



Florida Association of
Aging Services Providers

Florida Association of Aging Services Providers e-Newsletter

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Message from the President by Andrea Busada, Broward County Elderly and Veterans Services



Dear FASP Members:

In the past few months, Florida and its elders have been impacted by hurricanes. Many of you are still trying to recover personally and, in addition, many of our agencies are feeling the stress of providing services to elders who have few resources and many needs.

Thankfully, we have the support and prayers of each other and offers of help from our friends in the field have made the healing easier. Recovery continues and our efforts to help each other will only serve to strengthen our network because of this experience.



The FASP Board of Directors met for a two-day board retreat to review and develop the 2018 action plan. It was a very successful meeting that included introspective thinking on issues such as continuum of public funding, disaster preparedness, education, leadership and support through partnerships among our community of services providers.

Most importantly, the Board of Directors wanted to be sure that all our FASP members know the benefits of being a part of a large network of community service providers.

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City of Miramar Southcentral/Southeast Focal Point Senior Center and Adult Day Care Center

Award winning services for Broward residents over the age of 60 are expanding in the southcentral and southeast area with the new Focal Point. The City of Miramar has been a leader in Social Services with accreditation from the National Institute of Senior Centers and awards from the National Council on Aging, the Florida Association of Senior Centers, the Broward League of Cities and most recently, the Florida Department of Health Bureau of Chronic Disease Prevention as the “2017 Healthy Weight Community Champion.”

In 2015, the City of Miramar assumed the responsibility of administering the Southcentral/Southeast Focal Point Senior Center and Adult Day Care Center (SC/SEFP). Although the City has had senior services for 37 years, the designation of the Focal Point from the Aging and Disability Resource Center of Broward County (ADRC) entrusted the City of Miramar to utilize Federal, State and local funds to extend activities, events, health and wellness programs, transportation and counseling to seniors outside of Miramar.

The Focal Point catchment area for the southcentral and southeast areas of Broward County include, West Park, Pembroke Park, Hallandale, Dania Beach, Hollywood, parts of Fort Lauderdale and Davie. Currently, the SC/SEFP has two Senior Centers and a brand new, state of the art, Adult Day Care Center. All of the centers require an intake appointment, call 954-889-2700.

Locations are:

- * Senior Center in the Multi-Service Complex, 6700 Miramar Parkway, Miramar, FL 33023
- * Senior Center in the Sunset Lakes Community Center, 2801 SW 186th Avenue, Miramar, FL 33029
- * Adult Day Care Center, 8915 Miramar Parkway, Miramar, FL 33025

Services include:

- Daily activities with social interaction – games, music, educational presentations from community professionals and the Police Department, and field trips for shopping and recreation.
- Health and Wellness – evidence-based programs from the Arthritis Foundation, exercise classes including Jazzercise, Water Aerobics and Yoga. Health assessments from the Fire-Rescue Department and assistance with making doctors appointments.
- Lunch from Meals on Wheels of South Florida
- Events for holidays and education such as a catered Thanksgiving dinner in November, a catered Holiday Luncheon Celebration in December, and our next annual Health and Wellness Conference scheduled for February, 20th – 22nd, 2018 that will include a Senior 1K Walk in partnership with our Focal Point cities.

The Senior Center programs are offered at no cost to members (paid events are optional). The Adult Day Care Center does have daily fees however, the program accepts some Long-Term care insurance plans and local service provider grant funds are available to assist families who qualify.

For more information on our menu of programs and to schedule your intake appointment, please contact us at 954-889-2700.



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The Southcentral/Southeast Focal Point City of Miramar Senior Center Health and Wellness program includes a variety of exercise options including Jazzercise, Yoga, Water Aerobics, Walking, Fitness Circuit for strengthening and more.



The Southcentral/Southeast Focal Point City of Miramar Adult Day Care Center Serves adults over the age of 18 with the daily activities of living while caregivers are taking care of their responsibilities including work. Part-time and Full-time fees available. Open Monday through Friday from 7am to 6pm.

As a member of FASP you have an opportunity to:

- The philosophy of FASP is that member organizations speaking with "one voice" collectively can achieve more positive results than individuals acting alone. I encourage you to become part of the statewide advocacy initiative through either financial support and/or joining FASP to become a voice for our Florida elders to improve their quality of life.

3

The Quality of Life Senior Wellness Program at the Michael-Ann Russell Jewish Community Center in Miami, FL

The Quality of Life Senior Wellness Program (TQOL) at the Michael-Ann Russell Jewish Community Center (MAR-JCC) began in 2001 and provides older adults, age 60+, with activities that promote health and wellness. The program also provides intellectual stimulation and a venue for socialization and camaraderie. Each week participants can choose from 20 exercise classes that have been specifically designed for seniors, and 20 hours of social, educational and cultural programming.

TQOL is offered without charge to a target population of older adults in greatest economic and social need, with special attention to low income minorities, and those with limited English proficiency. Door-to-door transportation is available without charge to participants who live within designated boundaries.

An initial interview with the MAR-JCC's Intake Counselor is required to determine eligibility. In addition, participants are asked to take part in a minimum of 2 hours of group fitness classes weekly (over a period of at least 2 days per week).

Classes may include Aquacize, Pilates, Aerobics, Stretch and Flex, Latin Cardio, Chair Flex or utilization of the Fitness Studio (under the supervision of trained, certified fitness staff).

After an initial assessment by the MAR-JCC's Fitness Evaluator, TQOL participants are then assessed every six months to determine if any change in the fitness regimen is required.

In addition, TQOL members may also engage in programs that promote mental stimulation, including but not limited to: current events, comedy club, art, knitting, and history.

Rounding off the menu of TQOL activities are health lectures, book reviews, and social events.

The goal of the program is to promote a healthier aging process that will enable participants to remain independent for a longer period of time.

TQOL has become an integral part of the various programs and services offered by the MAR-JCC for the older adult community.

Anyone interested in further information can contact Galit Shemesh-Leibovici, MSW, the Adult Services Director, at 305-932-4200, ext. 142.



Aging Network Responds to Community Needs (Hurricane Irma)



Hurricane Irma Preparation and Relief

Though we dodged the eye of Irma, we had a LOT of preparation, recuperation, and relief efforts going on for the past 2 weeks. Here are some of the highlights:

- ⇒ Distributed 5-day, shelf stable disaster meal packages to all our clients funded under the OAA by August 1.
- ⇒ Distributed an additional 850 5-day packages to Priority 1 and 2 clients on our waiting list through a grant from Chen Medical and CBS Eco Media right up to the Friday before the storm.
- ⇒ Called all our clients needing assistance in an evacuation before the storm and arranged for assistance as needed—either to shelters or to remain in their homes.
- ⇒ Our offices were on a skeleton crew for the Thursday and Friday preceding the storm and we made deliveries through the following Tuesday by COB Friday afternoon in preparation for the storm.
- ⇒ Immediately after the storm, we raised funds through the Jewish Federation of Broward and the Community Foundation of Broward to purchase an additional 2,000 3-Day, shelf stable disaster meal packages and distributed them within 48 hours through community partners and directly to individuals in need and without power. GA Foods halted their production of meals for Texas to build the relief boxes to fill our order immediately.
- ⇒ The caterer's (GA) kitchen was up and running Wednesday morning and 9 out of our 33 congregate sites were open and supplied with hot meals. All 33 sites were up and running the following Monday.
- ⇒ By Friday, 9/21, we had distributed another 8,064 Heater Meals (MREs) throughout South Florida, donated through the American Red Cross, including sending 2 pallets to St. Croix and 2 pallets to the Keys. Another 8,064 meals are being distributed to our clients this week, since they had to consume the meals we had distributed prior and there are still 4 weeks remaining in this hurricane season.
- ⇒ Our staff and volunteers were incredible in preparing for and recovering from the storm. Our building sustained some new leaks and we are exploring a FEMA claim to repair the damage.
- ⇒ Our MOW friends across the State report they are pretty much back to full operation and are continuing to assist in relief efforts in their areas.
- ⇒ We will be retaining several pallets of shelf-stable, self-heating MREs in the event we are hit with another storm before the hurricane season ends on November 1st, since there are no more dollars in the OAA budget to cover additional disaster meals, and as we know, our seniors are the most vulnerable when power is out and food supplies run low.

Aging Network Responds to Community Needs (Hurricane Irma)

Jewish Community Services South Florida (JCS)

As one of the largest human services organizations in Miami-Dade County, JCS has mobilized its nearly 400 employees to provide emergency services and food deliveries, as well as information and referrals to thousands of Miami-Dade residents:



JCS via Switchboard 211 (JCS Helpline Services) called more than **650 clients** (mostly frail and elderly) prior to the storm to check-in on needs

- JCS delivered more than **600 meals** ahead of Irma to homebound seniors and extra meals were delivered to our meal sites for clients to take home
- **600 + JCS volunteers** delivered additional food items for the Jewish New Year after Hurricane Irma to more than **600 homebound and frail elderly**
- Switchboard 211 (JCS Helpline Services) has been receiving 3X the normal call volume requesting information or services post-Irma. From Sept 6-16, the call volume was **9,000 incoming calls**
 - 30% requested assistance with food
 - 22% disaster relief services
 - The remainder needed everything from rent assistance to mental health counseling
 - JCS mental health professionals are ensuring that clients are getting the **help they need**

JCS is maintaining a 24/7 call service at **2-1-1** and **305-576-6550**

Southwest Social Services Program



Southwest Social Services Program's policy for their clients to know about service delivery is that they follow public school closings and openings. As Irma approached, Angela Vazquez reported, they did not have more shelf-stable meals so they gave congregated participants 2 lunches and 3 breakfast meals because they last longer.



After Irma hit, they were unable to deliver homebound meals for 3 days. (Shelf-stable meals had been delivered earlier.)

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Aging Network Responds to Community Needs (Hurricane Irma)

Independent Living Systems, LLC (ILS), is a nationwide Health & Long Term Care management services company headquartered in Miami, Florida and was most recently designated as the Community Care for the Elderly (CCE) lead agency for Dade and Monroe Counties.



ILS was asked by the Miami-Dade County Mayor and their Public Housing and Community Development Department to provide emergency assistance to serve county public elderly housing buildings. These buildings were without power and needed a 6-day supply of emergency meals and provisions because the traditional Community Based Organizations (CBOs) that service their sites were not operational following the storm and unable to prepare meals. ILS responded immediately and in a matter of under 30 hours, distributed almost 11,000 meals throughout 14 at-risk Elderly Housing sites in Miami-Dade County servicing 3,200 Elderly and Disabled Residents.

As the newest CCE and Home Care for the Elderly (HCE) Lead Agency, ILS is a key component to all elderly residing in the Miami-Dade and Monroe counties. During Hurricane Irma, ILS collaborated with Monroe County's Special Needs unit with evacuating several elders who had refused to evacuate earlier.

One gentleman, Mr. V, age 91, has lived on his boat for many years. ILS nicknamed him "Mr. V. The Old Man and the Sea". He was refusing to leave his home, fearing he would have no home to go back to if he evacuated. ILS staff insisted that while his home is valuable and losing his boat could potentially bring hardships that no-one should have to experience by being displaced, ILS assured him that as his case management entity, we would do everything in our power to help him with that if that would be the outcome. ILS focused on being empathetic to his reality and reiterated that his boat is replaceable, while his life is not. Mr. V. being legally blind in the left eye, and visually impaired in the right eye has significant limitations, although he is still very independent. Additionally, due to a hip replacement he required, he has limited mobility, further creating barriers for him and making him a substantial high risk.



As the storm worsened, ILS CCE Lead Agency care managers continued to contact Mr. V. to continue their attempt in pursuing him and convincing him of the importance of evacuating. Unable to contact Mr. V, ILS continued to make attempts until finally we made contact. ILS was finally able to convince him to evacuate to a shelter. While he was still reluctant and unsure about his destination, Mr. V. did arrive to a point where he realized he needed to evacuate.

The staff at the dock helped Mr. V where his home

Continued on Page 8

ILS Continued...

was moored and then secured his boat as well as they could. After the storm, ILS began making outreach calls to clients as soon as business resumed, Mr. V. was a client ILS could not reach immediately and since our last conversation confirmed his evacuation, his whereabouts were unknown, since Mr. V. was not sure about where he would evacuate to. When he returned his boat was safe and his home was just as he left it.

He was so elated, he called ILS and kept repeating, excitedly, “I wanted to call you to thank you that no one before in my life has ever taken care of me the way you have taken care of me and helped me to evacuate and you saved me. I also wanted to let you know that my boat, which is my home, survived!”, “my home survived!”

ILS staff also evacuated a lady who is paralyzed from the right side, diabetic, on dialysis and uses oxygen. Mrs. C. was a very reluctant client who was refusing to evacuate the Florida Keys. When ILS spoke with the daughter, after making attempts to convince Mrs. C. to evacuate, the daughter shared reasons for her mother’s reluctance to leave her home. After a very long conversation with the caregiver and making every attempt to have the client evacuate, especially considering Mrs. C.’s medical needs, a decision was made to have her evacuated.

Since time was of the essence, ILS collaborated with Monroe County and had her registered with Monroe County’s Special Needs Registry. Previous attempts were made to register Mrs. C. with Monroe County’s Special Needs Registry but client denied registration. ILS’ CCE Care Manager completed the application and submitted the completed application to Monroe County.

In addition, ILS’ CCE Care Manager coordinated the dialysis on Mrs. C’s behalf, which was scheduled to occur the Friday before Hurricane Irma struck. Later that evening ILS received an e-mail from Monroe County’s Special Needs Registry advising us that the Mrs. C. contacted them to cancel a schedule transportation set up for the following day. ILS having received this correspondence, immediately began making contact to validate this unfortunate decision.



After the hurricane, ILS did experience hardship in locating her and communicating with her daughter, but after continued pursuit and sending Home Health staff to check the grounds, it was confirmed that she did in fact evacuate and this was confirmed by Monroe County. While her destination was pending, ILS did make contact and ensured that she was safely evacuated. Since Hurricane Irma, Mrs. C. has returned home. ILS offered to provide clean-up assistance, however, Mrs. C. indicated that the assistance was not necessary. Mrs. C. is well and continues to receive authorized services from ILS.

Aging Network Responds to Community Needs (Hurricane Irma)

Bay County Council on Aging



For many years, Bay County Council on Aging has staffed a program for homebound elders that organizes volunteers to assist homebound elders with evacuation. They meet in advance and the volunteers and the participant know each other, and the volunteers know what the person needs to take and where to find it. So, the volunteers arrive, pack and transport the person to the shelter, helping them register. Post storm, the volunteer assists the person to get back home, unpack, check meds, get food if needed and settle back at home.



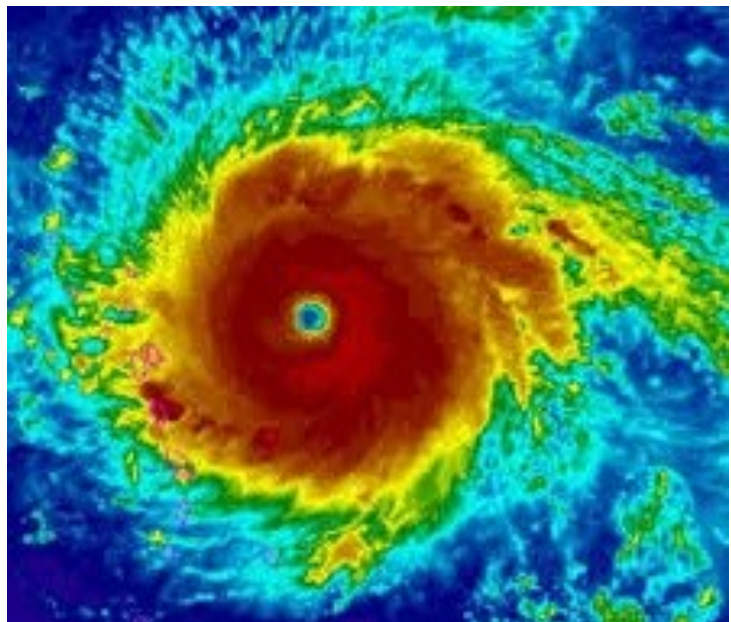
Follow-up

1. The House Speaker appointed a special committee to assess primarily ALF and Nursing Home lessons learned from Irma. Margaret Lynn Duggar of Margaret Lynn Duggar and Associates is trying to get community-based elders included in their planning because the Aging Network needs greater attention to disaster planning, implementation and follow up.

2. DOEA has told FASP they are planning a statewide meeting in early 2018. We are very supportive of this happening, as a number of roles and responsibilities need to be clearer.

Many more agencies and individuals all across the state responded so very well to this huge storm - many thanks and congratulations to you.

This is just another example of the very best of this network - and your dedicated service. We know now how valuable you are!



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.

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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

Due to the long latency period of mesothelioma, approximately 20-50 years, about 80 percent of those who are diagnosed with this terrible disease are seniors. Our organization works 1-on-1 with these individuals to help them find local doctors, treatment centers and support groups.

We recently published an educational page about mesothelioma, which affects many seniors:

<https://www.asbestos.com/mesothelioma/>



Mark Your Calendars!

January 24, 2018: Florida Senior Day at the Florida State Capitol <https://floridaseniorday.org/>

August 13-18, 2018: Marriott Waterside - Tampa, FL Florida Conference on Aging

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www.marionseniorservices.org/



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Hillsborough County
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Washington County Council on Aging

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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.