



Florida Association of Aging Services Providers e-Newsletter

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Guest Editor: Darrell Drummond, Council on Aging of St. Lucie County

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Message from the President

Dear FASP Members:

The Florida Association of Aging Services Providers (FASP) is a remarkable organization with a vision to assist our statewide providers of direct services to seniors with the best information and support; to enable them to provide the best quality of services to Florida's elders.

This month my term serving as President of the FASP Board has come to an end; it is time for me to pass the torch (no Olympic pun intended) to the incoming President knowing that our mission continues. I look back on the last two years, full of learning and great experiences, with gratitude.

My duties have given me the chance to meet great leaders in our aging network. As a network we made many decisions enabling the continuity and future growth of FASP. Working at both the state and local levels, together we have accomplished so much toward our mission to "support and advocate for public and non-profit

organizations engaged in the provision of community based services to Florida's elders and to improve their quality of life."

I wish to express my deep appreciation to all who support the organization. Thank you, FASP Board Members for all your work and effort toward achieving our goals and coming together to achieve "more positive results than individuals acting alone." Thank you to Margaret Lynn Duggar and Associates, Inc. for your guidance in strategic planning and leadership in regards to the design of the organization and implementation of our responses to the aging of society.

My experience has been a wonderful one. Future support and change continue to be necessary to guarantee successful improvements to benefit our community of elders in Florida.

Sincerely,
Karen Deigl

Meals on Wheels Program: Still Rolling Along After 40 Years

Darrell Drummond, Guest Editor

As we approach the 40th anniversary of the Meals On Wheels (MOW) Program in Florida, I thought it was a great time to talk about a program that is so integral to the overall mission of the senior network. At the Council on Aging of St. Lucie (COASL), we are celebrating thirty nine (39) years of providing this valuable service to the seniors in St. Lucie County. The 1964 Older Americans Act (OAA) listed MOW as a core service to be funded through their program. As a result, seniors in need of the service are able to access this service regardless of their ability to pay for the meals. Over the years, many local MOW programs have relied on volunteers to assist in all phases of the service in order to reduce the overall cost and maximize the number of individuals served.



The first MOW program began in England in 1947; Post World War II, as many individuals found themselves in need of a nutritional meal, yet unable to find a means of transportation to access meal services. Here in the United States, this program has been utilized to provide a hot nutritional mid-day meal to homebound seniors. Over the years, the program has been expanded to allow for congregate meals at sites throughout the communities and in some instances, breakfast and evening meal options. The overall intent of the program continues to be that seniors receive a nutritional meal daily to prevent health issues from developing unnecessarily. Over time, we have found that the personal connection volunteers provide to seniors is, in many instances, the social and emotional nutrition seniors receive on a daily basis. The program allows for an opportunity to evaluate the health condition of seniors living alone, check to see whether or not they have developed some type of health issue, and alert the appropriate entities when situations dictate.

Here in St. Lucie County, we have provided the service utilizing several different approaches to contain costs and maximize the individuals served. We began the program with volunteers running the entire service, providing seventy five (75) meals per day, five (5) days a week. As the program has expanded, we have gone to a mix of paid staff, volunteers, and contracted meal preparers in order to serve over five hundred (500) meals daily. We continue to believe that a hot, once a day, delivered meal provides our clients the greatest benefit and as a result, we have striven to minimize the number of frozen meals offered.

Back in 2002, the Sheriff in St. Lucie County, Ken Mascara, was in the process of securing a vendor to prepare meals for the County Jail. As part of the bid process, the Sheriff required that the successful bidder be willing to negotiate a contract with the COASL MOW program in order to be awarded the jail contract. The contract with COASL was to be separate from that of the jail and the menu different from what is served at the jail, but the service would originate each day at the jail with inmates assisting in the preparation of the meals. Aramark Food Services, Inc. was awarded the contract and has worked with COASL over the past ten (10) years to provide this valuable service. The contract has evolved over the years when needed, to allow for limited delivery by Aramark staff, expand meal options for private pay clients, provide hurricane meals, and cater special functions as requested. All of this has been accomplished while still meeting all of OAA guidelines for recommended nutritional daily allowances, menu selection in cooperation with an advisory committee, meet temperature requirements, and adhere to the time of delivery protocols, all at a competitive price.

In 2005, Aramark initiated a culinary program at the St. Lucie County Jail which is called the In2Work program. Participants of this program who successfully complete the curriculum and testing are awarded a State of Florida, Safe Staff Certificate. In 2008, the St. Lucie County Sheriff's Office, Aramark and Indian River State College created an additional culinary program in which selected prisoners receive a national Food Service Certification and college credits. Aramark has virtually turned the St. Lucie County Jail

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kitchen into a college campus. The inmates from the In2Work program are now offering MOW private pay clients extensive menu options at a very affordable price. We fully expect that the new offerings will allow us to grow the private pay program tremendously.

We have seen an increase in the number of seniors in our overall population for the County and we continue to see the number of seniors who, for various reasons, are unable to prepare and/or are unable to afford a meal, come into our program. Efforts are made each year to raise sufficient funds to serve all seniors in need and hopefully not have to create a waitlist for services. Unfortunately, the longer the economy languishes in its current state, the more we will need to find ways to partner with groups like Aramark to meet the needs of our seniors.



U.S. Administration on Aging—Department of Health and Human Services

Contact: AoA Press Office (202) 357-3507



\$1.3 billion to improve the health and independence of America's older adults

Grants of more than \$1.3 billion to every state, the District of Columbia, and five territories to continue implementing programs that help older adults live healthy, safely and independently in their communities were awarded today by Kathy Greenlee, Assistant Secretary for Aging in the U.S. Department of Health and Human Services.

The grants will help older adults avoid institutional care through home and community-based supportive programs with an emphasis on prevention and wellness, nutrition, family caregiver and respite services.

"These services complement ongoing prevention-based efforts in the medical and health care systems, particularly since Medicare does not pay for them. They help prevent hospital readmissions. They provide transportation to doctor's appointments and support some of life's most basic functions," said Assistant Secretary Greenlee. "This assistance is especially critical for nearly 3 million seniors who receive intensive in-home services, half a million of whom would otherwise qualify for nursing home admission."

These programs make a difference every day for millions of older adults and their caregivers:

- **Caregiver Services:** The National Family Caregiver Support Program provides caregivers with access to services such as respite care and counseling. Families are the nation's primary provider of long-term care, but caregiving responsibilities demand time and money from families who too often are already strapped for both. The physical, financial and emotional demands of caregiving can lead to a breakdown of the caregiver's health. Research indicates caregivers suffer from higher rates of depression than non-caregivers and caregivers suffer a mortality rate that is 63 percent higher than non-caregivers. Nearly 800,000 caregivers are projected to receive services, helping them care for people with Alzheimer's disease or those with frailties that would qualify for nursing home admissions.
- **Nutrition:** Studies have found that 50 percent of all persons age 85 and over are in need of assistance with certain activities of daily living (ADL), including obtaining and preparing food. AoA projects its network of partners and organizations will deliver approximately 219 million meals in FY 2012. These meals help older adults improve their nutritional intake, provide an essential service for many of their caregivers, and also provide seniors an opportunity for social interaction.

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The Minotty Eye Foundation Aging Services Providers Award

Congratulations to Lori Radice, Hillsborough County Aging Services—Town 'N Country Senior Center on her recent selection as the Minotty Eye Foundation Aging Services Providers Best Direct Service Employee of the Year.

This distinction is bestowed to those who have:

- demonstrated added value to the service they deliver to benefit elders,
- gone above and beyond job requirements to provide customer service and ensure customer satisfaction,
- developed community resources and support to the services being provided and demonstrated a high level of personal or organizational commitment to excellence.



Susan Torres, Hillsborough County—Department of Family & Aging Services, says of Lori Radice: “Lori has a strong commitment in serving the older adult population. Below are just some examples:

- Increased membership & programming.
- Originally, the Center served primarily as a nutrition site with about 25 members who came for lunch & bingo only. Now the Center has approximately 4,000 people attending classes monthly & there are more than 36 classes weekly for members’ participation.
- Offering evidence-based programs throughout the year.
- Maintains ongoing partnerships & programming with National Council On Aging (NCOA)
- Center membership is culturally diverse, so nominee added Japanese, French and Spanish clubs.
- A Creative Writing Club was established which gave birth to the quarterly publication, Pencil Me In, which is currently in its second edition.
- Prepares an activity calendar that is brimming with daily programming & special monthly activities.
- Established an inaugural Advisory Council to provide input on Center dynamics & future programming & organizational development.”

Ms. Radice will accept this honor, which includes \$500.00 for herself and \$500.00 for her Agency, Hillsborough County Aging Services—Town 'N Country Senior Center, Tuesday, August 21st at the 2012 Florida Conference on Aging in Orlando.



Medicaid Reform in Florida: New Game-New Rules

Don't forget to register for the FASP Intensive

The Intensive will feature key speakers from the Florida Agency for Health Care Administration and the Florida Department of Elder Affairs who will discuss the current status of the implementation of Florida Medicaid Reform and its impacts on aging network service providers, including choice counseling and aging network roles.

There will be ample time for questions and discussion.

The 2012 Florida Conference on Aging will be held August 20-22, 2012 at the Grande Lakes Ritz-Carlton in Orlando. Call 850-222-8877 to register or register on-site.



Upcoming Events



August 2012

August 20-22, 2012: Grande Lakes Ritz-Carlton, Orlando, FL. *Florida Conference on Aging*. For additional information please call 850-222-8877 or visit www.fcoa.org.

August 23, 2012: National Harbor, MD. *Perspectives on Nutrition and Aging: A National Summit*. For additional information visit <http://www.mowaa.org>.

September 2012

September 10-13, 2012: Arlington, VA. *National Home and Community Based Services Conference*. For additional information visit http://www.nasuad.org/events/hcbs2012/national_hcbs_conference_2012.html.

September 21, 2012: Fort Pierce, FL *Innovative Use of Nursing Homes for Clinical Nursing Education*. For more information visit <http://irsc.edu/nursingworkshops/>.



SNAP Cuts Remain in Farm Bill



The House Agriculture Committee approved its Farm Bill reauthorization last week.

Amendments to eliminate or reduce cuts to the Supplemental Nutrition Assistance Program (SNAP) failed.

But thanks to everyone who took action! Watch for more chances to act as the bill advances. **[Read the latest from Feeding America>>](#)**



Governor Scott Issued Legislative Budget Instructions

Governor Rick Scott issued legislative budget instructions (jointly with the Florida House and Senate).

Please click the link below to view the full article.

[Scott to State Agencies: Plan to Cut 5% | TheLedger.com](#)



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>



DOEA-Florida Department of Elder Affairs Facebook page

<http://www.facebook.com/pages/Florida-Department-of-Elder-Affairs/128604923878650?sk=wall>

FCOA - Florida Council on Aging Facebook page

<http://www.facebook.com/home.php?#!/pages/Florida-Council-on-Aging/74320166787>

FCOA - Florida Council on Aging Twitter

<http://twitter.com/#!/FCOA1>

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<http://www.sunmeadow.com>



www.uhc.com



<http://www.SunshineStateHealth.com>



www.osceolagenertions.org



www.floridablue.com



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This issue of the FASP e-Newsletter was brought to you by the generous donation of



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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 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 Grande Lakes Ritz-Carlton
in Orlando***



Hotel Room Reservations Link \$139/night

Online Registration

Exhibitor Registration

