



Florida Association of Aging Services Providers e-Newsletter

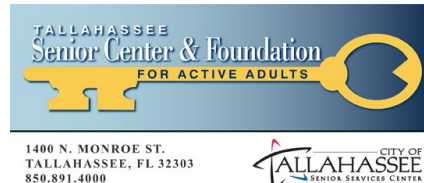
Volume 32: September/October 2012

Co-Sponsors: Tallahassee Senior Center Foundation and Florida Association of Senior Centers
Guest Editor: Sheila Salyer, Tallahassee Senior Services

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Message from the President

by John Clark, Council on Aging of West Florida, Inc.

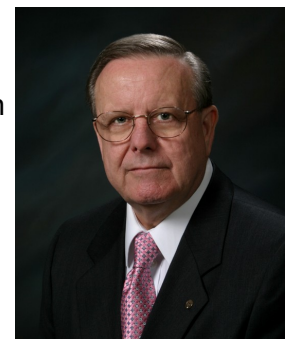
Dear Friends:

I want to thank all of you for electing me President of the Florida Association of Aging Services Providers (FASP). I consider it a great honor to be part of such a dedicated group of people. Over the years, the FASP network of service providers has always been a source of great inspiration and help to me in many ways. I have often said that when you join any organization "you will get out of it, what you put into it."

Service providers are really where the rubber meets the road. Providers are on the front lines and actually deliver services to clients amidst what are often challenging circumstances; conflicting and confusing rules, endless reports and forms, audits and monitorings, funding problems, balancing budgets, unfunded mandates, recruiting volunteers and staff; and that's just some of the challenges! Yet, providers always rise to the challenge. Faced with all of these challenges,

FASP plays a vital role for each of us. Your membership in FASP means you are "not alone."

What can be more comforting than knowing someone understands your challenges and quite often can share a solution, because they have "been there?" You just have to be willing to become involved and reach out to others. Because the leadership of FASP understands these challenges, we plan in the coming months to add a "members only" section to our website in order to share with each other, not only our challenges but solutions. We plan to share information on such subjects as succession planning for agencies, along with other information that will insure we keep abreast of important topics.



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Raising the Bar at Florida's Senior Centers

Sheila Salyer, Tallahassee Senior Center, Guest Editor

A growing number of senior centers are earning national accreditation. In addition to sponsoring National Senior Center Month, the National Institute of Senior Centers (NISC) is working to advance the quality of senior centers nationwide. It offers the nation's only National Senior Center Accreditation Program.

Accreditation provides official recognition that a senior center meets nine standards of senior center operations: Purpose, Community, Governance, Administration, Program Planning, Evaluation, Fiscal Management, Records & Reports and Facility. These standards serve as a guide for all senior centers to improve their operations today—and position themselves for the future.

More than 200 senior centers have been accredited, and many more are in the process. In Florida, 10 senior centers are currently accredited. Florida has a wealth of senior center expertise in its many long-time professionals who have developed quality programs over the years.

As fellow senior center specialists and leaders in our own Florida Association of Senior Centers, we are interested in all centers offering the best and most activities and programs they can. We want to invite and encourage you to contact us individually and attend our training sessions in February 2013 and at the 2013 Florida Conference on Aging.



Why Get Accredited?

Going through the accreditation process is very healthy for an organization. It's an opportunity to bring community members that may not yet be involved with the senior center to see how things are done and offer suggestions for improvements. From our first two accreditation processes, these community members are now advocates for senior center programs.

Accreditation also ensures that your center is accountable to your participants and funding sources through the assessment of the nine standard areas. Since we first became accredited 10 years ago, we have continued to grow and expand in programs and resources.

Accreditation Resources

Through the National Council on Aging (NCOA) web site several resources are available to help you make your center stronger. The Self-Assessment tools alone provide excellent guidelines for growing and establishing your programs and services. I encourage centers to obtain the Self-Assessment materials whether you are considering accreditation or not. It will help structure the nuts and bolts of your organization as well as provide valuable ideas for meeting the needs of your participants.

NCOA/NISC members can download the manual free by logging in on the website <http://www.ncoa.org/national-institute-of-senior-centers/>. This manual is worth the cost of membership. Annual membership to NCOA's National Institute of Senior Centers covers everyone who works for your organization at one location. For information on multi-site membership discounts, call 1-800-373-4906. Businesses and consultants can join as a NISC Business Affiliate at the same price.

I also want to invite you to join your state organization of professionals, the Florida Association of Senior Centers. Please call or email Sheila Salyer at 850-891-4001 Sheila.salyer@talgov.com.

Finally, 2013 will be a historic year for most service providers around the state. The state will begin the process of transitioning all Medicaid clients, including those elders receiving long term care services through the Medicaid Waiver Program, to private managed care companies. For many FASP members, this will have a significant impact on agency operations.

Members have already begun to form new and diverse partnerships in order to position themselves for this significant shift in service delivery. It is not just about "surviving," it is more about our desire to continue serving elders in our respective communities. Our members know their local communities, they know its strengths and weaknesses, and they know the needs facing elders.

Frankly, our membership is often the backbone of the local aging delivery system. That is too valuable a resource to lose. Recognizing these truths, FASP and the FASP membership will continue to play a key role in the changing service delivery system. I look forward to being a part of that change with all of you.

Sincerely,
John Clark



Institute for Workforce Innovation Program Helps Vulnerable Older Americans in Four Florida Counties

Earlier this year, the Institute for Workforce Innovation in Melrose, Florida was one of 10 non-profit organizations to be awarded an AARP Foundation grant to create and manage a one-stop employment center to lessen the impact of long-term unemployment on older adults by assisting with job search needs.

The Institute for Workforce Innovation, Inc. (IWI), a local not for profit organization, has implemented a senior employment and work support program in four counties in north central Florida intersecting in the rural town of Melrose, Florida through the Lake Area Older Adult Job Center (LAOAJC). The LAOAJC, located on the Melrose Senior Community Center campus, provides comprehensive one-stop career services to unemployed workers age 50 and older, including job skills workshops, resume assistance, retraining, employment placement and follow-up.

Secondly, the LAOAJC provides community, state and federal web-based resources to older adults in need. Lastly, IWI will establish two rural businesses including a survey call center in partnership with the Florida Survey Research Center, and a Medicaid Home and Community Based Services (MHCBS) Waiver services division. These businesses will provide employment to older adults in the community.



"The AARP Foundation grant process was extremely competitive and we are thrilled to receive this award," said Jonathan Leslie, IWI Executive Director "This grant has the potential to change the economic landscape for many older adults living in the lake area."

Rural communities, like Melrose, were especially hard hit by the recent economic downturn due to limited services, transportation, and lack of employment opportunities. On a broader scale, the state of Florida experienced a double-digit unemployment rate that was the 6th highest unemployment rate in the nation for August 2011 at 10.7%. These numbers do not account for discouraged older adults who have stopped looking for work or those who lost their jobs and voluntarily retired early. The Lake Area Older Adult Job Center uses short and long-term interventions in a collaborative design to increase access to employment services for older workers in a struggling economy.

Safe Mobility for Life Coalition: Building Transportation Safety and Mobility Resources

By Gail Holley, FDOT Safe Mobility for Life Program Manager

Driver safety is a growing concern across our nation as our population grays. As Florida's population ages, we must recognize the specific needs of our aging road users and provide programs and resources to ensure safety on our roadways. In 2009, to meet this need, the Florida Department of Transportation established a statewide coalition composed of 27 different agencies and organizations all working together to help keep Floridians safe and mobile into their golden years.



The Safe Mobility for Life Coalition defines an aging road user to be someone who is a driver, passenger, pedestrian, bicyclist, transit-rider, motorcyclist, or operator of non-motorized vehicles who is 50 years of age or older, with a special emphasis on the 65 years or older age group. It is our goal to improve aging road user safety, access, and mobility by reducing the number of fatalities, serious injuries, and crashes while maintaining their mobility and independence. To achieve our goal, we have built a strong foundation by developing a broad *Aging Road User Strategic Safety Plan* containing ten emphasis areas.

The Coalition believes that if we are going to be successful in reducing the crash rate for drivers 65+, we must develop and implement programs and resources that not only meet their unique needs, but also address the needs of our stakeholders. In addition to the aging road user themselves, we consider our stakeholders to be families and caregivers, law enforcement, local communities, health care professionals, planners and engineers, and aging service providers like yourselves.

In June 2012 we released our first resource, *Florida's Guide for Aging Drivers*. The guide was written in consumer-friendly language and targets aging drivers and their families/caregivers. It helps everyone understand the impact that aging can have on driving and learn the warning signs and resources that are available to help make the transition when driving may no longer be a safe option. The guide offers just about everything a driver needs to be more proactive about staying safe on the road.

The Safe Mobility for Life Coalition is just getting started in developing resources and outreach materials to support and educate all our stakeholders. If you are interested in staying up to date as we implement our *Aging Road User Strategic Safety Plan*, we encourage you to log-on and bookmark our website, www.SafeandMobileSeniors.org. You can also like us on Facebook and follow us on Twitter. We believe that working together on our comprehensive plan will ultimately be the key to reducing the crashes, injuries, and fatalities of at-risk aging Floridians.

“My Life, My Time, My Way... at My Senior Center!”

When it comes to finding tools for staying healthy and involved or accessing information about benefits, there's no place like the community senior center! As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work and volunteerism. Florida community senior centers offer all this and more!

“Today’s senior centers are evolving to reflect a new view of aging that empowers the people they serve,” said James Firman, president and CEO of the National Council on Aging. “They’re connecting older adults with meaningful career and volunteer opportunities, and increasing their access to valuable benefits and resources.” For example, Florida senior centers provide programs and services that include benefits counseling, congregate meals, volunteer placement and health screenings. Many centers also offer life-enhancing activities like Tai Chi and Yoga; art and music courses for exploring creativity; technology-based instruction to facilitate computer and computer-related communications literacy, and a host of evidenced-based wellness programs!

“People today just love being a part of Florida’s senior centers” says Pat O’Connell, President of FASC. “They have deep ties to their communities, are excited about sharing their diverse skills and talents, and are looking for new and innovative ways to express themselves. Florida’s senior centers help provide the tools, resources and opportunities for folks to accomplish all that and more!”

In fact, a recent survey of senior center participants in 7 states including Florida, showed that almost half of the respondents felt less lonely, laughed more frequently, had reduced stress levels, felt more satisfied with life and had either begun a new exercise program or expanded an existing health routine. While Florida senior centers may vary a bit in their individual offerings, each successfully addresses the needs and utilizes the gifts of their elder communities in unique and innovative ways.

Increased self-reliance; enhanced quality of life; improvements in health and well-being, and the ability to better function within the aging framework - it really is amazing what a Florida senior center can do!

In September, the Florida Association of Senior Centers (FASC) invited every community to learn more about the programs and services at its community senior center during National Senior Center Month. Join your local center for a variety of activities -- ***It Happens at My Senior Center; My Life. My Time. My Way.*** A host of activities go on every day at centers around the state including health fairs, dances, music events, wellness workshops and lifelong learning classes.

To learn more about Florida's 240+ senior centers or to find a center near you, visit the FASC website at www.floridaseniorcenters.org or call 1-904-209-3700 and ask for Pat O'Connell.

FASC 6TH ANNUAL SENIOR CENTER TRAINING

Hosted by Florida Association of Senior Centers

This annual training offers an excellent opportunity to learn and network with other senior center staff from across Florida and a chance to visit two senior centers. Both of these centers have opened within the last two years. Informative workshops will be held both days.

February 7, 2013 12:30 pm – 7:30 pm - Melrose Senior Community Center

February 8, 2013 8:30 am – 11:30 am - Gainesville Senior Recreation Center

More specific information about the training and hotel accommodations will follow, but please mark your calendars now for the FASC 6th Annual Senior Center Training! **Call Shari Day** at 386-253-4700 ext 216 or sday@coaiaa.org for more info

Significant Changes in Senior Centers Over 35 Years in the Field

By Jay Morgan, National Institute of Senior Centers Consultant, Certified National Senior Center Accreditation Peer Reviewer and Florida Association of Senior Center Executive Committee

I recently completed 35 years working for the City of St. Petersburg, Florida. When I started, the Senior Center field was relatively new with minimal professional organizations. But, we have come a long way toward putting them on the national aging network stage and have established this field as a valuable asset in providing services, programs, activities, community connections, and even positioned ourselves to successfully compete for funding from national, state, county and local resources.

Senior Centers have always been known as community focal points for older adults. Since the William Hodson Community Center became the first Senior Center to open its doors in New York City in 1943, the Senior Center movement has been growing and improving. The first National Conference of Senior Centers met in conjunction with the annual National Council on the Aging (NCOA) Conference in 1964. In 1970, Senior Centers started to establish a presence nationwide in the aging network and the National Institute of Senior Centers (NISC) took shape as the first NCOA constituent unit.



In the 1970's, the Older Americans Act (OAA) identified Senior Centers as “*essential links in the service network for older adults.*” The OAA also defined Senior Centers as “*a community facility for the organization and provision of a broad spectrum of services.*” In Florida, the Florida Council on Aging (FCOA) was established in 1955 and

the Florida Association of Senior Centers (FASC) was established in the mid 1980s.

In 1978, NCOA and NISC, with funding support from the Administration on Aging (AOA), published the first edition of its *Senior Center Standards and Self Assessment Workbook - Guidelines for Practice*. But the first pilot accreditation of Senior Centers did not occur until 1996 through a grant from the AT&T Family Development Fund. In 2006 the Aurora Senior Center in Colorado became the 100th Senior Center to become accredited and there are currently over 200 “*Centers of Excellence*” that have achieved that designation.

From a broad view, I believe the core values of Senior Centers have not changed much. Most of them evolved from focusing on social activities to progressively increasing their emphasis on service delivery, community partnerships and a few have even become self-sustained entrepreneurial centers. But the two biggest changes in my view have been in technology and in health and wellness programming.

Technology

In 1977 we used rotary dial phones, telephone message pads, mimeograph hand-crank machines and manual typewriters. Promotional materials were cut and pasted on a master sheet, Liquid Paper corrected and sent to print at least a week in advance. Correspondence dictated through recording or shorthand, then a final copy typed manually if you didn't manually write it yourself. There were no cell phones, so when out, you were not reachable. Most audio/visual programs used reel-to-reel films, overhead slides, carousel slides, film strips or cassettes, and VHS tape technology was in its infancy.

Teachers highlighted presentations with a pointer stick and used chalkboards. Calculators were huge and computers were not common. Our first computer was a 1986 AT&T 6300 with a green screen. Most Senior Centers did not use computers until after 1990. The Post Office was our primary source for mailing and stamps cost 13 cents.

Today, most of us carry the equivalent of a computer phone in our pocket or tablet in our bag and also own more than one personal computer at home. We perform most tasks on computers or mobile devices, including on-line bill payments, correspondence, editing, electronic signature approvals, texting, and messages. So many applications are available that personalized options are limitless.

Continued on Page 7

Audio visual presentations have digital music played from our phones to a wireless speaker. Power point presentations are controlled wirelessly and highlighted with laser pointers. DVD films have 3-D and can be shown on High Definition Televisions that are as large as projection screens and can also be used as computer screens. Hearing loop systems allow the hearing impaired to receive the amplified audio directly to their hearing aids. We have computer labs for seniors, specialized software designed specifically for Senior Center operations, touch screen membership access, Wii computer games, distance learning on-line, and numerous other programming opportunities.

Social networking programs expanded the opportunity for Senior Center participants to connect with family members, friends, and locating others with like interests. These have also increased senior marketing opportunities through web-site development as well as getting feedback from users and non-users via online research programs.



Health & Wellness Programming

In 1977, most health and wellness programs focused on traditional annual screening programs for diabetes, cholesterol, glaucoma and other high risk chronic conditions common among seniors. Those 60 and older were considered to be a special population by just age alone. Exercise programs were considered somewhat risky for this population and only moderate to low stress programs were considered safe for older adults. Seniors that pursued high stress activities were considered exceptions or “super seniors.” In 1977, the President’s Council on Physical Fitness & Sports developed a program called “Active People Over 60.” It focused on using chairs and had a high percentage of seated exercises.

Today, several Senior Centers have health and wellness wings that house fitness centers, indoor therapy pools, health and medical clinics, therapy rooms, etc. Partnerships have been developed with hospitals, universities, health departments, and YMCAs. The emphasis on chronic illness prevention has significantly increased with special programs that focus on improving standard chronic conditions associated with aging, improving individual physical health, maintaining brain health and several programs utilize effective evidence-based health programs to pursue grant funding. Some senior fitness centers also have specialized assistive exercise machines that focus on core fitness and can be adjusted to meet individual physical needs and even hire/contract degreed exercise specialists with gerontology training. Boomers are demanding more challenging activities and Senior Centers are responding by offering opportunities for marathons, competitive swimming, hiking, Pickleball, Senior Games, rock climbing, adventure outings, etc.

I should also mention that politically, over those 35 years, there were six U.S. presidents, nine Florida governors and seven St. Petersburg mayors. Each change of leadership in our government impacted how Senior Centers operated organizationally and financially. The two most common attributes that sustainable Senior Centers exhibit are their ability to be flexible enough to adapt, change and be creative enough to find the resources to implement those changes.

With continued support of strong organizations like NISC, FASC, FASP, and FCOA, as well as local, state, and federal resources, Senior Centers will continue to flourish and be community focal points managed by some of the most passionate and professional individuals serving active, older adults. With progressive, advanced programs, Baby Boomers will overcome the stigma of being called a “senior” once they walk through the doors and experience the vibrant energy of other people with like interests.



November 29 - December 1, 2012: New Orleans, LA. International Council on Active Aging Conference. Visit <http://www.icaa.cc/convention.htm>

December 2012

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Continued from Page 3 - Institute for Workforce...

IWI opened the Melrose Senior Community Center in April 2011 with its mission to enhance the lives of older adults living in the lake area by promoting support, services, and resources that facilitate active living and aging in place. In October 2011 the center launched a lunch/nutrition program in partnership with the Wal-Mart Foundation and Blue Water Bay, a locally owned restaurant. Each day 30-40 qualified older adults build relationships through conversation over a delicious hot lunch; many of which leave with carryout containers to deliver a meal to friends unable to leave their homes. The Melrose Senior Community Center also provides enrichment classes ranging from art to exercise.

“It is wonderful to see the older adults in the lake area gather over a meal when they would otherwise be home eating alone,” said Melissa McGinnis, Melrose Senior Community Center Coordinator. “We are excited about the potential impact of the Job Center on the lives of older adults.”

The Melrose Senior Community Center offers daily enrichment opportunities Monday – Friday from 8 am-4:30 pm with lunch for qualifying seniors at 12 pm at 307 State Road 26, Melrose, FL, 32666, (352) 475-5347. For further information please contact Jonathan Leslie, Institute for Workforce Innovation, Inc., Executive Director/CEO, (352) 215-8157, jleslie@fiwi.org.

Mark your calendars now!

*The 2013 Florida Conference on Aging
will be held
August 12-14, 2013*

at the J.W. Marriott Grande Lakes in Orlando



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

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Under the Sun!

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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.

RESOURCES FOR VOTERS

To view local candidate questionnaires, as well as voter registration and election information, visit www.BeReadyToVote.org, a voter service website provided by the League of Women Voters of Florida Education Fund.

To learn more about the **League of Women Voters of Florida**, or to find your local League, check out: www.TheFloridaVoter.org.

For voting information including voter registration, election dates, early voting, precincts and Supervisors of Elections, visit the **Florida Division of Elections** online at: election.dos.state.fl.us.

The state of Florida offers a toll-free **Voter Assistance Hotline** in English and Spanish: 1-866-308-6739. Those who are hearing impaired and using TTY should call: 1-800-955-8771.

The **Collins Center for Public Policy** offers detailed analysis of the constitutional amendments at: www.CollinsCenter.org.

The **Florida Bar** provides a number of resources aimed at helping voters learn more about merit retention and the judicial candidates who will appear on the ballot: www.FloridaBar.org/TheVotesInYourCourt.