



Florida Association of
Aging Services Providers

Florida Association of Aging Services Providers e-Newsletter

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Guest Editors: Debbie Kleinberg, North Miami Foundation for Senior Citizens Services, Inc.
Marva Ricketts, City of Miramar Social Services

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Message from the President

*by Andrea Busada, Broward
County Elderly and Veterans
Services*



Dear FASP Members:

I hope you all fared well during Hurricane Matthew. FASP's Management Firm has forged a relationship with FEMA and been in communication with DOEA to help advocate on behalf of the older adults impacted. Please let us know if you are aware of any seniors who might need immediate assistance and/or have unmet needs by emailing moreinfo@fasp.net.

Sincerely,
Andrea Busada

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Reporting on Some New & Creative Efforts Taking Place in Miami-Dade, by Debbie Kleinberg

A Means of Enhancing/Increasing Services:

A group of advocates for seniors and representatives of community based organizations has formed the “Older Adult Task Force” to work to improve public services for senior citizens in our community. The primary focus of the Task Force has been to advocate for the establishment of an Independent Special District with the power to enhance/increase services. As envisioned, a governing body composed of individuals with the appropriate expertise and skill, will be appointed to provide oversight. Even though, we are working to create a Special District that is limited to Miami-Dade County, approval from the State legislature must first be obtained. After legislative approval, funding for the special district (through sales or property tax) will require a ballot referendum. We will keep you posted on its progress!

PEARLS Program*:

Florida Health Networks (FHN) is in the second year of a two-year grant from the Administration for Community Living (ACL) which focuses on Chronic Disease Self-Management Education. One of the programs used in this grant is PEARLS (an acronym created from *Program for Encouraging Active Rewarding LiveS*). PEARLS is a national evidence based program for depression management that was created at the University of Washington and began as a research study. The program produced positive results ranging from participants feeling decreased symptoms of depression to experiencing improved health status. From the outset, PEARLS has been primarily targeted for older adults.

Carol Nohelia Montoya, the Outreach and Network Coordinator for Florida Health Networks, works extensively on this grant and points out that “*PEARLS gives participants some simple tools to manage their depression on a day to day basis with the participant learning problem solving techniques.*” Each participant is encouraged to identify activities that they find pleasurable, and to incorporate social and physical activities into their daily routine.

Through this grant, Florida Health Networks has trained counselors in 6 of the 11 ADRCs and hopes to “train the 11 ADRC’s in Florida to implement a PEARLS Program and find sustainable ways to continue the program in each community”.

Health Promotion Research Centers (HPRC) has been working with FHN to create and test a Master Training model for PEARLS. Carol Montoya is in the process of becoming a “master trainer”. In order to achieve this goal, an individual must have completed a counselors training, provide PEARLS counseling to a minimum of 10 clients while receiving clinical supervision from a psychiatrist, and complete a “master trainer” training. Carol has been working since early 2016 with clients from the North Miami Foundation for Senior Citizens’ Services; while receiving clinical supervision from Dr. Ed Olsen, a geriatric psychiatrist at the University of Miami. Recently, Florida Health Networks has expanded capacity by starting to work with MSW students from Barry University to offer PEARLS during their internships in community settings.

*Special thanks to Carol Montoya for this information.

City of Miramar South Central/Southeast Focal Point, by Marva Ricketts

The City of Miramar Social Services Department provides comprehensive information, referral services; as well as, youth and family community outreach. The Department administers the South Central/Southeast Focal Point (SC/SEFP) which includes two senior centers designed for active older adults 60 years old and older and an adult day care center which serves clients 18 years old and older. The SC/SEFP offers a wide array of programs, services, and activities for registered members.

Our nationally accredited Miramarvels Early Childhood Academy provides high quality early learning and educational programming for preschool, Voluntary Pre-Kindergarten (VPK), and elementary aged children at six locations throughout the City. Early learning programs like our preschool child care program ensures that children are ready for the next level of schooling. We provide a warm, cozy, nurturing and loving atmosphere where children can safely grow, thrive and learn. Our elementary programs are designed to offer a variety of activities and educational opportunities for children throughout the year and the VPK Program prepares every 4-year-old in Florida for kindergarten and builds the foundation for their educational success.

In keeping with our Department mission of improving and enhancing the quality of life for individuals of all ages through provision of comprehensive programs and services, the Department has been providing intergenerational programming since 2002. By partnering the Senior Centers and Early Childhood Program we have created dynamic and innovative opportunities to build bridges across all ages through various programs, such as:

Rainbow Readers
Bloom Where You Are Planted
Big Swimmer/Little Dipper
Various Holiday Projects, e.g., Mother's Day, Father's Day, Fall Harvest and Easter Egg Decorating

The Rainbow Readers Program takes place in the classroom. Senior volunteers are transported to elementary school classrooms to read to children and engage in discussion of the story and the lesson learned from the story. This program serves approximately 30 children per year with about 20 senior volunteers.

The Early Childhood Program at Sunset Lakes "Bloom Where You Are Planted" Program translates science lessons into reality for our littlest learners every spring as they plant and nurture flowering annuals around the entrance to the Sunset Lakes Community Center. Adult volunteers provide the flowers, dirt, mulch and fencing. The children then assist with the "dirty" work as our young gardeners dig holes and plant colorful flowers along the walkway to the entrance of the building. This annual project not only teaches the 4 and 5 year old children about the life cycle of plants, it stresses the importance of community involvement and civic pride. The children have not only helped spruce up the center with fresh spring colors, but they have lifted the spirits of all who admire the children's efforts. Equally important is that this simple project of planting flowers can easily and enthusiastically be brought from the school into the home and be enjoyed by both the parents and the children; thus, establishing the all-important school/home connection that is vital in family life today.



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Our intergenerational program has been recognized at many levels and is considered a “best practice” in intergenerational programming nationwide.

The Costume Parade and Party is essentially a Halloween-themed activity where the children participating in our Early Childhood Programs visit our senior centers for a costume parade and party. Both the seniors and the children perform songs and share refreshments. Approximately 60 kids and 200 seniors participate in this festivity. This parade/party has been organized every October since 2003.

The Mother’s Day and Father’s Day Party allows children from the Early Childhood Centers to visit the senior centers to make Mother’s Day and Father’s Day crafts while enjoying refreshments with the seniors. Approximately 60 children and 100 seniors have participated in this activity for Mother’s Day since 2007 and for Father’s Day since 2008.

The City of Miramar Social Services Department prides itself on rocking chair to rocking chair services that provide support for our residents and the South Central/Southeast area of Broward County. Our mission is to improve and enhance the quality of life for individuals of all ages with our comprehensive programs and services.





St. Petersburg, Fla. —Six in 10 Florida women voters are concerned about rising costs outpacing their income, and 45 percent worry that they won't be able to take care of themselves as they grow older, a recently released AARP poll of women voters shows.

"Women voters age 50-plus have many different concerns, but one theme that holds true across many older women voters is their future financial security. They have looked ahead at their finances in later life, and they're worried about what they see," said Jeff Johnson, AARP's Florida state director. "Candidates seeking their support should spell out in detail their plans to update Social Security – a key support for lifelong security and especially important for older women – and to support family caregivers."

Economic Security Issues

AARP pollsters questioned women voters age 50-plus in Florida on their plans for later life, and found high levels of concern among them. Given a list of 13 possible concerns to choose from, survey respondents said they were most worried about prices rising faster than their income, having to pay too much in taxes and the cost of prescription drugs.

Some 68 percent of women voters 50-plus with incomes under \$50,000 a year said they worry about prices rising faster than their incomes. This concern is shared by 60 percent of women with incomes over \$50,000

Social Security

A majority of Florida women voters 50-plus believe cuts in Social Security benefits would have an impact on their lives while 42 percent are not confident that Social Security will be there for them and for future generations.

Caregiving: The New Normal

On other issues, some 56 percent of women voters age 50-plus said they are or have been caregivers for an older parent, spouse or other loved one. Paying for care in later life was another concern outlined in the survey, Johnson said. Some 37 percent said they were not confident of being able to cover the cost of caring for an aging parent, spouse or other family member. Two-thirds (67 percent) of women voters age 50-plus are more likely to vote for a candidate who supports family caregivers.

The survey was conducted Aug. 1-7 by Lake Research Partners and American Viewpoint for AARP. The 717 Florida survey respondents included registered likely voters age 50 and older reached by both cell phone and landline. The survey is believed to be accurate within plus or minus 3.8 percent at a 95 percent confidence level.

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Eight Superfoods to Keep You Mentally Sharp

We are living much longer than our parents ever did, so why not age wisely to enjoy our longer lifespans? Maintaining our functionality and independence does not just depend upon our physical health but also on our mental acuity. While we still don't have a cure for Alzheimer's and other forms of dementia, we know that the brain functions better when our diet includes certain foods. The Alzheimer's Association refers to a "brain healthy diet" as "one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol." The overall goal is the prevention of mental deterioration and if choosing certain foods over others can help then why not do so? Here a few that can help:

Blackberries:

In order to process new information our brain cells need to "talk" to each other. Yet as we age those cells become inflamed making it harder for them to communicate with one another. Blackberries provide potent antioxidants called polyphenols that reduce the inflammation and encourage communication between neurons, improving our ability to gather up new information.

Apples:

Apples are a leading source of quercetin, an antioxidant plant chemical that defends your brain cells from free radical attacks which can damage the outer lining of delicate neurons and eventually lead to cognitive decline. To get the most quercetin be sure to eat your apples with the skin on since that is where the greater concentration is found.



Cinnamon:

Beta-amyloid plaques are one of the trademarks of Alzheimer's disease. The other important culprits are the tangles in the brain made of tau proteins that cause brain cells to die. Emerging research from the University of California in Santa Barbara reveals that two compounds in cinnamon – proanthocyanidins and cinnamaldehyde – may inactivate these tau proteins.

Spinach:

This leafy green is very high in nutrients that prevent dementia such as folate, vitamin E and vitamin K. Only one-half cup of cooked spinach provides a third of the folate and five times the vitamin K of your daily needs. A neurology study from 2006 revealed that eating three servings of leafy green, yellow and cruciferous vegetables can delay cognitive decline by 40 percent. Of these three, leafy greens were found to be the most protective.



Extra Virgin Olive Oil:

Amyloid B- derived diffusible ligands (ADDLs) are Alzheimer's inducing proteins that are toxic to the brain. In the initial stages of the disease they attach to the brain cells rendering them unable to communicate with one another and eventually leading to memory loss. Extra virgin olive oil is rich in oleocanthal, a compound that disables the dangerous ADDLs.

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Salmon:

Salmon is a leading source of DHA, the predominant omega-3 fat in your brain, believed to protect against Alzheimer's disease. It is also nature's number one source of vitamin D, a nutrient that plays a role in the prevention of cognitive decline.

Turmeric:

This unique spice is a cousin of ginger and one of the main spices used in curry. Turmeric is especially rich in curcumin, a compound believed to inhibit Alzheimer's disease in multiple ways. Not only does it block the formation of beta amyloid plaques, it also fights inflammation and lowers artery clogging cholesterol which can reduce blood flow to your brain.

Concord Grape Juice:

Researchers are finding that what's good for your heart is also good for your brain. The same heart-healthy polyphenols in red wine and Concord grape juice can give your brain a boost. Similar to the polyphenols found in blackberries, they also improve the communication between brain cells.

These foods are not just good for the brain but help sustain a healthy heart as well as other healthy body functions. While there's no guarantee that they will help you remember where you left your phone or glasses tomorrow, they will over time promote good lifelong eating habits.

Simone De Oliveira is a Registered Dietitian and expert on geriatric nutrition with 20 years of experience working for United HomeCare, the largest provider of home health care in Miami-Dade County.



Clients with Hearing Loss?

Staying connected to family and friends is critical for your clients. Unfortunately, hearing loss makes communication over the phone challenging, stressful and frustrating to the point where people stop trying, and avoid phone calls.



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Many Sources of Quality Care for Aging Family Members, by Carlos Martinez



American society is changing rapidly as baby boomers retire and medical advances allow people to live longer, healthier lives. By 2040, the population aged 75-84 is expected to rise from 13 million to over 30 million. Those over 85 are expected to increase from 6 million to over 14 million.

Living longer will bring challenges for families and for society as a whole. Longer life spans already are putting a strain on Social Security as the system never contemplated that beneficiaries would live much beyond 70.

The recession of 2008 wiped out an enormous amount of wealth in this country, including the retirement accounts and home values of many older Americans. The economic recovery has been lackluster at best with many workers still under-employed.

Those with aging parents find it increasingly difficult to juggle the pressures of child-rearing while at the same time looking after aging parents.

For most individuals, aging in place—at their own residence or that of a relative—is the best solution. Older adults are loath to leave their families and their communities. That is especially true in South Florida's large Hispanic and Jewish populations. Emotionally, financially and physically, living with family and in the neighborhood they are accustomed to, is the optimal choice.

However, as we all know, aging takes a toll on the body and often on the psyche as well. Caring for aging parents can be stressful, time-consuming and financially draining. Children often try to care for their parents on their own and fail to seek out professional assistance or tap into community sources that can help alleviate the burden.

When caretaking becomes increasingly difficult, many turn to hired help, often an untrained (and sometimes undocumented) individual, to help care for that frail family member. This can be a huge mistake.

Caring for elderly family members is not a job for amateurs, no matter how well-intentioned or loving the individual may appear to be. An untrained caregiver can worsen the condition of a frail family member, especially if they are not familiar with an acute disease or debilitating condition that may be affecting them. It also happens when dealing with bed-bound individuals who require special care when being transferred to and from their bed. This lack of training also can expose you to potential liability as the ill-prepared caregiver can hurt himself or herself when moving your loved one.

Luckily, there are a number of home care organizations, both non-profit and for-profit that can provide vetted and trained individuals to assist you with caring for an older adult.

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When choosing one, ask some important questions including:

How long have they been in business and can they provide references?

Are they licensed and accredited?

What are their fees and when are the services provided? Some entities only provide daytime care.

Do they have case managers or nurses to regularly evaluate your family member and monitor the home health aide caring for your loved one?

Can they assist you in finding other community resources (e.g. meals on wheels, adult day care) that can complement your care at home?

Do their home health aides work for the company as employees or are they independent contractors? If they are independent contractors, are they trained and do they have workers' compensation coverage?

Finally, as much as you would like to keep your loved one at home, there may come a time when that simply isn't feasible any longer. When that happens, you might need help with referrals to specialized care (e.g. to treat dementia) or other facilities and programs that can provide a higher level of monitoring and attentiveness, including assisted living housing, skilled nursing care or hospice. Managing that transition is usually very stressful on a family.

A good home care partner can put you in touch with social workers and mental health professionals to help you deal with difficult family dynamics and the anxiety that often comes from such hard choices.

Getting older isn't easy but there are resources available to help you cope with the challenges. Here are a few to get you started: www.allianceforaging.org (or their Elder Telephone Helpline 305-670-4357); United HomeCare Customer Service 305-716-0710).

As much as we want to care for our loved ones, it is also important to care for ourselves. Don't try to do it by yourself. Reach out and seek the help you need. Quality assistance is available including many affordable options.

Carlos Martinez is president and CEO of United HomeCare, a nonprofit home and community care organization and senior assisted living community in West Kendall, The Residences of United HomeCare. Visit www.TheResidencesUhc.com.

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FASP Member to Receive Commitment to Justice Award



Stephen Ferrante, MSW

Congratulations to Stephen Ferrante, who will receive the Commitment to Justice Award from the Coast to Coast Legal Aid of South Florida (CCLA).

According to CCLA, "The Commitment to Justice Award was established by CCLA in 2011 to celebrate and commemorate their first year of participating in For the Public Good. This award honors members of the community whose work improves the lives of low-income seniors, veterans or families through advocacy, education, representation and empowerment.

During his thirty-three year professional career working in human services, Stephen Ferrante has launched countless innovative and impactful initiatives for children, families, veterans, and older adults. Ferrante worked for Broward County's Human Services Department for twenty-one years, and served as the Elderly and Veterans Services Division Director for ten years. He currently teaches for Barry University's MSW Program and is a managing partner of the Group Victory strategy and organization development consulting firm."



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FASP - Florida Association of Aging Services Providers Twitter

<http://twitter.com/1FASP>



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>



Resources

World Alzheimer Report 2016 - [Click Here](#)

Inclusive Emergency Preparedness for People with Disabilities - Individuals with Disabilities and Others with Access and Functional Needs - [Click Here](#)

Intergenerational Programs: Not Just Nice, but Necessary - [Click Here](#)



November 9, 2016 - Tampa, FL. Caregivers Community Workshop—One Day Seminar. Respite available. Continuing Education Credit of four (4) hours for: Nursing, Clinical Social Workers, Marriage & Family Therapists, Mental Health Counselors, and Nursing Home Administrators. Scholarships are available for family caregivers. For additional information call (813) 744-5867.

November 16-20, 2016 - New Orleans, LA. Gerontological Society on Aging Annual Conference.

<http://www.geron.org/2016>

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<http://elder-services.org/>



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www.councilonagingmartin.org/



www.agingresources.org/



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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.

FASP's Mission: Supporting older adults and the providers that serve them through information, connection, and resources.