

Volume 74: January/February 2020

## Florida Association of Aging Services Providers

Guest Editors: Amanda Hinz, Senior Friendship Centers, Inc. and Pam Saucier, Chapters Health System

## Message from the President

By Andrea Busada, Broward County Elderly and Veterans Services



Greetings, fellow FASP members! I hope this message finds you all well. I want to take this opportunity to thank all of you who have contributed to the ongoing legislative advocacy effort — every penny donated, every letter written, every phone call made, every office visit made is so crucial to ensuring that our state general revenue funding continues. Special thanks go to Margaret Lynn Duggar, Colette Vallee and

Robert Beck for their tireless efforts - I've no doubt that our funding wouldn't be where it is today without these three advocating and lobbying powerhouse experts seniors. The next crucial effort involves the Census 2020. We can't impress upon everyone enough the need for everyone in Florida to be counted! AARP has put together a fantastic website resources your with wonderful for agency clients: aarp.org/census. Broward County also has a website with useful information: broward.org/census2020. In Broward County alone, it is estimated that \$210 million in federal funds was lost due to undercounting. Let's use this opportunity to get back on equal ground, to get our fair share!

## This Issue's Sponsors





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## There is No Room for Pride in Caregiving

By: Amanda Hinz, Senior Friendship Centers





"Grandpa isn't doing well"; I knew it was serious this time. At this point, my mom had been the sole, full time caregiver for my grandfather for 5 years in Southwest Florida, the place my grandfather insisted he wanted to spend his remaining days. She was calling me and letting me know I needed to fly from Rochester, New York to Florida to see him. I was air bound just a few days later. When she picked me up from the Fort Myers airport, I asked "how is Gramps doing?" She let me know he had fallen, and she couldn't get him up. I wasn't sure what to make of that statement. We chatted small talk the rest of the 45-minute drive back to her home where she and my grandfather lived. I hadn't realized how grave the situation was until I walked into the house and saw my grandfather, the war vet, laying on the floor in nothing but a soiled adult diaper.

That moment is forever stuck in my mind. Through tears, I explained to him and my mom that we needed to call 911. He had had a stroke and was hospitalized for a few days before going to hospice and passing just 10 days later.

Caregiving is an emotional topic that hits home to countless Americans. I saw firsthand the conflict my mother had felt in caring for her father, her hero. She wanted nothing more than to give him what he wished for – to die at home, in Florida. Between the countless appointments, his chronic incontinence, prideful refusal to use a walker or any sort of assistive device, and his careless attitude towards all of his medical ailments (diabetes, heart disease...), my mom couldn't see that she had given up her own life in an effort to save his. Her house was in shambles, as was her life. She had no friends and no job, relying on her pension alone, no local supports and she looked exhausted.

I remember wondering how she let my grandfather get so bad; how did she not see that this was serious? How could she not tell me that he had been deteriorating for so long? Then I remembered that seeing something or someone every day tends to blur the changes that seem so dramatic to those watching from a distance. Instead of blaming her, I began to support her. She had just lost her father, her roommate, her buddy and had no natural supports in place; she was lost. She had gained 40 pounds and had no hobbies or income. Her home required new carpeting, and some serious deep cleaning from top to bottom. Support became the only option as my heart began to break for her and the circumstances she had created. Shaming her wasn't going to bring back my gramps.

Ethical decisions in caregiving are not

## Continued from page 2

always directly related to the recipient. Making ethical decisions is not the sole responsibility of licensed professionals; it's the responsibility of mankind. Instead of being a hero, we must remind ourselves that we are useless if we are not making ourselves a priority. Perhaps it was my mothers' pride that stopped her from asking her 6 siblings for help, I'm not sure. But the lesson is clear – she put his needs above her own, and they both suffered greatly because of it. It has taken her 7 years to get back on her feet. She's working again, has lost weight, the flooring has been replaced in her home, she recently sorted through my grandfathers' belongings and reduced much of the clutter that she lived with on his behalf. She's getting her life back.



The quality of the care we provide to others is a direct reflection of how we care for ourselves. Asking for help is not the easy thing to do; it's the right thing to do.

## Fire Safety for Seniors

A fire in your home can be a devastating event that may cause fatalities, injuries and property damage. The risk of death and injury in residential fires can increase in some populations, including the elderly, ages 65 and older, and the very young. Researchers from the National Institute of Standards and Technology identified vulnerable populations in their study and determined that deaths were disproportionate to their level in the U.S. population. For instance, adults 65 years and over made up 32% of the home fire deaths but represented only 13% of the population.

According to <u>statistics</u> released by the U.S. Fire Administration, older adults are 2.5 times more likely to die in fires than the overall population.

The risk factors that may affect older adults more than younger generations are: slower reaction

times, reduction in senses, inappropriate use of common appliance and household items, living alone and smoking. Here are some tips to reduce the likelihood of a fire or injury/ death if one should occur:



- Cook with care
- Space heaters need space
- Keep important items handy
- Learn how to put out a fire on your clothing
- Avoid candles
- Keep fire extinguishers nearby
- Have a fire evacuation plan

For more information, please read this blog.

## Dealing with Grief and Loss of a Loved One

By: Pam Saucier, Chapters Health System





When we lose someone we love, we are usually devastated and overwhelmed with trying to make it through the next hour. Not only are we missing the person desperately and trying to define our new life without that person in it, but the smallest of tasks can be monumental. After someone passes away, there are numerous tasks to complete — notifying social security, handling bills, dealing with bank accounts, working with other family members who were dependent on the person who passed away, making decisions about possessions, etc.

Regardless of whether the loss occurred as a result of a car accident, long illness or heart attack, the grieving process is devastating. The emotional component of grieving might include frequent crying, not being able to get out of bed, not able to go to work, not caring about eating, using alcohol to numb the pain. You want friends to not forget about the person you lost but they are often uncomfortable with what to say or do. Your world as you know it will never be the same. How are you going to get through each day?

In order to move forward, many people, including those that we serve, need assistance from a community provider. Some hospitals offer free sessions on grief to the public. Local churches are also a resource for support in dealing with grief and loss. Hospices are the experts in dealing with loss. Part of hospice care is to continue to provide support for a year after the loved one is gone. You do not have to have received hospice services to access grief support.

Most hospices have general grief support groups, support groups for parents who have lost a child, support groups focused on men who have lost someone, women who have lost someone, children who have lost someone important in their life, etc. Individual counseling is often available as well. Many hospices provide annual grief camps for children to help them better deal with their feelings of loss. The hospices that are a part of Chapters Health System, Good Shepherd Hospice, LifePath Hospice, Hospice of Okeechobee and HPH Hospice in addition to other hospices, especially nonprofit organizations, provide the services free of charge. When you see someone having a hard time coping with a loss, don't hesitate to suggest community resources that can help them through this really difficult time.

For more information on grief services, please visit our website.

## **Chapters Health System Care Navigation:** Redefining the Approach to True, Person-**Centered Care**

By: Pam Saucier, Chapters Health System



HEALTH® SYSTEM

Early last year I was in a discussion with some of the leadership at Chapters and the topic arose around why we all chose the particular careers we did. The one thing we all had in common was an innate desire to take care of the members of our community. While our areas of expertise differed we shared in this one common cause. Providing the best care, resources, guidance, and support for those in our neighborhoods, towns, and cities as being a passion that unites us.

It is that spirit that kicked off the unique and exciting conversation that eventually became Chapters Health Care Navigation Center. A one -of-a-kind set of resources that combine the personal concierge healthcare experience with a connection to pivotal community-based resources. A few realizations were had along this journey. The first was that there is a very large, fragmented, and difficult to navigate

healthcare world out there facing seniors and frail elderly. Secondly, that there is a tremendous network of service providers out there to support and assist seniors and their families. Now imagine a world where the first was simplified and the second was connected closely to that solution.

As part of an ongoing commitment to providing a first-rate customer experience and treating our customers as we'd treat our own family member. Chapters Health System set forth to design a program that combines these two unique aspects of person-centered care in a way like no other.

Our focus is to ensure that health care and personal care needs are met for each person at the time needed. Those needs could be home health care, meals, transportation, hospice care, assistance with navigating the health care system, etc. In the Care Navigation Center, Chapters will partner with community service providers to meet the needs of individuals in the communities we serve. Our goal is to develop strong collaborative relationships with the community providers in meeting the needs. These community providers certainly include Florida Council on Aging and FASP providers. Care Navigation will start April 1 and be fully deployed by the end of 2020. Should you wish to learn more about these unique and innovative set of services, please contact Chapters Health System.



## **Advocacy Alert—Legislative Budget**

## By: Margaret Lynn Duggar

As the FASP newsletter goes to print on March 4<sup>th</sup>, there have been no changes in the appropriations since FCOA's most recent report to you.

As of January 30, 2020										
		DOEA Legislative Budget Request		Go vernor's Recommendations		House Budget Proposal 1-28- 20		Senate Budget Proposal 1-29- 20		
Item#	Budget Issue	Recurring GR	Total	Recurring GR	Total	RecurringGR	Total	Recurring GR	Total	
Depar 1	tment of Elder Affairs Community Care for the Elderly - Funding to Serve the Frailest Seniors on the Waiting List	\$6,000,000	\$6,000,000	\$5,000,000	\$5,000,000	\$3,500,000	\$3,500,000	53,219,444	\$3,219,444	
2	Serve Additional Clients in the Home Care for the Elderly (HCE) Program	\$1,000,000	\$1,000,000	\$1,000,000	\$1,000,000	\$1,000,000	\$1,000,000	\$600,000	\$600,00	
3	Alzheimer's Respite Care In crease funding to serve the frailest Seniors on the waiting list		\$3,610,500	\$3,610,500	\$3,610,500	\$3,610,500	\$3,610,500	51,839,911	\$1,839,911	

While these increases come nowhere close to meeting the needs represented by the waiting list numbers that now total 77,588, it is important to acknowledge that the network and the people we serve have experienced increases every year since we began this Advocacy Initiative in 2007. Without this work, which we consider not only important, but also essential, many believe that essential programs like Community Care for the Elderly, Home Care for the Elderly, Alzheimer's Disease Initiative and Local Service Programs would not even exist! They would have been incorporated into some other program, possibly roads, or maybe Medicaid, where the frail elders who are just above the Medicaid financial eligibility limits would be excluded from any services. And, it is impossible for a person receiving \$2,000 or even \$3,000 a month to be able to afford to pay for care privately, which costs up to \$100,000 per year!

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## **Continued from page 6**

As Florida's aging network, we are in complete agreement about the value of these state-funded, long term care programs. Those of you serving in communities see their benefits every day. These programs are uniformly valued across the entire continuum of longterm care services.

We must prepare now for the 2021 Advocacy Initiative. Please include this essential work in your budgeting for 2021, and contact Margaret Lynn at FCOA if you'd like to host an Advocacy Summit or another event. And, consider a personal financial contribution to this work. Then, ask the FCOA leaders how you can get more involved.



Thank you!

## **Uber Introduces 1-833-USE-UBER in Florida**

Contact: Javi Correoso, 305.495.1101, <u>JCorreoso@Uber.com</u>



(Miami, Fla.) -- Uber Technologies announced a statewide option; a new phone booking feature that allows Floridians to request a ride without the Uber app. After dialing **1-833-USE-UBER**, a rider will be paired with a live team member that confirms the trip request, provides an upfront price quote, and uses the same marketplace technology powering the Uber app to help find a ride. It was designed with older adults in mind, though anyone that prefers the convenience of live conversation can use this service to request a ride.

In order to use this feature, one will need an SMS or text-based mobile phone to receive important messages about the ETA, the driver's license plate details, and the driver's name. Riders continue to receive messages before and during the trip, and once it concludes, will receive a trip receipt.

"We built 1-833-USE-UBER to expand access for anyone that prefers a little extra assistance when they want to use our services. There's always more to be done, but this feature brings the convenience of live support to our matching technology so everyday customers get the ride they want," said **Danielle Sheridan, Head of Uber City Operations.** 

1-833-USE-UBER is available to all Florida riders. One can request ride options in Florida including UberX, Uber Comfort, and Uber Black. There is no extra charge for using this service, though carrier message and data rates may apply.

This new feature combines the efficiency of Uber's matching technology with the convenience and additional support of a live team member. Uber built it based on feedback from older adults who shared that live conversations, and the simplicity of experience can make a difference for their transportation needs.

### **About Uber**

Uber started in 2010 to solve a simple problem: how do you get access to a ride at the touch of a button? More than 10 billion trips later, Uber is building tools to get people closer to where they want to be. By changing how people, food, and things move through cities, Uber is a platform that opens up the world to new possibilities.

## The 2020 Census Count Will Have an **Enormous Impact on Older Adults and** Seniors in Florida for the Next Ten Years

By: Mark Adler, Meals on Wheels South Florida







The 2020 Census is almost here, and advocates all across Florida have been working hard to make sure every resident is ready to get counted. The U.S. Constitution requires a population count every ten years of each person living in the United States, regardless of citizenship status or how long a person has been living here.

The 2020 Census count will impact the distribution of approximately \$1.5 trillion dollars of federal funding per year, over the next 10 years, to state and local governments across the country. An undercount of individuals, especially those who rely on benefits and services funded through federal dollars, greatly impacts the availability of these much-needed programs. This funding supports vital federal assistance programs serving Florida's older adults, such as Medicare, Medicaid, Supplemental Nutrition Assistance (SNAP) and The Older Americans Act (OAA). It helps local governments determine where to build new parks, transportation services, hospitals, nursing homes, community programs for seniors and older adults, and so much more.

In addition, the 2020 Census will impact the number of elected officials in Congress representing our communities, as well as the boundaries for state legislative districts. With an estimated 640 people moving into our state each day in 2019 alone, Florida will likely gain seats in Congress from the 2020 Census count. But first, everybody must get counted!

Between March 12 and 20, every household will receive an official invitation in the mail from the U.S. Census Bureau with instructions on how to respond to the census online, over the phone, or through the mail. The invitation will contain a telephone number that can be called to respond over the phone or to request a paper form in the mail, and assistance will be available in 59 languages.

When filling out the census form, it's critical to count every person who is living in each household, even if that person is not a family member. It is important to know that all responses to the 2020 Census are secure and confidential. The U.S. Census Bureau is required under federal law to keep all answers confidential, and no governmental agency will have access to the information contained in any census form.

To learn more about the 2020 Census and why it matters for older adults, or to access a wide variety of 2020 Census resources, please visit 2020census.gov.



## **Cost of Aging**

A concern as more Boomers retire is the cost of healthcare. Many people have long-term care insurance through their employers but it is expensive and maintaining the insurance past retirement may be cost prohibitive. Medicare only covers some parts of necessary care and some seniors are forced to spend down their assets to qualify for Medicaid. This is considered "going broke to get coverage" and it is becoming quite common and creates a greater dependency of government assistance.

Compounding this issue is that Americans are having fewer children and living much longer, in some cases with chronic conditions. Fewer children means there are less family caregivers. The supply of paid caregivers is shrinking as the population rises and many people have not saved for long-term care.

Paid home care can improve the lives of older adults with disabilities and their families, but recipients often have substantial out-of-pocket expenses. U.S. Department of Health and Human Services data shows hiring a home health aide costs about \$20 an hour, which adds up quickly for round-the-clock care. More information can be found here.

Researchers at the Urban Institute simulated the financial burden of paid home care for a nationally representative sample of non-Medicaid community-dwelling adults ages sixty -five and older. In their study, researchers found that "74 percent could fund at least two years of a moderate amount of paid home care if they liquidated all of their assets, and 58 percent could fund at least two years of an extensive amount of paid home care." Among older adults with significant disabilities, however, "only 57 percent could fund at least two years of moderate paid home care by liquidating all of their assets, and 40 percent could fund at least two years of extensive paid home care." Paid home care could become



less affordable if growing labor shortages cause future costs to rise.

As the population ages and future generations reach retirement, these issues will be compounded. Recent studies have shown that most millennials are not saving for retirement. There is an upside-down pyramid taking shape where there is a greater generation of retirees assuming the fiscal and financial support of a smaller generation of millennials. This will need to shift in order to ensure that future generations are able to retire, afford health care coverage and not have a greater reliance on government assistance.

### Resources

- States struggle to plug holes in senior health care as Boomers retire
- <u>As Boomers Retire, States Struggle to Cover</u> Their Health-Care Costs
- Getting Older, Going Broke: Who's Going to Pay for Long-Term Care?
- The Financial Burden Of Paid Home Care On Older Adults: Oldest And Sickest Are Least Likely To Have Enough Income
- <u>Eight Demographic Trends Transforming America</u>'s Older Population
- Opinion: Millennials are the new face of the retirement crisis
- U.S. Births Fell To A 32-Year Low In 2018; CDC Says Birthrate Is In Record Slump
- Millennials Pose a Major Problem for States

## **Show ACL How You Make Your Mark**

March is National Nutrition Month and ACL needs your help to celebrate. Throughout the month, ACL will be highlighting how you *make your mark, one bite at a time* through the Congregate Nutrition Program.

You, the congregate program, and all of its participants are vital to the community:



- Congregate nutrition programs help provide older adults with a high quality diet through healthy meals that look good, taste good, and provide choices.
- Congregate nutrition programs are inviting, hospitable, and inclusive creating a comfortable and welcoming environment.
- Congregate nutrition programs connect people to each other through fun, engaging activities that decrease social isolation and solidify friendships.
- Congregate nutrition programs promote health through physical activity, active learning, nutrition education, and eating together.
- Congregate nutrition programs increase food security through meals and access to vital social services such as heating and cooling assistance programs, SNAP, and health care programs.

You *make your mark, one bite at a time,* one step at a time, every day, and ACL wants to spread the word. They are asking you to share your success with them by sending in your photos, videos, audio clips, and testimonials.

Between now and the end of March, please send photos, videos, audio clips, or testimonials from seniors about your meal site, program activities, or nutrition education to <a href="mailto:healthpromotion@acl.hhs.gov">healthpromotion@acl.hhs.gov</a>. Please include your contact information and permission to use the material.

ACL will feature one photo, video, or audio clip weekly on its website and Facebook page with attribution and a caption about how to *Make Your Mark, One Bite at a Time*. In addition, ACL will begin a project using *your* photos, videos, and testimonials to develop a lively, engaging video that the aging services network can use to show what congregate nutrition is all about, address misconceptions, and demonstrate its crucial role in healthy aging.

ACL hopes that you will join them and spread the word as they celebrate good food, good companionship, and good programs.

## Job Announcement — Broward County Human Services Department Strategic Planner



The Broward County Human Services Department's Office of Evaluation and Planning is seeking a qualified candidate for a high-level Strategic Planning and Projects Coordinator. The candidate will work independently as well as facilitate Department-wide strategic and business planning sessions, performance benchmarking with comparable human service jurisdictions, best practice research and department-wide strategic analysis and alignment. Please check out the link for more information.

https://www.governmentjobs.com/careers/broward/jobs/2725601/program-project-coordinator-sr-strategic-assessment-coordinator?keywords=program%20project&pagetype=jobOpportunitiesJobs



## Special Offer for Florida Council on Aging and Florida Association of Aging Services Providers Members from the Aging Life Care Association®

Register for the Aging Life Care Association® 36<sup>th</sup> Annual Conference April 29<sup>th</sup> – May 2<sup>nd</sup> in Orlando, Florida





Wednesday, April 29th - Pre-sessions, & Opening Reception Thursday, April 30th - Friday, May 1st - Resource/Exhibit Hall Open Thursday, April 30th - Saturday, May 2nd - Annual Conference

### **Hyatt Regency Grand Cypress**

One Grand Cypress Boulevard, Orlando, FL 32836

## **Featured Speakers Include:**

- \* The Beat Goes On: The Magical Connection of Music Russell Hilliard, PhD, LCSW, LCAT, MT-BC, CHRC, CHC, CCTP
- ★ Martie Salt WFTV-Channel 9 (Central Florida) News Anchor Double Emmy-nominee for "Blindsided" documentary on aging in place
- \* The Psychology of Non-Compliance Paul K. Chafetz, PhD
- ★ He Said. She Said. When Vision Collides with Reality Marc Middleton, Founder/CEO, Growing Bolder & Bolder Media Group & Molly Middleton Meyer
- ★ Striking A Balance in Transitions of Care Across the Healthcare Continuum Cheri Lattimer, Executive Director, National Transitions on Care Coalition (NTOCC)
- ★ Dementia It is Not a Person's Name Joshua Freitas, PhD, MEd, BC-DEd, CAEd, CERTUS Senior Living

### **Earn CE Contact Hours**

ALCA has applied for 17.5 continuing education contact hours for the

conference (including the pre-session) for the following:

- Social Work National Association of Social Work and NY State Education Department
- Nursing California Board of Registered Nursing
- National Academy of Certified Care Managers (NACCM) Care Manager Certified (CMC)
- Commission for Case Manager (CCM) Certification

Special Discount for Florida Council on Aging Members and Florida Association of Aging Services Providers Only - Use discount code GGV38H3H and receive 10% off of the published non-member full conference or daily rate.

Early Bird Discount Ends March 18th – Register Today!

Click here for more information and to Register





## **Sharing Facts about Coronavirus**

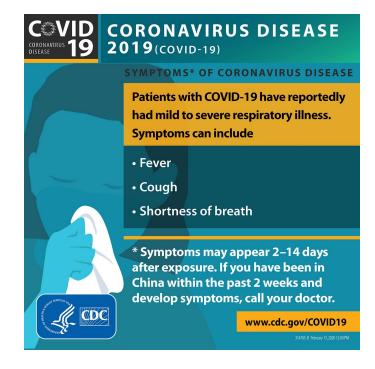
Coronavirus Disease 2019 or COVID-19 has been in the news a lot recently. Here is some information that we have gathered to help keep you informed.

The U.S. Centers for Disease Control (CDC) is monitoring the situation closely and is the most comprehensive source of information. The CDC is urging individuals to stay calm and <a href="Share Facts">Share Facts</a>, <a href="Not Fear">Not Fear</a>. Information from the CDC on prevention has been provided below.

According to the Administration for Community Living (ACL), there are currently no additional prevention and treatment recommendations for older adults and people with disabilities. If specific guidance is issued for these populations, ACL will post it to their website.

James Firman, President and CEO of the National Council on Aging (NCOA) released a statement urging Congress to take immediate steps to provide an appropriate level of funding

for a strong, comprehensive public health campaign to fight the deadly coronavirus disease (COVID-19).



## **Prevention**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). At this time, CDC recommends that everyone, regardless of age or disability, take the same precautions to avoid illness. These include the following everyday preventive actions to help prevent the spread of all respiratory diseases, including colds and flu:

- Avoiding close contact with people who are sick.
- Avoiding touching your eyes, nose, and mouth.
- Staying home when you are sick.
- Covering your cough or sneeze with a tissue, then throwing the tissue in the trash.
- Cleaning and disinfecting frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- Following CDC's recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Washing your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.



Find our sponsors on Social Media!

## FASP is on Social Media—Are You?





## Senior Friendship



https://www.facebook.com/
friendshipcenters/?fref=ts

https://twitter.com/sfc fl

https://www.facebook.com/ ChaptersHealth

https://twitter.com/ Chapters Health

## **Upcoming Events**







Aging Better Together: Building an Inclusive Aging Community

The Southern Gerontological Society's 41st Annual Meeting and Conference — Norfolk, VA

April 14 through April 18, 2020

For more information, please visit their website



April 20-22, 2020

Embassy Suites by Hilton, Orlando Lake Buena Vista South 4955 Kyngs Heath Road Kissimmee, FL 34746

If you have questions or need further information about TransPlex 2020, please contact planning@dot.state.fl.us or (850) 414-4800.



APRIL 20-22, 2020 OMNI SHOREHAM HOTEL, WASHINGTON, DC

**Register** Here



## Thank You Sponsors!



Promoting Independence in our Community

https://www.seniorresourceassociation.org/



http://www.coasl.com/



https://volencenter.com/



http://www.coawfla.org/



https://friendshipcenters.org/



http://agingtrue.org/



https://local.aarp.org/fl/





https://www.hillsboroughcounty.org/en/government/departments/aging