida's Sports Coast/Pasco County

Web: [floridaseniorgames.com](http://floridaseniorgames.com)

Email: [games@playinflorida.com](mailto:games@playinflorida.com)





## Warm Hearts; Warm Homes

### *A Statewide Senior Volunteer Event to Bring Warmth and Love to Florida's Seniors*



*By Lyanna Peoples,  
Communications  
Coordinator, Florida  
Department of  
Elder Affairs*

During the last holiday season, the Florida Department of Elder Affairs (DOEA) and all of Florida's Area Agencies on Aging (AAAs) came together with senior volunteers from every region to celebrate International Volunteer Day. This event was dedicated to serving and supporting cherished seniors in Florida's communities.



Each of the 11 Area Agencies on Aging took part in packing over 100 plastic totes filled with essential items for vulnerable older adults across Florida. These totes, each valued at approximately \$220, included winter necessities such as space heaters, non-slip socks, soup, lotion, gloves, blankets, and more. This initiative was crucial for DOEA, as it worked with essential volunteers and ensured seniors had important necessities during cold winter months.

The combined efforts of DOEA, the AAAs, and the dedicated senior volunteers helped brighten and warm the holiday season for over 1,100 seniors.

### **We Need You!**

Together, we can continue to make a significant impact! To get more information on our senior volunteer opportunities, please reach out to Melanie Ginn at [ginnm@elderaffairs.org](mailto:ginnm@elderaffairs.org).



# Preparing for a New Hurricane Season While Still Recovering from Ian

By the Area Agency on Aging for Southwest Florida

Hurricane Ian made landfall on September 28, 2022. While some fortunate residents experienced minimal damage and have managed to recover, many are still grappling with the continued aftermath. The Area Agency on Aging for Southwest Florida (AAASWFL) has established a Crisis Fund to assist adults over 60 and individuals over 18 living with disabilities, thanks to the Volunteer Florida Foundation. AAASWFL isn't alone in these efforts; numerous nonprofits in Southwest Florida have formed long-term recovery groups, joining forces to support residents in their recovery journey.

As we know, the needs for recovery assistance vary widely. AAASWFL has provided aid in the form of mobility devices, hot water heaters, portable air conditioners, appliances, garage door repairs, doors, windows, tree removal, furniture, and more. Those seeking assistance from this program must have exhausted other funding resources. If funds are granted, payments are made directly to the vendors.

As many residents of Southwest Florida and other parts of the state continue to recover from Ian, we must also prepare for the current hurricane season.

## First, Check Your Current Insurance Coverage

Home insurance typically excludes coverage for flood damage. If a hurricane results in water damage, your claim will likely be denied. While not everyone can obtain flood insurance, it's worth a phone call to find out.



Flood insurance can be purchased through the FEMA-backed National Flood Insurance Program (NFIP) or through a private flood insurance company. For more information on NFIP, visit [fema.gov/flood-insurance](https://www.fema.gov/flood-insurance) or call (877) 336-2627.

## Hurricane Preparedness Checklist

- Make a hurricane preparedness plan.
- Stock up on non-perishable food, water, and medications.
- Have a backup power source for medical equipment.
- Have an emergency radio and a flashlight that works without electricity. Stay informed through local news and emergency alerts.
- Have a hurricane preparedness kit stocked with essential supplies.
- Secure your home by reinforcing windows and doors.
- Familiarize yourself with evacuation routes and shelters.
- Follow safety precautions during and after the storm.

- Register with local emergency management agencies if needed.
- Make sure you have a list of your medications and at least a seven-day supply.

Seniors and individuals with unique abilities face exceptional challenges during a hurricane and need to take additional precautions. If you or someone you care about falls into this category, register with your local emergency management office to receive assistance during an evacuation. If possible, establish a support network to help with evacuation and post-storm recovery.

The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties for more than 40 years. The organization is dedicated to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity. For more information, visit [aaaswfl.org](https://www.aaaswfl.org) or call the Elder Helpline at (866) 413-5337.



# Pickleball:

## The Enthralling Sport Captivating Generations



By Lyanna Peoples,  
Communications  
Coordinator, Florida  
Department of  
Elder Affairs

Smash, serve, rally – pickleball is the game where fun meets strategy in every bounce!

This year commemorated the 15th annual Capital City Senior Games, which commenced on February 28th and concluded on March 19th. The City of Tallahassee established these games to encourage a healthy and active lifestyle among local adults who are aged 50 and older. With senior participation steadily increasing each year, the games have evolved and expanded. This year, the roster saw the inclusion of four additional sports: billiards, bocce, disc golf, and mountain biking.

The Capital City Senior Games categorize all matches according to age. In this year's Pickleball matches, the age divisions ranged from 50-54 as the youngest to 85-89 as the eldest. A total of 192 senior players engaged in all Pickleball matches, including singles, doubles, and mixed events. Specifically, 152 seniors participated in the doubles match.

In recent years, Pickleball has experienced a surge in popularity, often characterized as a mix of tennis, badminton, and ping-pong, utilizing paddles. The Capital City Senior Games feature three Pickleball events: singles, doubles, and mixed. In singles, individuals compete head-to-head, while doubles entails teams of two players each facing off. Notably, the senior games allocate playing



Photo Credit: Tallahassee Senior Center

times, with women competing in the first half of the day and men in the second.

In 2020, Teresa Dennison, a pickleball enthusiast, discovered the sport upon moving to Tallahassee from Miami, and she made her debut at the Senior Games last year. On March 6, we had the opportunity to watch Teresa in action during the doubles match and conducted an interview to delve deeper into the world of pickleball.

### Pickleball Player Teresa Dennison Shares Her Insights

#### Question: How much time do you typically dedicate to preparing for the Senior Games?

Teresa: Many of us view our weekly recreational matches as training sessions leading up to the Senior Games. If we're notified that a different ball will be used during the match or we will have to transition indoors, then we will practice and mentally prepare ourselves for the changes.

#### Question: What aspects of participating in the Senior Games do you find most enjoyable?

Teresa: It provides the opportunity for us to keep record of how well we're playing and then if you qualify, you're able to compete in other games across Florida which can lead to qualifying for nationals!

#### Question: What were some of the challenges you encountered when you first started learning to play pickleball?

Teresa: Learning the rules was a challenge for me; there are a lot!

#### Question: Why is it important for you to stay active?

Teresa: It's great for me to stay moving and with pickleball, I don't think about it. It's an addictive sport and brings the competitiveness out of everyone – no matter their age. I love that a lot of college kids are now getting involved in the sport. Staying active is crucial for seniors to maintain their physical health, mental well-being, independence and to stay socially engaged.

To learn more and get involved in next year's Capital City Senior Games, visit [talgov.com/seniorgames](https://talgov.com/seniorgames).





# Community Unites to Support 85-Year-Old Jacqueline Smith:

## *A Heartwarming Story of Collaboration and Compassion*



*By Krysta Carter,  
Bureau Chief of  
Elder Rights, Florida  
Department of  
Elder Affairs*

Jacqueline Smith, an 85-year-old resident in the Orlando area, made the journey from New Jersey to Florida, hoping to seek relief from her arthritis in the warmer climate. Despite numerous health challenges, Jacqueline remains fiercely independent and lives alone. However, as her health began declining, she reluctantly reached out to The Department of Elder Affairs for assistance.

Recognizing Jacqueline's needs, the Division of Elder Rights stepped in to provide crucial support, including trimming trees and tidying her backyard. With frequent medical appointments and limited mobility keeping her indoors, maintaining her outdoor space had become overwhelming for Jacqueline.

The Department rallied volunteers to assist with the backyard cleanup, and the response was overwhelming. Including the Senior Resource Alliance who enlisted the support of local landscaping businesses to tend to Jacqueline's lawn, particularly during the holiday season. As an added gesture of kindness, Senior Resource Alliance also delivered two potted Christmas flowers

to Jacqueline, brightening her home, and her spirits!

By early 2024, Jacqueline's yard had been transformed, thanks to the collective efforts of the community. Jacqueline expressed her gratitude for the assistance, highlighting the significance of teamwork in addressing the needs of vulnerable individuals like herself. This heartwarming tale underscores the power of community collaboration in making a meaningful difference in people's lives!



# Healthy Cooking for Older Adults

Secretary Branham participated in a healthy cooking class for older adults at Florida International University's Chaplin School of Hospitality & Tourism Management, alongside Lieutenant Governor Jeanette Nunez, Florida Surgeon General Joseph Ladapo, and Chef John Noble Masi. The class focused on simple, budget-friendly, and heart-healthy ways to cook classic Hispanic meals that are still delicious, helping older adults stay healthy. The featured recipes, Orange Cinnamon Bread Pudding and Vegetarian Reina Pepiada con Tostones, are designed to assist in minimizing and managing chronic health conditions.



## Vegetarian Reina Pepiada con Tostones

### Ingredients

- 12 oz cauliflower, small florets
- 1 tablespoon neutral oil (e.g. sesame, avocado)
- ½ large yellow onion, diced
- 1 Hass avocado
- ¼ cup plain Greek yogurt
- 1½ teaspoons of fresh lemon juice
- 1 oz of fresh cilantro, chopped (approx. ½ bunch)
- 1 oz of fresh parsley, chopped (approx. ½ bunch)
- ¼ red pepper, diced
- 1 jalapeño pepper, diced with seeds removed
- 1 clove of garlic, minced
- 12 cooked tostones, slices (Precooked tostones can be purchased frozen or made fresh.)
- 1 teaspoon of salt, adjust for taste as needed
- ½ teaspoon of ground black pepper, adjust for taste as needed

### Directions

1. Preheat oven to 400°F. Mix cauliflower florets with the oil, ½ teaspoon of salt, and ¼ teaspoon of ground black pepper. Roast cauliflower on a baking sheet at 400°F for about 30 minutes until tender and golden brown. Allow cauliflower to cool.
2. Mix remaining ingredients together in a bowl. Season this mixture with remaining salt and black pepper, adjust for taste.
3. Top cooked slices of tostones with 1 tablespoon of mixture. You can also garnish with extra fresh herbs and diced red pepper, if desired.

### Nutrition Information

For each tostón

Nutrients	Amount
Total Calories	130kcal
Total Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Sodium	210mg
Carbohydrates	21g
Fiber	3g
Total Sugars	2g
Protein	2g

Recipe Serves 4



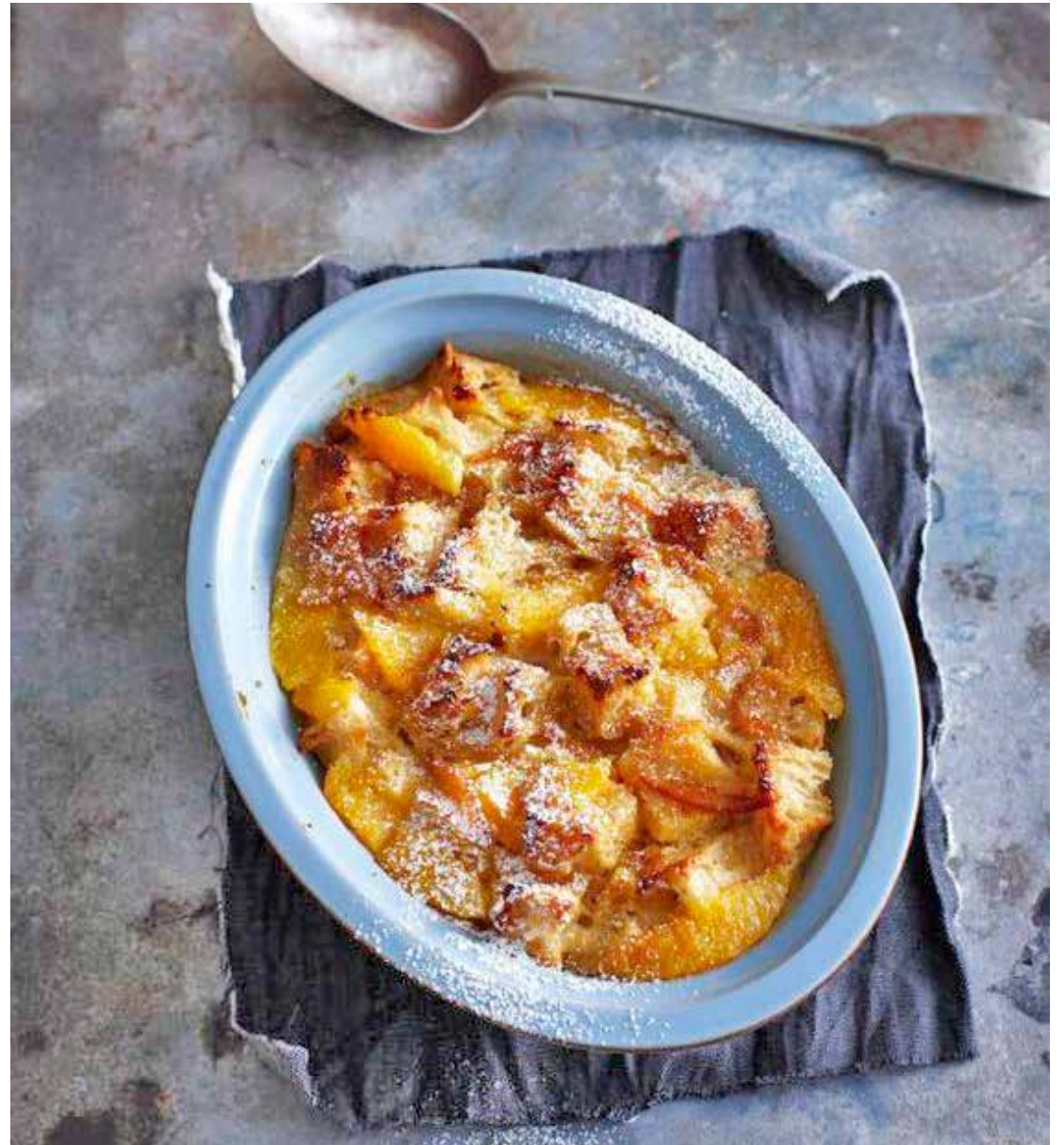
# Whole Orange Cinnamon Bread Pudding

## Ingredients

- 2 navel oranges, cut into quarters with rind
- 4 tablespoons orange juice
- ½ tablespoon ground cinnamon
- 2 tablespoons unsalted butter
- 2 tablespoons honey
- 12 slices whole wheat bread
- 4 cups skim milk
- 3 eggs
- 2 tablespoons vanilla extract
- 3 tablespoons dessert sauce or honey (optional)

## Directions

1. Combine the cut whole oranges and orange juice in blender and blend until smooth. Add butter to a large saucepan and melt. Add the blended orange puree and heat just to a simmer. Stir in honey and cinnamon and then set aside.
2. Cut or tear the bread into chunks and place in a large bowl.
3. Beat the eggs and remaining honey until smooth and thick. Add the vanilla, milk, and the cooled orange puree, and mix well.
4. Gently add the egg/milk/orange puree mixture to the bread and stir until fully combined.
5. Preheat oven to 350°F. Pour bread pudding mixture into a baking dish or individual molds. Bake mixture at 350°F until golden brown and almost set, approximately 30-45 minutes. You can check if the bread pudding is almost set by inserting a toothpick or knife, which should come out clean after inserting. Individual molds may require less baking time.
6. Allow bread pudding to cool slightly. Serve warm and top with 3 tablespoons of a dessert sauce, syrup, or honey, if desired.



## Nutrition Information

### 1 Serving Size

Nutrients	Amount
Total Calories	250kcal
Total Fat	6g
Saturated Fat	2.5g
Cholesterol	80mg
Sodium	280mg
Carbohydrates	35g
Fiber	4g
Total Sugars	16g
Protein	12g

Recipe Serves 8

Recipes provide by  
Chef John Noble Masi

**FIU** Florida  
HEALTH



# VOLUNTEER HIGHLIGHT

## John Risler, Volunteer Director for SHINE/SMP at ElderSource



By Carrie Gonzales,  
PSA 4 SHINE Liaison

**"I love my work."**

This heartfelt, passionate comment comes from John Risler, who has volunteered for 12 years with the ElderSource Serving Health Insurance Needs of Elders/Senior Medicare Patrol (SHINE/SMP) program. A resident of St. Augustine, John has served as the SHINE Area Coordinator for St. John's County and currently serves as the Volunteer Director for Senior Medicare Patrol.

Throughout the year, Risler oversees counseling sessions about twice a month at the St. Johns County Council on Aging and several libraries.

"SHINE has personally been rewarding for me because I love helping people make the best decisions for themselves and having them leave the session satisfied with their decisions because I guided them," Risler said.

He added that it is even more satisfying when some of the same people come back year after year seeking his guidance.

While a great deal of his satisfaction comes from the one-on-one counseling

appointments, Risler has found even more fulfillment researching Medicare fraud claims. Since 2018, he has led the Planning and Service Area 4 SMP Taskforce. When asked about this work, Risler describes his meticulous efforts to research and follow up on information from the claims. He knows that a solid case can be further investigated by the Office of Inspector General (OIG) by providing them with comprehensive details. His work has been recognized by OIG staff.

"These people who commit this fraud are so brazen!" exclaimed Risler. "But I don't like to see our money wasted and I love doing my part to turn the bad guys in."

Risler estimates that when he gets started on his research, he can easily spend over four hours a day, four times a week. In addition, he oversees and mentors 12-15 SHINE volunteers a year. According to his SHINE Liaison, Risler clocked in 174 hours in 2023.

When he is not volunteering with SHINE, Risler passionately researches his family genealogy (with similar diligence to his investigating claims), and for the past 13 years, he and his wife have volunteered every Tuesday at a local hospital.

Risler's volunteer work with ElderSource, his kindness, generosity, and hard work make him an exceptional volunteer.



The SHINE (Serving Health Insurance Needs of Elders) program supports the Florida Department of Elder Affairs' mission by providing free and unbiased health insurance counseling through a dedicated network of volunteers, empowering Florida seniors to make informed health care choices. For more information, visit [FloridaShine.org](https://FloridaShine.org).



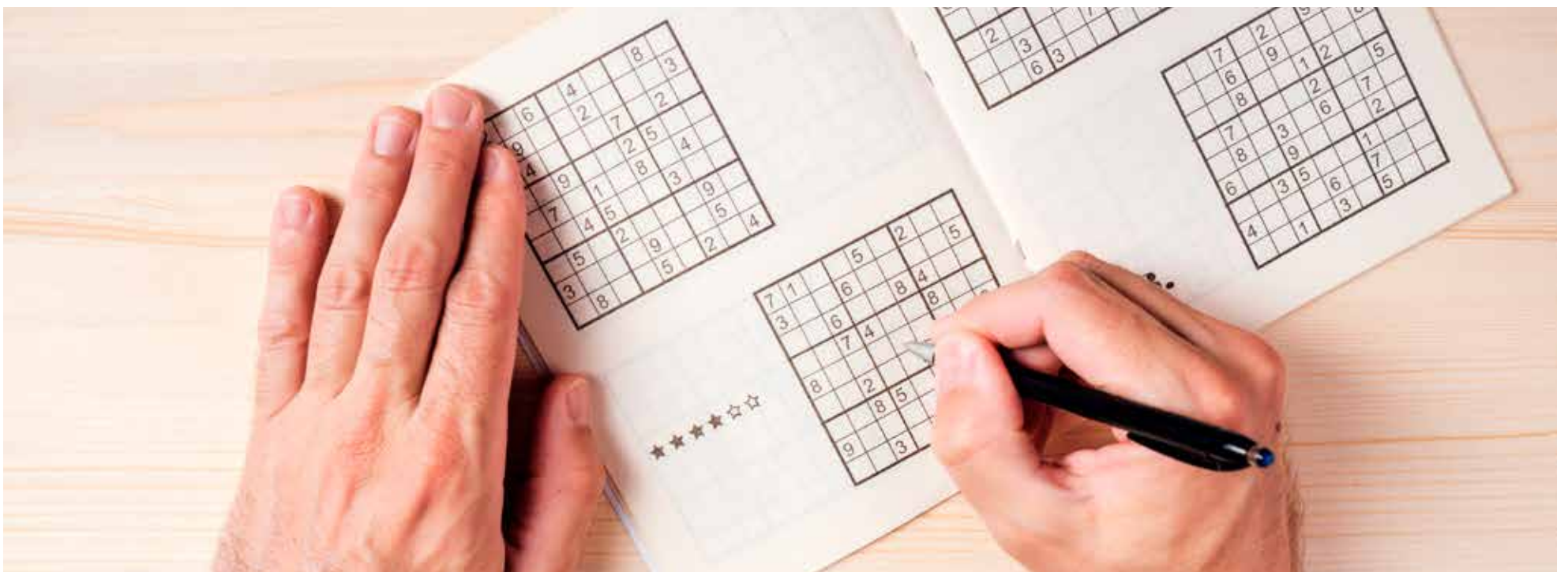


# Sudoku Puzzles

Solutions found on page 21.

					<b>4</b>			
	<b>2</b>		<b>1</b>	<b>7</b>		<b>3</b>		<b>5</b>
	<b>5</b>		<b>3</b>			<b>6</b>	<b>2</b>	
	<b>8</b>			<b>2</b>		<b>9</b>		
		<b>3</b>		<b>4</b>				<b>1</b>
	<b>1</b>	<b>4</b>			<b>3</b>			<b>8</b>
<b>2</b>		<b>7</b>		<b>8</b>	<b>5</b>			<b>6</b>
			<b>9</b>					

			<b>8</b>	<b>3</b>	<b>2</b>		<b>9</b>	
					<b>5</b>	<b>7</b>		<b>6</b>
<b>1</b>			<b>6</b>					
<b>3</b>								
<b>6</b>	<b>7</b>	<b>4</b>					<b>8</b>	<b>5</b>
								<b>7</b>
						<b>1</b>		<b>5</b>
<b>9</b>		<b>2</b>	<b>5</b>					
	<b>3</b>		<b>2</b>	<b>7</b>	<b>6</b>			







## Celebrating Older Americans Month *Powered By Connection*

*By the Bureau of Elder Rights, Florida  
Department of Elder Affairs*

At the Department of Elder Affairs (DOEA), our vision is for all Floridians to live well and age well. As we celebrated Older Americans Month this year, we embraced the theme “Powered by Connection,” recognizing the profound impact that meaningful relationships and social connections have on our health and well-being.

As one of the state’s smallest agencies, DOEA relies on volunteerism to provide services and support to Florida’s seniors. DOEA’s Office of Volunteer and Community Services offers a variety of fulfilling volunteer opportunities. One of these is the DOEA Long-Term Care Ombudsman Program

(LTCOP) that improves the lives of Floridians by advocating on behalf of those who live in long-term care settings.

Another is the Respite for Elders Living in Everyday Families program offers respite services to caregivers of vulnerable elders and those with Alzheimer’s disease and related dementias. Yet another is the Agency’s Serving Health Insurance Needs of Elders (SHINE) program which offers free, unbiased insurance counseling to seniors, caregivers, and family members. Additional volunteer opportunities can be found by searching “volunteer opportunities” at [elder-affairs.org](http://elder-affairs.org).

For individuals looking for occasional volunteer opportunities, DOEA also offers the option to become a DOEA Senior Volunteer. DOEA Senior Volunteers enable the Department to maximize resources and support older Floridians in need. Florida’s senior volunteers are vital to the success of DOEA, supporting seniors in their communities, assisting individuals and their families, participating in community events, and much more.

Seniors offer lived experiences and sage wisdom that is often overlooked. As a DOEA Senior Volunteer, seniors are provided an opportunity to connect socially with their communities, leading to enhanced

well-being. In the past few months, DOEA Senior Volunteers have packed winter kits for seniors that included heaters, non-slip socks, hot tea, gloves, and more; responded to a senior needing lawn care assistance so they could enjoy their yard; and much more.

DOEA also works closely with the Florida Association of Senior Centers (FASC) through the Office of Volunteer and Community Services. Senior Centers are recognized by the Older Americans Act as community focal points, with nearly 11,000 centers serving one million older adults every day. Senior Centers connect seniors with vital community resources that can help them stay healthy and independent. Research has shown that seniors who participate in senior center programs show measurable improvements in their physical, social, mental, and overall well-being. The partnership between DOEA and FASC ensures seniors have access to crucial services and support in their communities.

As the Department of Elder Affairs continues our mission to promote the well-being, safety, and independence of Florida’s seniors, we encourage you to explore how you can positively affect the life of a senior! If you need assistance, **call our Elder Helpline today at 1-800-963-5337.**



# Treading Waves

## Ensuring Senior Safety by the Seashore



By: *Lyanna Peoples, Communications Coordinator, Florida Department of Elder Affairs*

Many seniors relocate to Florida for various reasons, with the extended period of warm weather being a significant factor. Florida's summer season allows seniors to enjoy the beaches and engage in outdoor activities with family and friends. Spending a day at the beach offers seniors a combination of natural beauty, relaxation, socialization, and health benefits.

By being aware of potential hazards, following safety guidelines, and taking proactive measures to protect oneself and the environment, seniors can maximize their enjoyment of beach activities while minimizing risks.

### Understanding Beach Warning Flags

**Green Flag** – Low hazard, meaning calm conditions but exercise caution.

**Yellow Flag** – Medium hazard, indicating that the tide is increasing.

**Red Flag** – High hazard, signifying strong tides and large waves.

**Double Red Flags** – The water is closed to the public.

**Purple Flag** – Dangerous marine life has been spotted.

Building strength and endurance for swimming will prepare you for changes in the



ocean current, increase your efficiency and speed, and contribute to your overall health and well-being.

### What Should Be Inside Your Beach Bag?

**Protective Clothing:** Items such as sunglasses, comfortable shoes, and long sleeves can help protect your skin from sand burns and sunburns.

**Emergency Contact Information:** Carry documents such as a driver's license, military ID, or simple emergency contact cards with loved ones' names and phone numbers.

**Medication:** Consult your doctor for storage recommendations while traveling to keep any prescriptions at the appropriate temperature.

**Sunscreen and Beach Umbrellas:** Applying sunscreen and using beach umbrellas protect yourself from developing skin cancer and slow skin aging. According to the American Academy of Dermatology, doctors recommend using sunscreens with an SPF of at least 30.

**Water and Hydrating Snacks:** To avoid heat stroke or heat exhaustion, it is important to have a cooler with water and hydrating, healthy snacks.

**Miscellaneous Items:** Pack items such as towels, a book, a radio, blankets, etc., to fully enjoy your trip to the beach.

Overall, practicing beach safety is essential for promoting a safe, enjoyable, and sustainable beach experience for everyone.



# Ask an Ombudsman

*Volunteers advocating for Florida's long-term care residents answer your questions regarding the health, safety, welfare, and rights of residents in long-term care facilities.*



*By Terri Cantrell,  
State Ombudsman,  
Long-Term Care  
Ombudsman Program,  
Florida Department  
of Elder Affairs*

**Question: What is an Ombudsman and who runs the Ombudsman Program?**

An Ombudsman is an advocate for individuals living in nursing homes, assisted living facilities, and adult family care homes. Florida's Ombudsman Program is administered by the Florida Department of Elder Affairs. Terri Cantrell, the State Ombudsman, oversees the program's operations, which are conducted through 14 district offices spread across the state. Each local office is managed by a District Ombudsman Manager. However, the program heavily relies on volunteers to fulfill its advocacy mission. With over 200 certified volunteer ombudsmen, the Ombudsman Program is equipped with dedicated individuals ready to advocate for the well-being of long-term care residents.

For more information about the Ombudsman Program, visit the program's website at [ombudsman.elderaffairs.org](http://ombudsman.elderaffairs.org).

**Question: Can I volunteer with the Ombudsman Program? Are there any prerequisites to become a volunteer ombudsman?**



ABSOLUTELY! The Ombudsman Program is always seeking volunteers to help advocate for residents! If you're interested in becoming a volunteer, you can submit an application available on the program's website or by calling 1-888-831-0404.

Although prior professional experience is beneficial, it's not a prerequisite to becoming a volunteer ombudsman. During your certification training, you'll receive comprehensive guidance on advocating for long-term care residents, regardless of your background. Additionally, as a certified ombudsman, you'll have ongoing support from your local district office whenever needed.

*Terri Cantrell is the State Ombudsman for the Florida Long-Term Care Ombudsman Program.*

*To ask for an ombudsman's assistance, learn more about the program, or to become a volunteer ombudsman, call toll-free at 1-888-831-0404 or email [LTCOPinformer@elderaffairs.org](mailto:LTCOPinformer@elderaffairs.org).*



Long-Term Care  
**Ombudsman  
Program** FLORIDA



# Vision and Driving

## What You Need to Know

By Gail M. Holley, Florida  
Department of Transportation

Did you know that 90% of the information needed to stay safe on the road comes from your vision? Visual decline is the most critical loss for drivers of all ages. According to the American Academy of Family Physicians, nearly one in three Americans will experience vision problems by the time they reach 65.

When driving, aging eyes need:

- More light to help distinguish features along the roadway.
- To be closer to properly read signs and markings.
- More time to recover from the glare of bright headlights at night or the sun.

Age-related vision changes can impact your driving abilities, even before you are aware of symptoms. Some common changes include:

- Difficulty seeing objects up close, such as the car instrument panel or road maps.
- Trouble seeing the road, signs, lane markings, or other road users.
- Difficulty judging distances and speed.
- Sensitivity to bright sunlight or glare from headlights.

Here are three tips to help you stay proactive about your vision and driving:

- Get your eyes checked once each year.
- Wear your corrective lenses.



- Talk with your family and friends if your vision problems make you feel unsafe. Together, you can come up with a transportation plan that meets your needs.

Interested in learning more about safe driving tips and information? Or how to continue getting from place to place, beyond driving? The Florida Department of Transportation's Safe Mobility for Life Coalition is here to help! Call the Safe Mobility for Life Resource Center at 1-833-930-2952 or visit [fdot.info/resourcecenter](https://www.flhwy.com/resources/safe-mobility-for-life) for more information.

## Licensing Requirements for Drivers Aged 80 and Older

According to the Florida Department of Highway Safety and Motor Vehicles, drivers aged 80 and older will experience these changes when renewing their driver's license:

- In-person renewals every six years as opposed to eight.
- Successful completion of a vision test at each renewal.



# JUNE: ALZHEIMER'S AND BRAIN AWARENESS MONTH

## *Raising Awareness and Promoting Brain Health*

We are once again grateful to Governor DeSantis for issuing a proclamation designating June as Alzheimer's and Brain Awareness Month! His commitment to supporting services for seniors and leading Florida in the fight against Alzheimer's disease is overwhelmingly appreciated. Observed every June, this month-long initiative focuses on raising awareness about Alzheimer's disease and other dementias, as well as promoting overall brain health.

Alzheimer's disease, the most prevalent form of dementia, affects millions globally, yet public understanding remains limited. Alzheimer's and Brain Awareness Month aims to educate the public about the signs, symptoms, and progression of Alzheimer's, helping to dispel stigma and misconceptions. Increased awareness encourages early recognition of symptoms, prompting individuals and their loved ones to seek medical advice sooner.

Under the leadership of Governor DeSantis, Florida's Alzheimer's Disease Initiative (ADI) offers services tailored to the evolving needs of those living with Alzheimer's and other memory disorders. ADI provides respite care for caregivers of adults aged 18 and older who have been diagnosed with probable Alzheimer's disease or related disorders that interfere

with daily activities. Alongside respite care, caregivers can access training and other supportive services through ADI.

Thanks to Governor DeSantis, the Florida Alzheimer's Center of Excellence (FACE) was announced in 2022 to support caregivers and people with Alzheimer's and related dementias in the community using evidence-based and no-wrong-door strategies. The creation of FACE marked the final pillar of Governor DeSantis' five-point dementia action plan that he announced at the start of his first term in 2019 as part of the state's deep commitment to leading the nation in research, care, and support for individuals with Alzheimer's disease and related dementias.

Additionally, the Florida Legislature has established 17 memory disorder clinics (MDCs) across 13 service areas, delivering comprehensive diagnostic and referral services for individuals with Alzheimer's and related dementias. These clinics also engage in service-related research and develop educational materials and training for caregivers.

Alzheimer's and Brain Awareness Month fosters a sense of community among those affected by Alzheimer's, their families, and supporters, providing invaluable encouragement



**RON DESANTIS**  
GOVERNOR

**ALZHEIMER'S AND BRAIN AWARENESS MONTH IN FLORIDA**

WHEREAS, Florida has the second-largest population of individuals affected by Alzheimer's disease and related dementias nationwide; and

WHEREAS, 580,000 Floridians currently live with Alzheimer's disease and related dementias; and

WHEREAS, in April 2024, Governor Ron DeSantis signed House Bill 801 requiring training for law enforcement officers on interacting with people who have Alzheimer's disease and related dementias; and

WHEREAS, the Governor's advocacy has led to robust budget funding for Alzheimer's disease and related dementias for services such as counseling, medical supplies, and caregiver resources; and

WHEREAS, Alzheimer's disease and related dementias have been designated as focal points in the 2022-2026 State Health Improvement Plan; and

WHEREAS, local communities have expanded efforts like the Dementia Care and Cure Initiative, aiming to foster dementia-friendly environments, enhance caregiving, and bolster research endeavors towards finding a cure; and

WHEREAS, the Florida Alzheimer's Center of Excellence (FACE) was established in June 2022 at the Department of Elder Affairs and offers Care Navigation Services to family caregivers to ensure their loved ones can remain in the care setting of their choosing for as long as possible; and

WHEREAS, prioritizing awareness, extending support, and allocating resources for those affected by Alzheimer's disease and related dementias – as well as their caregivers – is good and right for Florida to pursue.

NOW, THEREFORE, I, Ron DeSantis, Governor of the State of Florida, do hereby extend greetings and best wishes to all observing June 2024 as *Alzheimer's and Brain Awareness Month in Florida*.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Florida to be affixed at Tallahassee, the Capital, this 1<sup>st</sup> day of June, in the year two thousand twenty-four.



\_\_\_\_\_  
Governor

THE CAPITOL  
TALLAHASSEE, FLORIDA 32399 • (850) 717-9249

and understanding. For more information on accessing your nearest MDC or Brain Bank, contact your local Area Agency on Aging by calling the Elder

Helpline at **1-800-96-Elder (1-800-963-5337)**.





# It's Time to SHINE

Whether you are a senior with Medicare questions or you are looking for a new volunteer opportunity, it is time to call our SHINE Program. We provide unbiased Medicare and health insurance information. SHINE's volunteer counselors are committed to helping you make informed choices about your Medicare benefits. All counseling is confidential, and SHINE's services are free to Medicare beneficiaries, their families, and caregivers.

If you are interested in being a SHINE counselor, you can help seniors by:

- Explaining Medicare benefits;
- Describing the difference between Medicare Prescription Drug plans;
- Answering questions about Medigap and other health insurance programs;
- Assisting with claims, appeals, and other Medicare issues;
- Identifying other local benefits and programs; and
- Offering educational presentations.

**Bilingual Volunteers Are Always Needed!**



**SHINE**  
SHIP | SMP FLORIDA

FloridaShine.org  
**1-800-96-ELDER**  
(1-800-963-5337)

## SUDOKU SOLUTIONS

### PUZZLE ONE

3	7	6	2	5	4	8	9	1
8	2	9	1	7	6	3	4	5
4	5	1	3	9	8	6	2	7
7	8	5	6	2	1	9	3	4
1	4	2	8	3	9	7	5	6
6	9	3	5	4	7	2	1	8
9	1	4	7	6	3	5	8	2
2	3	7	4	8	5	1	6	9
5	6	8	9	1	2	4	7	3

### PUZZLE TWO

7	5	6	8	3	2	1	9	4
2	9	3	4	1	5	7	8	6
1	4	8	6	9	7	5	2	3
3	8	1	7	5	4	9	6	2
6	7	4	3	2	9	8	5	1
5	2	9	1	6	8	3	4	7
4	6	7	9	8	1	2	3	5
9	1	2	5	4	3	6	7	8
8	3	5	2	7	6	4	1	9



# Keep up with the Department of Elder Affairs on Social Media!

The Florida Department of Elder Affairs uses social media platforms to engage with Florida's aging population, caregivers, and their families. By leveraging channels such as Facebook, Twitter, Instagram, LinkedIn, and YouTube, our Department shares information on health and wellness, upcoming events, and available resources and services.

These platforms serve as vital tools for raising awareness about issues affecting seniors, promoting programs, and fostering a sense of community through interactive content and virtual support networks.

Stay updated on the Secretary's travels and speaking engagements with her weekly segment, "Sessions with the Secretary." In this engaging series, she shares her experiences and insights in her own words, offering a personal glimpse into her calling and dedication.



See what we are up to:

[Elderaffairs.org](http://Elderaffairs.org)

[Facebook.com/elderaffairs](https://Facebook.com/elderaffairs)

[Twitter.com/elderaffairs](https://Twitter.com/elderaffairs)

[Instagram.com/flelderaffairs](https://Instagram.com/flelderaffairs)

[Linkedin.com/company/fdoea](https://Linkedin.com/company/fdoea)





# Connect With the Elder Helpline

## Local Resources and Assistance

### Florida's Aging Network

Through our 11 Area Agencies on Aging, we offer a wide variety of assistance programs and activities. Area Agencies on Aging are the designated private non-profit entities that advocate, plan, coordinate, and fund a system of elder support services in their respective Planning and Service Areas (PSAs).

### The Elder Helpline

The AAAs operate a statewide network of 11 local Elder Helplines. Our Elder Helpline is ready to connect you with anything from caregiver assistance, meal programs, and

health care counseling to group exercise programs, volunteer opportunities, and even computer classes! Individuals and community agencies seeking accurate, unbiased information about federal, state, or local social, health, and human services in their area may access the Elder Helpline by calling toll-free **1-800-96-ELDER (1-800-963-5337)** or the county-specific Elder Helpline listed below.

Call our Elder Helpline today and speak with a real person! We are here to connect you to a multitude of resources and opportunities to promote vibrant and fulfilling lifestyles.

### Other Assistance

#### **1-800-96-ABUSE (1-800-962-2873)**

Are you worried that an elder may be the victim of abuse? You can make a confidential report by calling Florida's Abuse Hotline.

#### **Senior Legal Helpline 1-888-895-7873**

For legal assistance specific to seniors, you can call the Florida Senior Legal Helpline. This helpline provides free civil legal advice and brief services over the telephone to eligible Florida residents 60 years and older (*income guidelines apply*).

#### Northwest Florida Area Agency on Aging

Serving Escambia, Okaloosa, Santa Rosa, and Walton Counties

Phone: 850-494-7101

**Elder Helpline:**

**866-531-8011**

[nwflaaa.org](http://nwflaaa.org)



#### Advantage Aging Solutions

Serving Bay, Calhoun, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, and Washington Counties

Phone: 850-488-0055

**Elder Helpline:**

**866-467-4624**

[advantageaging.org](http://advantageaging.org)



#### Elder Options

Serving Alachua, Bradford, Citrus, Columbia, Dixie, Gilchrist, Hamilton, Hernando, Lafayette, Lake, Levy, Marion, Putnam, Sumter, Suwannee, and Union Counties

Phone: 352-378-6649

**Elder Helpline:**

**800-262-2243**

[agingresources.org](http://agingresources.org)



#### ElderSource

Serving Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties

Phone: 904-391-6600

**Elder Helpline:**

**888-242-4464**

[myeldersource.org](http://myeldersource.org)



#### Area Agency on Aging of Pasco-Pinellas

Serving Pasco and Pinellas Counties

Phone: 727-570-9696

**Elder Helpline:**

**727-217-8111**

[agingcarefl.org](http://agingcarefl.org)



#### Senior Connection Center

Serving Hardee, Highlands, Hillsborough, Manatee, and Polk Counties

Phone: 813-740-3888

**Elder Helpline:**

**800-336-2226**

[seniorconnectioncenter.org](http://seniorconnectioncenter.org)



#### Senior Resource Alliance

Serving Brevard, Orange, Osceola, and Seminole Counties

Phone: 407-514-1800

**Elder Helpline:**

**407-514-0019**

[seniorresourcealliance.org](http://seniorresourcealliance.org)



#### Area Agency on Aging for Southwest Florida

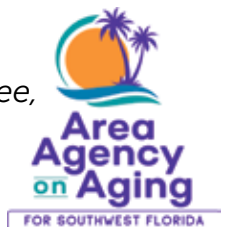
Serving Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties

Phone: 239-652-6900

**Elder Helpline:**

**866-413-5337**

[aaaswfl.org](http://aaaswfl.org)



#### Your Aging and Disability Resource Center

Serving Indian River, Martin, Okeechobee, Palm Beach, and St. Lucie Counties

Phone: 561-684-5885

**Elder Helpline:**

**866-684-5885**

[aaapbtc.org](http://aaapbtc.org)



#### Area Agency on Aging of Broward County

Serving Broward County

Phone: 954-745-9567

**Elder Helpline:**

**954-745-9779**

[adrcbroward.org](http://adrcbroward.org)



#### Alliance for Aging

Serving Miami-Dade and Monroe Counties

Phone: 305-670-6500

**Elder Helpline:**

**305-670-4357**

[allianceforaging.org](http://allianceforaging.org)







# Can Be Their Voice!

Become a volunteer ombudsman and advocate for the rights of long-term care residents.

**CALL TODAY TO VOLUNTEER WITH US: 1-888-831-0404**



## How to Get Your Aging Outlook

The *Aging Outlook* is published twice per year and is available digitally via email and our website. Printed copies are limited and only provided through our partner agencies. Please contact your local Area Agency on Aging for a printed copy. To subscribe to the digital copy, visit [elderaffairs.org](http://elderaffairs.org).