

NEWSLTR

A PUBLICATION OF THE FLORIDA DEPARTMENT OF ELDER AFFAIRS

AGE-FRIENDLY LIVABLE COMMUNITIES

Click [here](#) for more information on Age-Friendly Livable Communities.

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Dementia-Friendly Dining Begins Again in Central Florida

By Dennis Dulniak, Ed.D.
Central Florida Dementia-friendly Dining Founder

After over a two-year lapse, three area restaurants are offering Dementia-friendly Dining!

Dementia-friendly Dining restaurants are food service establishments that provide friendly, safe, and enjoyable places where families and friends may bring their loved ones who are living with Alzheimer's and other forms of dementia. Initially starting in January 2020, Dementia-friendly Dining in Central Florida was put on hold because of COVID. Now that our positive cases are lowered, we can now resume sharing a meal out of the house among families and friends that reduces isolation; increases social

contact; encourages opportunities for engagement, stimulation, and communication; and creates memories. These quality-of-life experiences expand our community and make it more dementia-friendly. Compassion, understanding, shared caregiving, and a more relaxed and enjoyable meal help create joy for all!

Dementia-friendly Dining in Central Florida was started by Dennis Dulniak, Care Partner for his wife Nancy who was diagnosed with early onset Alzheimer's in 2015. Though she passed away in January 2021, he continues to team with Toni Gitles, author and Certified Caregiving Consultant for identification and

continued on page 2



ABOVE
Toni Gitles, trainer/caregiver; Isabella Morgia de Vicari, owner/chef, and Dennis Dulniak, founder/trainer at the Meatball Stoppe's grand opening of Dementia-Friendly Dining.



DEMENTIA
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Dementia-Friendly Dining Begins Again in Central Florida...continued from page 1

training of restaurant staff and servers. Starting in May 2022, three area restaurants will be open for Dementia-friendly Dining.

Orlando's [The Meatball Stoppe](#), 7325 Lake Underhill Road, returns as the first Dementia-friendly Dining spot and will be welcoming families and loved ones with Alzheimer's and other forms of dementia every Tuesday from 2 – 5 pm beginning May 10. Owners and Chefs Isabella and Jeff Morgia personally know the difficulties faced by caregivers and families who continue to struggle with the challenges of dementia. Isabella said, "We have had three family members who have suffered through this terrible disease of Alzheimer's. We want to make [The Meatball Stoppe](#) a place of comfort and a place that may remind them of home while feeding them a wonderful meal at the same time."

Oviedo's [The Townhouse Restaurant](#), 139 N Central Avenue, led the Central Florida Dementia-friendly Dining places when they opened their back room every Wednesday from 2 – 5 pm beginning May 4. On that first day, some staff were there in Star Wars costumes and greeted customers with this jovial greeting: "May the Fourth be with you!" Sanford's [Patio Grill](#), 2900 South Orlando Drive, is the third Dementia-friendly Dining location in Central Florida open to serve every second Tuesday from 9 am to 2 pm beginning May 10.

Instrumental in bringing Dementia-friendly Dining to Orlando has been the coordination and support with the [Senior Resource Alliance](#) (Area Agency on Aging of Central Florida) and the Central Florida [Dementia Care and Cure Initiative](#) (Florida Department of Elder Affairs) which continue to work toward creating dementia-friendly communities with services and supports in place to make our community hospitable to someone living with dementia, their care partners, and loved ones. Additional information is available at centralfloridadementia-friendlydining.com.

For more information, (press only) contact Dennis Dulniak at (407) 592-6670 or by email at cfldfd01@gmail.com



Participating Restaurants



The Townhouse Restaurant

Every Wednesday 2 – 5 pm beginning May 4th
139 N Central Avenue, Oviedo, FL 32765
Phone: (407) 365-5151
Website: oviedotownhouse.com/Dine-In-Menu



The Patio Grill

Every 2nd Tuesday 9am–2pm beginning May 10th
2900 South Orlando Drive, Sanford, FL 32773
Phone: (407)322-3000
Website: sanfordpatiogrill.com/menu



The Meatball Stoppe

Every Tuesday 2–5 pm beginning May 10th
7325 Lake Underhill Road, Orlando, FL 32822
Phone: (407) 270-6505
Website: themeatballstoppe.com/menu

Website:

centralfloridadementia-friendlydining.com

Facebook: facebook.com/CFLDFD

email: cfldfd01@gmail.com



It's time all Floridians became ALZ STARS

By Cari Eyre, Dementia Director, Department of Elder Affairs

Approximately one in every 37 Floridians statewide is living with Alzheimer's, a progressive brain disease with no known cure. However, by knowing the warning signs, we can help loved ones seek medical care and receive an early diagnosis.

A diagnosis in the early stages of Alzheimer's can make a big difference. It means access to treatment options that can reduce cognitive and functional decline and help lessen symptoms. Early medical care provides a chance to prioritize health and preserve cognitive function for as long as possible. Most importantly, an early diagnosis allows more time to plan for the future, to express wishes about legal, financial, and end-of-life decisions. There is even a cost savings for early diagnosis. Among all Americans alive today, if those who will get Alzheimer's disease were diagnosed when they had mild cognitive impairment, before dementia, it would collectively save approximately \$7 trillion in health and long-term care costs.

In response to this crisis, the Florida Department of Elder Affairs and the Alzheimer's Association Florida chapters have developed the ALZ STARS program, a joint initiative to bring increased awareness of dementia and the resources available to Floridians. The new program helps ALZ STARS identify the early warning signs, take steps to receive an accurate diagnosis, understand simple communication tips when engaging with someone who has Alzheimer's and access resources. Registration is free, short, and available to anyone.

It's time all Floridians became ALZ STARS. With the number of Floridians impacted by the disease expected to grow 24% by 2025, we owe it to our family and friends. Know the signs. Know the resources. Make a difference. Register today at alzstars.org.



Know the signs. Know the resources.
Make a difference.

ALZ★STARS

AARP LIVABILITY INDEX | Great Neighborhoods for All Ages

By AARP

How livable is your community?

The [AARP Livability Index](#) scores every neighborhood and community in the United States for the services and amenities that affect people's lives the most.

On April 18-22, AARP explored this groundbreaking tool live in a series of deep-dive conversations focused on three of the seven core elements of the Index – housing, transportation, and engagement.

What is Livability?

People of all ages deserve to thrive in their communities over the course of their lives. To evaluate this, we look at the intersection of housing, neighborhood convenience, environment, transportation, security, and opportunity within any given community to measure just how well

those factors serve its population.

AARP, under the guidance of a diverse expert panel, has identified key elements to measure and clearly define livability. They are: Housing, Neighborhood, Transportation, Environment, Engagement, Health, and Opportunity

What Goes into a Score?

The AARP Livability Index is created from more than 50 unique sources of data across the seven livability categories. Using these metrics and policies, the AARP Livability Index scores communities by looking at how livable each neighborhood is within the community.

How Can I Improve Livability in My Community?

Discover the ways you can make an impact with resources across all 7 Livability Index Categories

Make the Best Choices for Livability for You and Your Community

Join the [AARP Network of Age-Friendly States and Communities](#) to take action and use our reports and guidebooks to inform your livability decisions.

The AARP Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that impact you the most. Explore your community today.

Dive deeper into Florida

Take a deeper dive into a neighborhood with AARP's interactive map that includes layers of category scores, metrics and demographic information. See how livability varies from one neighborhood to the next.

LIVABILITYINDEX.AARP.ORG



HOUSING *Affordability and Access*



NEIGHBORHOOD *Proximity and Security*



TRANSPORTATION *Safety and Convenience*



ENVIRONMENT *Clean Air and Water*



ENGAGEMENT *Civic and Social Involvement*



HEALTH *Prevention, Access, and Quality*



OPPORTUNITY *Inclusion and Possibilities*

LIVABLE COMMUNITIES ARE GOOD FOR PEOPLE AND BUSINESS

Higher property values, increased economic activity and savings for communities are some of the benefits you'll learn about in **THE LIVABILITY ECONOMY**



A LIVABLE COMMUNITY ...

- Features housing choices that are suitable for people of all ages and life stages.
- Reduces automobile dependence and supports a socially vibrant public realm.
- Integrates land uses so people can live closer to or within walking distance of jobs, community activities and the services they need.
- Has transportation options that enable residents to get around even if they don't drive.

LIVABLE COMMUNITIES INCREASE PROPERTY VALUES



Homes closer to parks and open spaces have higher property values than those further away.



A WalkScore increase of one point can improve the value of a home by as much as **\$3,000**.



Demand for compact communities consistently increases property values by more than **15 percent** for office, residential and retail use.

LIVABLE COMMUNITIES INCREASE ECONOMIC ACTIVITY



Bicycling has generated more than **\$400 million** in economic activity in Iowa.

LIVABLE COMMUNITIES SAVE MONEY

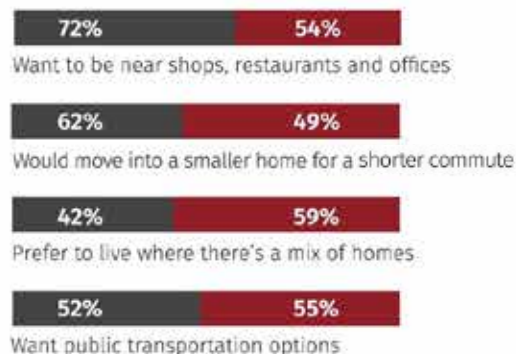


In Central Texas, compact, infill development decreased infrastructure costs by **70%** when compared to typical, more sprawling development models, resulting in a **\$7.5 billion** savings.

PEOPLE WANT LIVABLE COMMUNITIES



Boomers and **Millennials** have similar preferences for walkable, mixed-use neighborhoods.



Learn more by downloading or reading *The Livability Economy: People, Places and Prosperity* online at AARP.org/livability-economy

Learn how livable communities are great places for people of all ages by visiting AARP.org/livable and subscribing to the free *AARP Livable Communities Monthly eNewsletter*.

AARP
Real Possibilities



**BELOW LEFT**

St. Johns County Sheriff's Office Deputy Melanie Merritt and K9 Daisy

BELOW RIGHT

Florida K9 Teams at Florida State University Doak Campbell Stadium during training.

Second Annual Bringing the Lost Home Summit Recognizes Florida Agencies' Missing Person Response Success

*By Joe Blanton, Vice President of Communications
Scent Evidence K9*

Scent Evidence K9 hosted the second annual Bringing the Lost Home Summit in Tallahassee March 15 – 17, 2022, to recognize the successes and share the best practices of Florida's Bringing the Lost Home Project agencies and community partners. In the three years since the Bringing the Lost Home Project was introduced in Florida, 143 people have been found, and thousands at risk of wandering in Florida communities are better prepared and protected by the resources provided by the Project.

Summit participants learned new K9 search skills to support the project's goals of improving missing person response capabilities, K9 search recovery success, and community awareness of Florida's vulnerable populations with Alzheimer's Disease and autism who are at high risk of wandering and going missing.

The Summit activities kicked off with a half-day focus group with presentations by The Alzheimer's Project CEO, John Trombetta, Executive Director Janelle Irwin, and Program Manager Catherine Deininger from the Hang Tough Foundation, Florida Dept. of Elder Affairs Dementia Director,



Cari Eyre, and Senior Resource Alliance President and CEO, Karla Radka, to discuss the program's impact on their communities. "The focus group is a vital way to bridge the gap between law enforcement responders and community service providers," said Scent Evidence K9 CEO Paul Coley.

The Florida Department of Elder Affairs was an early adopter of Coley's Scent Kits and has distributed thousands of kits to families and caregivers across the state via Florida's Memory Disorder Clinics. "The FDOEA has played an important role in creating wandering awareness and keeping Florida's elderly communities safer by using the Scent Kits to prepare for a missing person event before it happens," said Coley.

Above: Florida K9 Teams at FSU Doak Campbell Stadium during training.

The Scent Kit is used to pre-collect a person's unique scent and is as identifiable as a fingerprint to a trained trailing dog. This gives K9 responders a head start when searching for a missing or wandering person, which leads to faster recoveries when every minute counts.

Eighteen Florida Sheriff's Office K9 Teams ran 118 Trails in two-and-a-half days of advanced scent discriminate training through highly populated areas around Tallahassee including Florida State University's Doak Campbell Stadium.

Sheriff's Offices in Escambia, Orange, Bay, Sumter, Seminole, Lee, St. Johns, Charlotte, Putnam, DeSoto, Nassau, Franklin, Baker, and Marion counties, and Florida State University, Havana, and Tallahassee police departments have implemented the Bringing the Lost Home Project program.

Agencies in the program have seen large increases in their K9 search response success rate, and many of the K9 Teams have multiple missing person recoveries to their credit including one of the latest by St. Johns County Sheriff's Deputy, Melanie Merritt, and K9 Daisy.

Dep. Merritt and Daisy located a missing endangered woman on Feb. 13. The missing woman was found unconscious in the woods and transported to an area hospital. Merritt's Bloodhound is also a big part of the Bringing the Lost Home Project. K9 Daisy was named after the favorite flower of program champion, Rep. Scott Plakon's late wife, who passed from early onset Alzheimer's Disease.

To learn more about Scent Kits and how they can protect your family, visit www.ScentEvidenceK9.com. Photos by Scent Evidence K9.

BELOW Bringing the Lost Home Summit Focus Group presenters (Pictured from left to right: Senior Resource Alliance President and CEO, Karla Radka, Scent Evidence K9 CEO, Paul Coley, FDOEA Dementia Director, Cari Eyre, and Meghan Myhill, Regional Director – Congressman Neal Dunn, M.D.)



"The Summit was truly inspiring. The Scent Evidence team and the K9 handlers from around the state provide life-saving services for some of Florida's most vulnerable individuals and their families. The scent kits also do more than speed recovery time during an emergency. They create an awareness of the risk of wandering for individuals with dementia and help families take steps to keep their loved ones safe."

» **Cari Eyre**
Dementia Director
Department of Elder Affairs



2022 Alzheimer's Disease Facts and Figures



1 in 3

seniors dies with Alzheimer's or another dementia

Over
11 million
Americans

provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 16 billion hours valued at nearly

\$272
billion

More than
6 million

Americans are living with Alzheimer's



In 2020, COVID-19 contributed to a

17% increase
in Alzheimer's and dementia deaths

In 2022, Alzheimer's and other dementias will cost the nation

\$321
billion

By 2050, these costs could rise to nearly

\$1
trillion

Between 2000 and 2019, deaths from heart disease have decreased
7.3%

while deaths from Alzheimer's disease have increased
145%

It kills more than
breast cancer
and **prostate cancer**

combined

More than **80%** of Americans know little or are not familiar with **mild cognitive impairment (MCI)**, which can be an early stage of Alzheimer's.



Florida

Alzheimer's Statistics



Prevalence

NUMBER OF PEOPLE
AGED 65 AND OLDER
WITH ALZHEIMER'S

Year	TOTAL
2020	580,000
2025	720,000

ESTIMATED % CHANGE

24.1%



Workforce

362

of geriatricians

277.1%

% increase needed to meet
the demand in 2050

73,130

of home health and
personal care aides

27.6%

% increase needed to meet
demand in 2028



Caregiving (2021)

806,000

Number of Caregivers

\$20,596,000,000

Total Value of Unpaid Care

16.3%

% of caregivers
with depression

1,267,000,000

Total Hours of Unpaid Care

47.8%

% of caregivers
with chronic
health conditions



Health Care

HOSPICE (2017)

19,897

of people in hospice
with a primary diagnosis
of dementia

15%

% in hospice with a primary
diagnosis of dementia

HOSPITALS (2018)

1,552

of emergency department
visits per 1,000 people
with dementia

23.0%

dementia patient hospital
readmission rate

MEDICAID

\$2.689B

Medicaid costs of caring
for people with Alzheimer's
(2020)

28.4%

projected change in costs
from 2020 to 2025

MEDICARE

\$30,436

per capita Medicare spending on people
with dementia (in 2021 dollars)



Mortality

OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

6,539

More than **6 million Americans** are living with Alzheimer's, and over **11 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$321 billion** in 2022, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century.

For more information, view the **2022 Alzheimer's Disease Facts and Figures** report at alz.org/facts.
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THANK YOU!

World Elder Abuse Awareness Virtual Event

Thank you to our hosts, guest speakers, and everyone who attended the 2022 World Elder Abuse Awareness Virtual workshop. We hope you were able to walk away with valuable information to better protect yourself against elder abuse, scams and fraud.

For those who missed the live event, the full replay is now available on the ElderSource YouTube channel. We have also included links to the workshop resources on **page 11**.

GUEST SPEAKERS

DONNA MOSES

Risk Management
Lead Member,
Victim Advocate
Suncoast Credit Union



IVONNE CARMONA

Human Services
Program Specialist
Adult Protective Services



JAY TODRAS

Deputy Regional
Director, Region 2
Seniors Vs. Crimes



EVENT HOSTS



WEAAD

REPLAY Virtual Workshop



**Click here for
the full replay
of the event**



Area Agencies on Aging Resources

- [ElderSource](#)
- [Senior Connection Center](#)
- [Area Agency on Aging of Southwest Florida](#)
- [Area Agency on Aging Palm Beach and Treasure Coast Inc.](#)
- [Area Agency on Aging of Broward County](#)
- [Advantage Aging Solutions](#)
- [Aging and Disability Resource Center Pasco Pinellas Inc.](#)

Workshop Resources

- [World Elder Abuse PowerPoint Presentation](#)
- [Seniors vs Crimes Brochure](#)
- [Elder Abuse Prevention - Suncoast Credit Union](#)
- [Senior Newsletter Summer 2022 Suncoast Credit Union](#)



UPSLIDE

Tallahassee Senior Center Takes on Loneliness and Isolation With Award-winning Program

By Melanie Lachman LCSW, UPSLIDE Program Coordinator

When we think of risk factors for diseases like Alzheimer's and other dementias, the first things that often come to mind are age and family history. But there's a risk factor for cognitive decline that we often don't think of: Loneliness. In fact, a study conducted in 2018 by researchers at Florida State University's College of Medicine, and published in the *Journal of Gerontology*, found that loneliness was associated with a 40 percent increased risk of dementia. They also found it to be a "modifiable risk factor."

This is good news. And Tallahassee Senior Center's award-winning UPSLIDE program (Utilizing and Promoting Social Engagement in Loneliness, Isolation and Depression in the Elderly) is doing its part by combating loneliness and isolation in adults 50 and older head on.

UPSLIDE takes a holistic approach to the problem by providing individual counseling, friendly chat groups,



transportation assistance, social engagement support, resource connection, social outings, and special events. These services are offered at no cost to the participant and are designed to promote overall wellness. The chat groups, called Friends Connection, are the heart and soul of the program. This is the first point of entry into the program for most participants, and it's where the magic of meaningful social interaction and establishing friendships happens. Tallahassee Senior Center hosts five Friends Connections groups, including a weekly virtual group for continued safety during the pandemic.

Support and social opportunities abound at Friends Connection, which, like all the programs of Tallahassee Senior Center, are designed for active, independent adults. Mental Health Counseling is provided by a Licensed Clinical Social Worker and a Mental Health Counselor and helps participants manage issues, such as depression, anxiety, and trauma, that prevent them from being socially



engaged.

Tallahassee Senior Center is proud to say that UPSLIDE is achieving its goal of keeping seniors – and their brains – healthy by helping them form lasting and meaningful social bonds. In 2020 and 2021 the following occurred:

- 90 percent of participants said that UPSLIDE made a positive difference in their lives,
- 75 percent have made friends,
- 75 percent feel less isolated, and
- 90 percent say that their quality of life has improved.

A participant said it best: *"UPSLIDE is a needed resource of care, laughter, physical and mental health in an efficient and timely manner that gave me a sweet feeling of happiness."*

UPSLIDE is a program of the City of Tallahassee Senior Services, funded in part by the TSC Foundation and a Tallahassee-Leon County Nonprofit Services grant. Initial funding for UPSLIDE was made possible by the Florida Blue Foundation.





Ready to Hit the Road?

You may be ready for a fun summer on the road, but is your vehicle up for the challenge? Now is the time to check those tires, brakes, windshield wipers, and more – no one wants to waste travel plans waiting for roadside assistance!

Maintaining a road-ready vehicle and understanding how to use its built-in features can help keep you and others safe. Head to [SafeMobilityFL.com](https://www.SafeMobilityFL.com) for tips and resources to keep your wheels turning this summer!

Investing in vehicles with In-Vehicle Technology has the potential to save lives. According to @NHTSA, 94% of crashes nationally involve driver behavior as a contributing factor, which is why advanced safety features such as blind-spot sensors and backup cameras are always great extra precautions.

Visit fdot.tips/tech to learn more about your current vehicle's technologies and what is in store for the future. #SafeMobilityFL



IN-VEHICLE TECHNOLOGY

According to NHTSA, 94% of crashes nationally involve driver behavior as a contributing factor, which is why advanced safety technologies have the potential to save lives.

ADA32



Americans with Disabilities Act

Celebrate the ADA! July 26, 2022

UPCOMING EVENTS

June

LGBTQ+ Pride Month

Alzheimer's and Brain Awareness Month

**Safe Mobility for Life Theme:
Vehicle Tech & Safety**

- 1 Intergenerational Day
- 3 World Bicycle Day
- 5 National Cancer Survivors Day
- 14 Flag Day
- 15 World Elder Abuse Awareness Day
- 19 Father's Day
- 21 Summer Solstice
- 21 World Music Day
- 27 National PTSD Awareness Day
- 28 National Insurance Awareness Day

July

Social Wellness Month

**Safe Mobility for Life Theme:
Driver Assessment**

- 4 Independence Day
- 11 World Population Day
- 14 National Hire a Veteran Day
- 24 World Day for Grandparents and the Elderly
- 24 International Self Care Day
- 26 National Disability Independence Day
- 30 International Friendship Day

July 24th is World Day for
**Grandparents
& the Elderly**

