



## Florida Association of Aging Services Providers e-Newsletter

Volume 27: November/December 2011

Sponsor: Osceola Council on Aging

Guest Editor: Beverly Houghland, Osceola Council on Aging

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### THIS ISSUE SPONSORED BY:



### Message from the President

*by Karen Deigl, Senior Resource Association, Inc.*

Dear FASP Members:

Each year, at this special holiday time of the year, I'm reminded of how thankful I am for family. It also gives me pause to reflect on those families who face the journey of a loved one needing care.

"Today, caregiving is much more than a personal family issue. It is the issue of our age because sooner or later caregiving will affect every family in America and we are not prepared either as individuals or as a society to deal with it."

One out of every five Americans is a family caregiver and caregiving situations can last years, even decades. Family members no longer live close together and women, usually the identified caregiver, make up more than half of the workforce, which means they do not have the time they once had to devote to caregiving. In Florida alone, there are nearly 2 million caregivers and those individuals spend at least 2,000 hours a year caregiving.

We, as service providers, can make a difference; we can bring public policy awareness, advocacy and activism. We can be a source of much needed assistance to, not only those being cared for, but the caregivers as well.

We are all thankful for those individuals with a kind touch, an unwavering smile and the miracle of patience and the grace they possess of appreciating a loved one despite the grief that caregiving brings.

On behalf of the FASP Board members, I wish all FASP members a very healthy and happy holiday season.

Sincerely,

**Karen Deigl**



## **Favorite Quotes of Osceola Council on Aging**

**I've learned that people will forget what you said, will forget what you did, but, will never forget how you make them feel.** Maya Angelou

*The here and now is all we have and if we play it right, it's all we'll need.* Ann Richards

**We should all do something to right the wrongs that we see and not just complain about them.** Jacqueline Kennedy Onassis

*A single act of kindness throws out roots in all directions and the roots spring up and make new trees.* Amelia Earhart

**Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has.** Margaret Mead

*One of the most beautiful compensations in life is that no man can help another without helping himself.* Ralph Waldo Emerson

**Whenever there is a human being, there is an opportunity for a kindness.** Seneca

*Carry out a random act of kindness with no expectation of reward, safe in the knowledge that one day someone might do the same for you.* Princess Diana

**To give without any reward or any notice has a special quality of its own.** Anne Morrow Lindbergh

*Too often we underestimate the power of a touch, a smile, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around.* Leo Buscaglia

**Be the change you wish to see in the world.** Gandhi

*The country will not be a good place for any of us to live in unless we make it a good place for all of us to live.* Theodore Roosevelt

**The old believe everything, the middle age suspect everything, the young know everything.** Oscar Wilde

*All your dreams come true, if you have the courage to pursue them.* Walt Disney

**Anyone who has never made a mistake has never tried anything new.** Albert Einstein

*It is amazing what you can accomplish if you do not care who gets the credit.* Harry S. Truman

**If you wouldn't write it and sign it, don't say it.** Earl Wilson

*Well done is better than well said.* Benjamin Franklin

**You know you're old when the candles cost more than the cake.** Bob Hope

*Help others get ahead. You will always stand taller with someone else on your shoulders.* Bob Moawad

**Words, once they are printed, have a life of their own.** Carol Burnett

*The way I see it, if you want the rainbow, you gotta put up with the rain.* Dolly Parton

**Success is how high you bounce when you hit bottom.** General George Patton



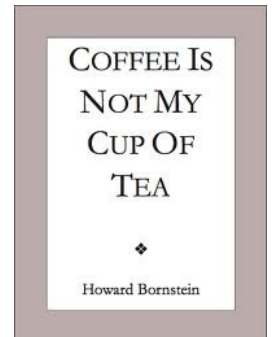
## Favorite Thoughts by Margaret Lynn Duggar

Cathy Brown's Quote of the Day in regard to whether or not service providers are covered under the Sunshine Law: "Nothing is often a good thing to do and always a good thing to say."

Tell these people, who are, after all, your friends and neighbors, that it's time to lead.

"If one focuses on achieving some sort of risk-free existence, and reaches any degree of success, the result is a terrific loss of quality living. Horizons will shrink, zest will fade, purpose can be eroded to a point that the question will arise whether life is worth living. In a long and loving relationship the risk (which increases yearly) builds a formidable vulnerability, but that is the price, and it's a bargain." Hugh Downs, commenting on the death of psychologist James Hillman.

When you are on the wrong train, it does not help to run down the aisle in the opposite direction. Dietrich Bonhoeffer



The ultimate measure of a person is not where they stand in moments of comfort and convenience, but where they stand in times of challenge and controversy. Dr. Martin Luther King, Jr.

Not long ago a friend, a former FASP President, sent me some news about a friend of ours and said, "You have the best friends." That is true, and I wish that for each of you. We each know that our friends will call on us at times for help. Two years ago when I was asked to do an inspirational speech to a group of older adults at the Advent Christian Village, I wrote a few friends and asked for their favorite sayings/thoughts on the speech topic I had chosen, "The Enlightenment of Age." I'm choosing to share a few of the responses with you:

"Things have been so 'baby over bathtub' around here, I have neglected to tell you (a friend of hers) died Sunday. I pray for all of you, my dear friends, that we never have to leave this life with that torture. Her funeral was today- she was cremated, so the priest had a little box full of the earthly existence of (her friend) in his hands as he exited the church. It left me with this thought, at birth we are given a brain and a body, at death we will have nothing but a small box full of dust. And as the Lord asks us, What have you done with the gifts you were given? So we have to answer the question."

Sometimes we take for granted our good times. Let us treasure every minute. (an email after a shared lunch)

Fear knocked at the door. Faith answered. No one was there.

Live the day to its fullest - - with enough goof-ups -so that you don't want to relive it and you know tomorrow is going to be even better.

At the end of the speech at the Advent Christian Village, I invited some of the participants to share their thoughts. These were some from the residents: Chose your love. Love your choice; Whatsoever state I find myself in, I will be content.

The Golden Rule – Do unto others as you would have others do unto you.

Lazy folks always work the hardest.

I must do my own work and live my own life because I am responsible to God for both.

Imagination is more important than knowledge.

Dana Perrino (Fox News) describing an interview she recently had with a **Navy SEAL** . After discussing all the countries he had been sent to, she asked if they had to learn several languages? His reply: **"Oh no ma'am, we don't go there to talk."**

*Continued on Page 4*

Another friend wrote of her mother-in-law, who had recently passed away at age 98. "She lived through WWI and the 1918 influenza epidemic that claimed her maternal grandmother, through the Great Depression during her university years, was paid in script as a young public school teacher, lost her first child to a strep infection and her mother to the bite of a brown recluse spider prior to the discovery of penicillin, endured a second world war, and outlived two husbands.

Still she considered life well worth living and delighted in her family, church, and friends. Whenever times got hard or the vicissitudes of life made coping difficult, she had a way of squaring her shoulders and optimistically viewing her future. It was then that my elderly mother-in-law reminded herself and anyone else in her clan who experienced disappointment, sorrow, depression, or anxiety, This, too, shall pass. Invariably that observation proved correct.

Anyway, all of us can find comfort in the fact that we are not alone.... Keep in mind that All of God's children got troubles... before we complain, bemoan our fate, and feel sorry for ourselves, it might be wise to be grateful for our many blessings and remind ourselves that many others have far greater troubles than our own. It is they who are deserving of compassion and assistance from humankind. And she ended with: That's my treacle for today."

It is not the convenient, easy life for which I yearn. Instead, I seek a life that pushes me against the edge of all the possibilities of life.

We make a living by what we get, but we make a life by what we give. Winston Churchill

There is only one success – to be able to spend your life in your own way. Christopher Morley

We've got to learn to live with chaos and uncertainty, to try to be comfortable with it and not to look for certainty where we won't get it. Charles Handy

Another friend wrote: Scribbled by me, some ink, some pencil, "Daily goals"  
Physical challenge, Physical accomplishment; Mental Challenge, Mental accomplishment; Spiritual refreshment; Chores accomplished; Contact with a friend; Do something for someone else; Clear the Clutter; Moral direction; Be intentional. Then she added: Clear; Organize; Simplify; Enhance; Do it while you still are able; Earn your oxygen; Be responsible for your reactions; Give every day significance; KBO --Keep bugging on; Laugh, enjoy, appreciate!

Do not fight too much with one enemy, or you will teach him all your art of war. Napoleon Bonaparte

No one can ever envision how destructive a partial reform can be. . .

We think in generalities. We live in details.

*if you pay peanuts,  
you will only get monkeys*

**"Aging is hard. Sometimes, you feel useless. But I always felt I would live this long. It was intuitive. I always told people I'd live past 100, and I still feel I will. Is it the venom? I don't know."**



Legendary snake handler Bill Haast, who died June 15, 2011. Born on December 30, 1910, Mr. Haast relied on daily injections of snake venom to protect him from the 173 bites he sustained while handling some three million snakes.

The estimated dollar value of a volunteer hour is \$18.70 in Florida for 2009, according to the Independent Sector. This value is based on the wage of non-management non-agricultural workers, not on the earning power of specialized skilled workers.

# Books MAKE THE BEST GIFTS

## The Caregiver's Journal - Peace of Mind for Caring Hearts & Helping Hands

By Marie Gibson

Simple yet incredibly valuable tool to help make sense of the information overload during a hospital stay. Organize and share information—including rehab and therapy sections.

\$15.95 US [The-Caregivers-Journal.com](http://The-Caregivers-Journal.com)



## Music Therapy for Memory

Stimulates the mind and exercises memory. Developed by healthcare team (M.D./Ph.D./R.N.) to provide meaningful activities for AD. Soothing sounds CD also available for sleep.

\$19.95 US 786-463-6679 [MusicTherapyForMemory.com](http://MusicTherapyForMemory.com)

## Custom Elder Care

A CustomElder Care® Resource

Create a personalized care manual for your elder loved one. An essential tool for caregivers. Providing care at home, in assisted living or a nursing home.

\$37.45 includes handling fee [customeldercare.com/purchase-kit](http://customeldercare.com/purchase-kit)



## Heart of a Caregiver:

## Touching Lives with Compassion and Care

By Paula J. Fox

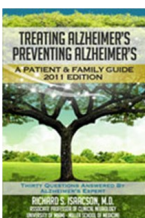
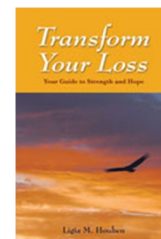
Is there a special caregiver you need to recognize? This book with inspirational DVD is the gift. The 5 star reviews say it all. Free book with purchase offer while supplies last! Coupon code: 1freeHOAC

Available only at [simpletruths.com](http://simpletruths.com)

## Transform Your Loss

By Ligia Houben

A self-help book that deals with difficult life transitions or losses and provides a mind-body-spirit guide of eleven principles on how to transform it. It can be used by a layperson or professionals. \$19.95 US [transformyourloss.com](http://transformyourloss.com) Also available in Spanish.



## Treating Alzheimer's Preventing Alzheimer's

By Richard S. Isaacson, M.D.

Harvard-trained neurologist answers the most common patient and caregiver questions in easy-to-read (large) print. He shares this new cutting edge approach for AD.

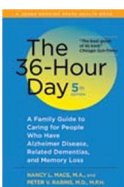
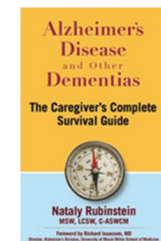
\$19.95 US 786-463-6679 [TheADplan.com](http://TheADplan.com)

## Alzheimer's Disease and Other Dementias

By Nataly Rubinstein

Alzheimer's disease can be crippling for a caregiver. It often creates a diagnosis of despair and exhausts emotional and financial resources. Now, Nataly Rubinstein offers hope.

\$17.95 plus tax [AlzheimersCareConsultants.com](http://AlzheimersCareConsultants.com)



## The 36-Hour Day

By Nancy L. Mace, M.A., and Peter V. Rabins, M.D., M.P.H.

Originally published in 1981, The 36-Hour Day was the first book of its kind. Today with dozens of other books on the market, it remains the definitive guide for people caring for someone with dementia. \$16.95 US paperback 800-537-5487 [press.jhu.edu](http://press.jhu.edu)







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## **CMS finalizes 2012 Medicare home health payment changes**

The Centers for Medicare & Medicaid Services (CMS) issued a final rule to update the Home Health Prospective Payment System (HH PPS) rates for Calendar Year (CY) 2012. Payments to home health agencies (HHAs) are estimated to decrease by approximately 2.31 percent or \$430 million in CY 2012, the net effect of a 1.4 percent payment update, the wage index update, and the case-mix coding adjustment.

This final rule reflects the ongoing efforts of CMS to support Medicare beneficiary access to home health services while continuing to improve payment accuracy.

The Affordable Care Act applies a 1 percentage point reduction to the CY 2012 home health market basket amount. As the CY 2012 market basket is equal to 2.4 percent, the payment update for HHAs in CY 2012 will be 1.4 percent.

CMS also reduced HH PPS rates in CY 2012 to account for additional growth in aggregate case-mix that is unrelated to changes in patients' health status. CMS has finalized a 3.79 percent reduction to the home health PPS rates for CY 2012 and an additional 1.32 percent reduction for CY 2013.

This rule also finalizes structural changes to the HH PPS by removing two hypertension codes from the case-mix system, lowering payments for high therapy episodes, and recalibrating the HH PPS case-mix weights to ensure that these changes result in the same amount of total aggregate payments. These changes are intended to increase payment accuracy and reduce the growth in aggregate case-mix that is unrelated to changes in patients' health status.

Under current Medicare policy, a certifying physician or an allowed non-physician practitioner must see a patient prior to certifying a patient as eligible for the home health benefit. The rule also finalizes added flexibility to allow physicians who cared for the patient in an acute or post-acute facility to inform the certifying physician of their encounters with the patient in order to satisfy the requirement.

Finally, this rule describes planned improvements to the home health publicly reported quality measures.

### Background

To qualify for the Medicare home health benefit, a Medicare beneficiary must be under the care of a physician, have an intermittent need for skilled nursing care, or need physical or speech therapy, or continue to need occupational therapy. The beneficiary must be homebound and receive home health services from a Medicare approved home health agency.

Medicare pays HHAs through a system of prospective payments that pays at higher rates to care for those beneficiaries with greater needs. Payment rates are based on relevant data from patient assessments conducted by clinicians as currently required for all Medicare-participating HHAs.

Home health payment rates are updated annually by the home health market basket percentage increase. CMS uses the home health market basket index, which measures (and tracks) inflation in the prices of an appropriate mix of goods and services included in home health services.

Section 5201(c) of the Deficit Reduction Act (DRA) of 2005 provides for an adjustment to the home health market basket percentage update for CY 2007 and subsequent years depending on HHAs submission of quality data. HHAs that submit the required quality data would receive payments based on a payment update of 1.4 percent for CY 2012. If an HHA does not submit quality data, the home health market basket percentage increase is to be reduced by 2 percentage points, resulting in a payment update of -0.6 percent for CY 2012.

The final rule went on display at 4:15 pm on 10/31/2011 at the *Federal Register*. The rule can be located at: [http://www.ofr.gov/OFRUpload/OFRData/2011-28416\\_PI.pdf](http://www.ofr.gov/OFRUpload/OFRData/2011-28416_PI.pdf).

More information about the Home Health Prospective Payment System can be located at: <http://www.cms.gov/HomeHealthPPS/>.

## **The Senior Life Foundation, Inc.**

*Mari Terbrueggen, President and Founder*

*Mari Terbrueggen presented the following message to the Duval Delegation and several hundred seniors at the annual Duval Delegation Forum. The Duval Delegation Forum is sponsored by the City of Jacksonville, The Senior Life Foundation, and Eldersource.*

Our mission is to help Duval County Seniors who live below the poverty level by assisting them with urgent financial needs and more recently trying to get at the root cause of some of their financial problems.

When our 100% volunteer foundation began operations over 10 years ago, it became immediately clear that one type of request outnumbered all of the others and that was the need for help with JEA bills. At first we did everything possible to help low income seniors pay their electric and water bills but it became increasingly clear that we were only putting a "Band-aid" on a much bigger problem. It also became clear that if we continued down that path we would run out of funds, so very reluctantly made the decision to stop paying JEA bills.

While we made this decision with a clear conscience, the thought of frail, ill and elderly people freezing on cold nights and sweltering in the summer heat continued to bother us. So we decided to analyze JEA bills to see if we could get to the root cause of the problem and reduce energy consumption.

It had been obvious to us for some time that many of the seniors we served were using appliances and plumbing that needed major repairs. We saw frail elderly women cooking on a stove with one rusty burner and no oven. Another elderly woman who was dying of colon cancer had to bathe herself in a tub multiple times daily to keep the bag from her surgery clean, but the drain to her tub was blocked and could not drain properly and both of her faucets leaked profusely so her water bill was extremely high.

We saw washing machines that were literally antiques, commodes with a bucket next to them to flush them and other commodes that ran all day long. We found the root of the problem of the high JEA bills, much of the electricity and water was being wasted.

If we could buy new energy efficient appliances for these low income seniors and repair faulty plumbing we felt we could reduce their energy consumption substantially and perhaps even make their JEA bills manageable. So we created the "Save Our Seniors" Energy Program or SOS.

We talked with Joan Turner who is on our board and manager of the Independent Living Program for the City and Gerri Ford with the Community Action Agency and found they were working on reducing energy consumption for low income seniors through a federal weatherization program. They went to the senior's home and installed insulation and double pane windows, so we combined forces. If appliances or plumbing needed repair or replacement they notified us.

We negotiated with Lowe's for energy efficient appliances and Metro Rooter for plumbing repairs. Both companies agreed to partner with us to help these low income seniors. We selected the bottom of the line appliances from Lowe's, but the most energy efficient, and they sold them to us at pennies above their cost. Metro Rooter agreed to provide a discount on all plumbing repairs and installation of plumbing fixtures and provided same day service.

For a total cost of slightly less than \$40,000 we were able to replace or repair 117 appliances in the last six months. To be certain our program was effective we solicited feedback from the seniors. We now know from letters and phone calls that the average reduction on JEA bill for these seniors ranges from \$30 to \$50.

So... rather than paying electric bills month after month, our "Save Our Seniors" Energy Program does much more than put a "Band-aid" on the problem. It brings joy to our seniors and brings the electric bill into a range that many of them can now afford.

*Continued on Page 10*



## FASP Board of Directors Meeting Summary

WEDNESDAY ~ OCTOBER 12, 2011 ~ 12:30 PM

President Karen Deigl explained the shared governance structure for FASP. First Vice President, John Clark will take lead on Advocacy with Jim Croteau and Second Vice President, Ellen Campbell will take lead on Membership and Education.

### Advocacy, Education and Information-Sharing

Money Follows the Person was vetoed by the Legislative Budget Commission. The \$36 million that was awarded to Florida has not been reallocated. DOEA supports the program and the allocation is available until 2016. There is still a possibility that Florida will accept these dollars. The Governor's office appears supportive of the program.

DOEA has indicated support for the Background Screening Bill. Senator Storms has already filed the bill.

The Management Firm reported on the advocacy donations received for the 2012 Advocacy Initiative and described the potential layout of the 2012 Advocacy Brochure. FASP Board Members' thoughts and concerns were discussed.

### Member Services

Bi-Monthly e-Newsletter

The Newsletter is one of the primary benefits as it generates revenue and holds tangible benefits. Guest editors were named for the 2012 publication schedule of the newsletter as follows:

January/February – John Clark

March/April – Terri Barton

May/June – Darrell Drummond

July/August – Sarah Stroh

September/October – Sheila Salyer

November/December – Ginna O'Connor

Discussion occurred about placing an article in each of the six issues featuring the At Large Representatives organization.

### Strategies for 2012 Action Plan

a. Leadership Academy – The Executive Committee recommended that the Board select one of the three researched educational programs to start discussions on working with FASP to develop our Leadership Academy.

b. Pre Conference Intensive – A Pre Conference Intensive will be planned for the 2012 Florida Conference on Aging if FASP does implement the Leadership Academy.

### 2012 Committee Appointments

- A. **Nominating Committee** - Yolanda Rodriguez will serve as Nominating Committee Chair for the 2012 election cycle. Members of the committee are Liz Lugo, Terri Barton, Darrell Drummond, Bill Aycrigg.
- B. **Best Provider Awards Committee** – Ginna O'Connor will serve as Awards Committee Chair, with Therese Pokryfke, Debbie Slade and Larry Tuten as members.
- C. **Conference Co-Chair** – Sarah Stroh will serve as Conference Co-Chair.
- D. **Pre-Conference Intensive Chair** – Ellen Campbell will serve as the Pre-Conference Intensive Chair.
- E. **Local Planning Committee Co-Chair** – Bev Hougland will serve as Local Planning Committee Co-Chair. Call for members of the committee will be requested from Districts 5 & 6.

**Guest Speaker:** Representative Debbie Mayfield

An economic update for the State of Florida: we are looking at a \$1.2—\$2.1 billion shortfall this year. The first Appropriations Committee meetings were held this last week and agencies have been asked to look at a 10% cut to their budgets. The State needs to look at how we do business and the redundancies that occur. Several agencies serve common groups, should they be eliminated or merged?

*Continued on Page 10*

There is a need to find out how can we streamline and consolidate activities so the money can get down to the people and not just support an agency on a state level.

Rep. Mayfield has asked the Aging Network to help inform the legislature as to which programs are the most effective and where can we eliminate redundancy and still provide the quality of service that is needed. The best way to get the information to the FL Legislature would be to put together a position paper with specific items and cost savings. We can eliminate and still serve, show what your results are. Non-profit groups are small business; we are non-governmental agencies and should not be skipped over during privatization.

Items for cost savings:

- A. Monitoring redundancy by several agencies DOEA, AAA, AHCA, and Compliance Audit.
- B. State agencies won't share information such as background screenings (\$55 per person) with other state agencies due to the statute requirement listings. Rep. Mayfield would love to have one list of requirements to screen for in order to create one background screening that all agencies will use and share.
- C. Participants of a program who also volunteer for that program should not have to be background screened.

The Legislature will go to session in January to work on the budget. Don't wait for session to start to meet with your Legislator. Now is the time to sit down with them and explain how your agency works. Committee week is extremely busy time for Legislators; meeting in their district office would give you more quality time. Representative Mayfield believes one of the most effective advocacy methods is to visit Legislators with a solution, not just to complain about a problem. There are committee chairs for every state agency and each committee chair is charged with balancing the budget, by presenting a position paper with streamline and redundancy recommendations, you will be helping out the Chairman.

### **Management Firm Status Report**

The management firm status report was presented to the Board. A membership report as of August 31, 2011, was provided to the Board. Board and staff have initiated calls and emails to all non-renewing members. The FASP website was updated significantly during the past year. Board support provided through the year included the preparation of agenda and related materials for Board meetings and Executive Committee teleconferences; preparation of minutes for same; and conducting the 2010 Board Retreat. Monthly financial reports are prepared for the Treasurer's review. The management firm coordinated the sponsorship and publication of the bi-monthly e-newsletter. The Board approved continuation of the management contract with MLD&A for 2012.

### **Proposed 2012 Operating Budget**

Treasurer Ginna O'Connor reported on the proposed 2012 Operating Budget. The budget includes a total projected income for the year of \$36,674. The total projected expenses for the year are \$36,674. The Board approved the proposed 2012 Operating Budget.

### **Proposed 2012 FASP/FCOA Joint Conference Agreement**

The Executive Committee recommended that the Board vote in favor of the FASP/FCOA Joint Conference Agreement. The Board approved the proposed 2012 FASP/FCOA Joint Conference Agreement.

### **Other Business**

**Conflict of Interest Policy** – Karen Deigl reviewed the Conflict of Interest Policy with Board Members. All Board members were asked to sign the agreement and return it to the Management Firm.

### **Request for November FASP/DOEA Conference Call Agenda Items**

Karen Deigl reported on the FASP/DOEA conference calls and requested that all District Representatives submit any items of concern for their regions for the next call.



## Resources and Ideas

**New on the MedlinePlus Dementia page: More and More Dementia Patients Hospitalized**

A new analysis of elderly dementia patients has found that by 2050, between three and seven million may be hospitalized each year, up from just over one million a few years ago.

Source: Reuters Health

[illegible]

## LeadingAge: Senators Kohl and Wyden introduce a bill to improve transportation for seniors.

<http://leadingage.org/Senior Transportation and Mobility Improvement Act.aspx>

[illegible]

**Statewide Medicaid Managed Care - Updated Information Now Available On-Line** Additional documents have been posted regarding negotiations with federal CMS on the 1915(b)/(c) waiver request to implement the Long-term Care component of the SMMC program. Please visit our website through the link below and navigate to the ***Federal Submissions and Authorities*** page under the ***Long-term Care Managed Care*** tab to view recently posted documents.

To learn more about this program, visit [http://ahca.myflorida.com/Medicaid/statewide\\_mc/index.shtml](http://ahca.myflorida.com/Medicaid/statewide_mc/index.shtml)

[illegible]

## No Power? Read on . . .

Lost power, scrambling around in the darkness, looking for matches, candles, flashlights, etc. Look outside and notice the solar lights shining brightly all around your patio, stairs, dock, etc. Aren't they beautiful.

Bring the solar lights into the house and put the solar light pipes into plastic drink bottles containers and they make the nicest, brightest, safest, lighting you could ever imagine.

The lights fit easily into the small (20 oz) water bottles and they also fit into most of the larger liter bottles. If you need a weight in the plastic bottle to keep them from tipping over, just put a few of the pretty colorful "flat marbles" that are used in aquariums and vases or you can also use sand, aquarium gravel or whatever you have available.



Put one in the bathroom, the kitchen, the living room, etc. and there will be plenty of light. The lights are perfect inside the home. They burn all night long, if you need them. The next day, you just take them back outside and they will instantly recharge and be ready for you to use again any time you need them.

[illegible]

## Food Safety/Sanitation Education Material

# Take Control of Food Safety: An Educational Program For Older Adults

[http://www.tnstate.edu/agriculture/documents/Seniors\\_Food\\_Safety\\_Booklet-1.pdf](http://www.tnstate.edu/agriculture/documents/Seniors_Food_Safety_Booklet-1.pdf)

Food Safety for Older Adults [http://www.fsis.usda.gov/PDF/Food\\_Safety\\_for\\_Older\\_Adults.pdf](http://www.fsis.usda.gov/PDF/Food_Safety_for_Older_Adults.pdf)

As older adults are more likely than younger adults to contract food-borne illnesses, the Tennessee State University and RTI International, a non-profit research organization, developed a food safety booklet for older adults and those who care for them.

For a copy of the booklet, visit the following Web address:

[http://www.tnstate.edu/extension/documents/Food Safety for Caregivers booklet.pdf](http://www.tnstate.edu/extension/documents/Food_Safety_for_Caregivers_booklet.pdf)

## Upcoming Events



### February 2012

**February 9-10, 2012:** 5th Annual Senior Center Training at NE Focal Point/ Deerfield Beach Senior Center. 12:30pm Thursday, Feb. 9—11:30am Friday, Feb 10. Hosted by Florida Association of Senior Centers. Special Hotel rates of \$129 per night at Hilton Deerfield Beach, call 1-800-624-3606 and ask for the FASC Workshop. [Click here](#) for the registration form. [Click here](#) for the Agenda.

This training is a great time to network and learn from other senior center staff across the state. We are looking forward to excellent workshops. In addition to an outstanding senior center, NE Focal Point also administers 2 adult day cares, a child care center, and a thrift shop. This workshop is in addition to our annual meeting and training which will still be held in conjunction with FCOA in August.

**February 10, 2012:** Florida State University, Tallahassee, FL. *Making Health Law in the Sunshine State: Do (and should) Ethics Influence Policy Making?* Additional information about this event will be posted to the events calendar as it becomes available. <http://www.fasp.net/events.php>

**February 15-17, 2012:** Wyndham Lake Buena Vista Resort, Orlando. *Florida Alliance of Information and Referral Services (FLAIRS) Conference*. For additional information about the conference visit <http://www.flairs.org/conference/teaser.htm> and <http://flairsconference2012.eventbrite.com> to register.

### March 2012

**March 28-April 3, 2012:** Washington, DC American Society on Aging Conference. Aging in America. For additional information and to register, visit <http://asaging.org/general-info>

### April 2012

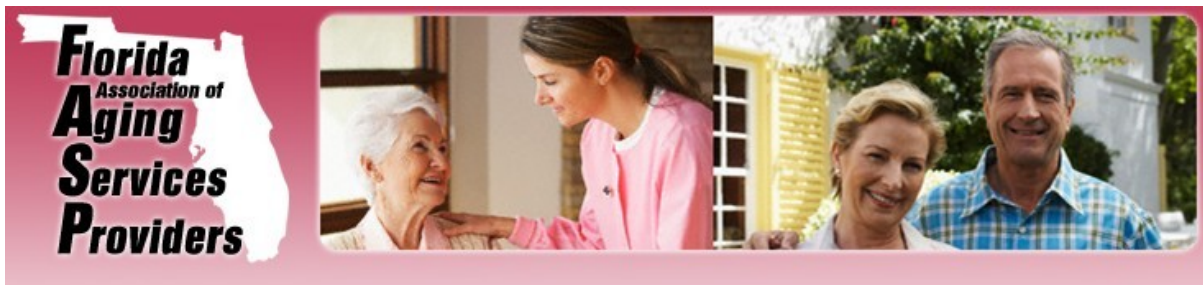
April 19-22, 2012: Nashville Downtown Hotel, Nashville, Tennessee. Southern Gerontological Society Conference. *Gerontology: A Legacy of Commitment*. For additional information please visit <http://www.southerngerontologicalsociety.org/sgs/index.asp>

### August 2012

**August 20-22, 2012:** JW Marriott, Orlando, FL. Florida Conference on Aging. For more information please call 850-222-8877.



**Come visit us at the FASP website [www.fasp.net](http://www.fasp.net)**





## 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/FLAgingServProv>



### Florida Department of Elder Affairs (DOEA) 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

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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](mailto:moreinfo@fasp.net) or by phone at (850) 222-3524.

The mission of FASP is to support and advocate for public and non-profit organizations engaged in the provision of community-based services to Florida's elders to improve their quality of life.

***Mark your calendars now!***

***The 2012 Florida Conference on Aging  
will be held***

***August 20-22, 2012***

***at the JW Marriott in Orlando***

