



Florida Association of
Aging Services Providers

Florida Association of Aging Services Providers e-Newsletter

Volume 49: September/October 2015

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Message from the President

by Andrea Busada, Broward County Elderly and Veterans Services

Dear FASP Members:

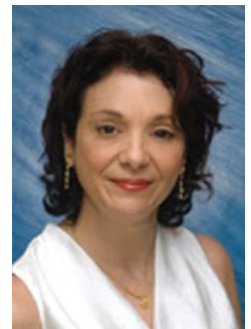
There is a lot happening in Florida's Aging Network! Your FASP Board of Directors wrapped up their annual Board Retreat in October, the holiday season is upon us, the 2016 Legislative Session starts in January and Florida Senior Day is just around the corner.

Every year at our annual Board Retreat, we look over the past year and spend time envisioning the future of FASP and the activities to achieve that vision. This year, we had the opportunity to dialogue with one of the 2015 Florida Conference on Aging Plenary speakers, John Feather, PhD, CEO of Grantmakers in Aging. Dr. Feather's insights will remain valuable in our process of crafting the messaging of FASP and the urgency of the "Silver Tsunami." We learned that

focusing on inclusive community benefits is much more effective than playing into the commonly-held mindset that each age group is a silo on its own and life is about "us vs. them." When trying to gather support for your programs, it's helpful to demonstrate how taking care of elders benefits the entire community.

If you can connect this with a message of economic impact, you are positioning yourself well toward reframing perceptions of aging issues. Consider implementing this advice in your promotions of holiday programs and initiatives.

As we approach the holiday season, many service providers take on an even greater role in the lives of their clients. While elders may struggle with loneliness or



Continued on Page 9

Highlight Your Event!

Would you like for FASP to highlight your holiday program, fundraiser or event? Send us a 300-400 word description describing its impact with 2-5 pictures. We may highlight it in the next e-Newsletter issue!

“It is amazing what you can accomplish if you do not care who gets the credit.” - Harry S. Truman

Send your submission and any questions to cnelson@mlduggar.com by December 14th, 2015.

Photos from the 2015 Conference on Aging



The Minotty Eye Foundation Aging Services Providers Award

Congratulations to Sherry Tucker of The Volen 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.



Andrea Busada (left), Dr. Paul Minotty (center), Sherry Tucker (right)

Elizabeth Lugo, The Volen Center, says of Sherry Tucker: "Sherry Tucker has worked for the Volen Center for 38 years. Yes, you read that correctly! She started as a part time volunteer

and quickly transitioned into the Director of our Transportation program. She literally built the program from the ground up---starting with one vehicle that was donated to the center to our current fleet of 33 vehicles. And 8 more are coming this summer! Sherry writes all the grants to secure the funding for the operations of the program as well as for all of the new vehicles. She has done this tirelessly and successfully, year after year. Sherry got into this business because she wanted to help elders as her grandmother and great grandmother in Kentucky sat and counted cars as they drove past for something to do. She wanted to get involved to ensure elders could access the community and services available to them so that they would have a rewarding and high quality of life.

Sherry gets to know our clients and speaks to those who call with compliments and concerns. She is always striving to provide the best service possible even when we are short on staff and the demands are high. She ensures her staff get the best training possible and quickly weeds out those who do not meet her high standards of care. Sherry's number one priority is the senior themselves and making sure they get to and from their destination not only safely, but in the hands of staff who care and who are here for more than a paycheck. She scrutinizes new vehicles and orders only those she thinks will be the best for our clients. She takes a lot of time to order exactly what is needed for the seniors in our community. Sherry interacts with our clients and shows them the love and devotion of a family member of long-time friend.

With over 38 years of serving seniors in our community Sherry Tucker is a pillar in the community and is known by so many. If you know the Volen Center, then you know of Sherry Tucker. Sherry IS our transportation program. It is the product of her blood, sweat and tears. It is truly a labor of love for Sherry and her involvement in the community and networking runs deep after so many years. She knows just who to call and who to refer to when either the Center or a client needs help. She has forged partnerships and relationships with funding sources, municipalities, private donors and supporters, elected officials and community leaders. Yet she never forgets the relationship with our clients and considers that the most important one. Sherry has built a strong network of supporters, colleagues and advisers that she can call on at any time as they know of her commitment and love for the Volen Center and the seniors.

Sherry works more hours in a week than many of us work in two. She comes in on her days off, listens to the radio communications via her mobile radio at home and will come in at a moment's notice. Every year I have to remind her to take her vacation time as she almost always loses it at year end because she always exceeds the roll-over limit. Sherry will do whatever is asked of her and does so from the heart. She has shown dedication, commitment and true professionalism throughout all of these years. That is not to say that Sherry does not have a great sense of humor as she is a lot of fun to be around....especially at the annual holiday parties...but that is another story! In all seriousness, there is no one more deserving of recognition than Sherry Tucker. She never asks to be in the limelight, never tries to take the credit, always credits her staff for their fine work and is content to just work for the sake of our seniors and the Center. She is truly an amazing individual who has chosen the difficult life of service to others when she did not have to. We would not be the organization we are today without her and I can't imagine the Volen Center without Sherry Tucker. She has been instrumental in making the organization what it is today, but never losing sight of the seniors as her #1 priority."

Ms. Tucker accepted this honor from Dr. Paul Minotty, which included \$500.00 for herself and \$500.00 for her Agency, The Volen Center, Tuesday, August 11th at the 2015 Florida Conference on Aging in Orlando, Florida.

2016 Advocacy Initiative

FASP is proud to partner with the Florida Council on Aging to advocate on behalf of elders in Florida for essential home and community based programs. Please consider how you can contribute to the efforts to advocate to Legislators on a local level. Your grassroots efforts are essential to the success of this initiative!

The Florida Council on Aging continues advocacy to increase funding to General Revenue Funded home and community based programs: Community Care for the Elderly, Home Care for the Elderly, Alzheimer's Disease Initiative/Respite Programs and Local Services Programs. FCOA is requesting significant increases to reduce the waiting lists for services for Florida's most frail older adults. This year we are requesting an increase of **\$35.9 million to serve 5,954 people on the waiting list.**

FCOA and advocates all over the state have been attending Delegation Meetings and getting out and sharing information about aging services programs with Legislators and their staff.

How can YOU help?

1. Invite a Legislator or their staff to deliver meals, visit a senior center or adult day center. They will see for themselves how important these programs are to the lives of older adults and their caregivers.
2. Make a donation to help FCOA to support grassroots advocacy work. Your donation will help cover expenses associated with the FCOA advocacy work.

———— FASP Endorsed FCOA Advocacy Priorities ————



PRIORITY : Increase General Revenue funding to serve high-risk frail seniors on the Department of Elder Affairs Waiting List for the Community Care for the Elderly, Alzheimer's Respite Care and Home Care for the Elderly Programs. Continue the base budget for the Local Services Programs.

FCOA is requesting:

1. An increase of \$35.9 million to serve:

- 100% of Alzheimer's Respite Program Consumers on the waitlist who are 'high-risk' Level 5. (886 consumers) \$9,334,896
- 50% of Community Care for the Elderly Consumers on the waitlist who are 'high-risk' Level 4. (2536 consumers) \$18,429,112
- 100% of Home Care for the Elderly Consumers who are on the waitlist who are 'high-risk' Levels 4 & 5. (2532 consumers and their caregiver) \$8,203,680

2. CONTINUE the base budget for the Local Services Programs.

Miami-Dade County Age-Friendly Initiative

FASP recently met with the CEO of Grantmakers in Aging, Dr. John Feather. The insights into messaging and purposeful involvement in local communities was the perfect follow-up to Dr. Feather's Plenary Session at the 2015 Florida Conference on Aging.

You can see an example of Grantmakers in Aging work in the Miami-Dade Age-Friendly Initiative linked below.

[Click here for full article](#)



Miami-Dade County Tobacco-Free Initiative

The Florida Department of Health in Miami-Dade County is working in the Miami community alongside the Consortium for a Healthier Miami-Dade Tobacco-Free Workgroup to “collaborate with community stakeholders to decrease smoking, tobacco use, and exposure to secondhand smoke in Miami-Dade County.”

The Workgroup welcomes involvement by individuals and organizations of the Miami-Dade community. Those interested in learning about how to get involved should visit www.healthymiamidade.org.

Stand Up for Seniors Task Force



A Task Force has formed in the Miami-Dade community in partnership with FASP and United Way of Miami-Dade to thoughtfully analyze the current and growing needs of elders in the community, and to strategize toward long-term solutions. The Task Force's first steps include holding an event on November 13th, 2015 to garner wisdom from past successes, and spark new ideas to address the growing needs of the community.

The event agenda includes insights from community leaders such as Senator Gwen Margolis, Department of Elder Affairs Secretary Samuel Verghese, Miami-Dade Board of County Commissioners Chairman Jean Monestime, Health Foundation of South Florida President and CEO Steve Marcus, The Children's Movement President David Lawrence, Bendixen & Amadi International Principal Fer-nand Amadi and Florida Council on Aging Executive Director Margaret Lynn Duggar.

A recap of the event will be featured in the next issue of the FASP e-Newsletter.

By Karin Diaz

Humans, in general, are afraid of change; a positive way to handle change is to acknowledge and embrace it.



When I saw first-hand how **Home and Community Care** funding impacted people's lives, I knew this was a cause worth advocating for. These programs don't benefit just older adults - they benefit the entire family. They provide peace of mind to the caregivers, sons, daughters, spouses or siblings; allowing them to go to work or take care of themselves, while their loved one is at ADC. It is part of the **"Circle of Life"**.



"Advocating for what you believe is crucial. If you don't ask for it, people assume you don't need it!"

6

Giving Challenge Raises Record-Breaking \$6.7 Million

The Community Foundation of Sarasota County's 4th annual Giving Challenge raised a record-breaking \$6.7 million during a 24-hour period on Sept. 1-2. It was the highest-grossing giving day in Florida's history. Contributions came in from more than 36,000 donors to benefit 449 participating nonprofits in Sarasota, Manatee, DeSoto and Charlotte counties. The Patterson Foundation pledged to match first-time donor gifts from \$25 to \$250 regardless of how many first-time donations came in, which resulted in more than \$2.8 million in matching funding.

[Click here for full article](#)



Seniors Will Soon Get Low-cost Uber Ride Service



Seniors looking for a way to get to the grocery store, visit friends or just have a night out on the town can soon tap into a modern method of getting to their destination.

On Wednesday, community leaders gathered to launch Freedom in Motion, where seniors can find an Uber vehicle to pick them up any time of day or night with the tap of a smart phone app.

"This pilot program is one of a kind," said Mayor Ed Braddy of the collaboration between Uber, Elder-Care of Alachua County, the city of Gainesville and the Gainesville Area Chamber of Commerce. Braddy noted the program addresses a need for better transportation options for seniors in the city.



10 Tips to Help Seniors Enjoy the Holidays

1. Stroll down memory lane. Holidays provoke memories, which can be especially powerful in the later years of life. "Leading authorities have observed that memory and 'life review' are important parts of the aging process," says Barry Lebowitz, Ph.D., deputy director of UCSD's Stein Institute for Research on Aging. "Older people whose memories are impaired may have difficulty remembering recent events, but they are often able to share stories and observations from the past. These shared memories are important for the young as well—children enjoy hearing about how it was 'when your parents were your age...'" He suggests using picture albums, family videos and music, even theme songs from old radio or TV programs, to help stimulate memories and encourage older seniors to share their stories and experiences.

2. Plan ahead. If older family members tire easily or are vulnerable to over-stimulation, limit the number of activities they are involved in or the length of time they are included. The noise and confusion of a large family gathering can lead to irritability or exhaustion, so schedule time for a nap, if necessary, and consider designating a "quiet room" where an older person can take a break. "Assign someone to be the day's companion to the older person, to make sure the individual is comfortable," says Daniel Sewell, M.D., director of the Senior Behavior Health Unit at the UCSD Medical Center, who adds that these guidelines work well for young children as well as adults with mental, emotional and physical health issues.



[Click here for the full article on SeniorLiving.About.com.](#)

Caregiving Report

Valuing the Invaluable: 2015 Update by AARP estimates the economic value of the 40 million family caregivers in the United States at \$470 billion. These caregivers gave an estimated 37 billion hours of care to an adult with limitations in daily activities. It also looks at public policy issues and recommends ways to support families through public policies, private sector initiatives and research. [Read report](#). See [infograph](#) with statistics.

July 2015

Valuing the Invaluable: Putting a Dollar Value to Family Caregiving

In 2013, about **40 million** family caregivers in the United States provided an estimated **37 billion hours** of care. The estimated value of their unpaid service was approximately **\$470 billion**.

HOW DOES FAMILY CAREGIVING COMPARE? 2013–2014 in billions

Walmart Annual Sales \$477

Family Caregiving estimated value \$470

Combined Annual Sales \$469

Apple, IBM, Hewlett Packard and Microsoft

Total Medicaid Expenditures \$449



TIME COMMITMENT



Caregivers spend an average of

18 hours per week

providing care to a family member.

60%

Family caregivers caring for an adult while employed full or part time.

Provide **21+ hours** of family care per week while working a job.

22%

FINANCIAL COMMITMENT



68%

Family caregivers who say they have to use their own money to help provide care to their relative.

39%

felt financially strained.

EMOTIONAL COMMITMENT

55%

Caregivers who felt overwhelmed by the amount of care needed for a family member.



WORK COMMITMENT

1 in 4 workers age 25+ are family caregivers.



72%

workers 40+ that say allowing work flexibility for caregiving would help improve work/life balance.

AARP
Real Possibilities

AARP Public Policy Institute

Source: Reinhard, Susan C., Feinberg, Lynn Friss, Choula, Rita, and Houser, Ari. Valuing the Invaluable: 2015 Update - Undeniable Progress, but Big Gaps Remain (2015): 1-25. AARP Public Policy Institute. 16 July 2015.

aarp.org/valuing

Believe it or not, **YOU** can make a difference by reaching out to your local legislators via telephone, emails, regular mail or in person. Ask them to **increase the funding for senior services such as CCE, HCE, LSP, ADI and Long Term Care Managed Care services.**

“Never doubt that a small group of thoughtful, committed citizens can change the world: Indeed it’s the only thing that ever has.” Margaret Mead

During the last legislative session, a small group of people - volunteers, directors, active older adults – each sent 3 emails to each of the 14 Broward County representatives and visited them, delivering testimonials and the FASP/FCOA advocacy brochure. This translated into over 350 direct contacts. Focus your efforts in educating elected officials about the needs of frail seniors and the challenges that they and their entire family face every day in trying to address these needs. Then tie that to the importance of increasing the funding to support these programs that address those needs.

“Every great dream begins with a dreamer. Always remember, you have the strength, patience and passion to reach for the stars to change the world.” Harriet Tubman



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President's Message

Continued from Page 1

depression during this season, we have the opportunity to brighten their day through the services we provide. I am proud to represent the FASP membership - full of passionate organizations and individuals serving those in need and delivering an excellent level of care and compassion every season of the year.

Even now, our focus is on advocating for home and community based services, but as the holidays come to a close, the Aging Network will also focus toward Florida Senior Day on January 27, 2015. The FASP Board of Directors is excited to hold its next Board meeting in Tallahassee the day prior to Senior Day and have the opportunity to participate in the many offerings Senior Day will bring, including tours of the Claude Pepper Center and the Senior Day Reception. We are ready to begin 2016, engage Legislators at their District and Capitol offices, and represent you well. I encourage you to work alongside us as we visit Legislators to communicate the need for home and community based services.

These next few months promise to be busy, but exciting. Thank you for the opportunity to serve you.
Sincerely,
Andrea Busada

Resources

Original Story from  Health News Florida

Millennials Shaping Future Health Economy

By Mary Shedden

© Health News Florida

Baby boomers dominate the nation's population. But analysts watching the health care economy say young adult health care consumers are the ones shaping the future health care economy.



[Sign Up for Medicaid Health Care Alerts](#) □ The Florida Medicaid program has an e-mail alert system to supplement the present method of receiving Provider Alerts information and to notify registered providers or interested parties of "late-breaking" health care information.



Rate of U.S. 'Food Insecurity' Stubbornly High

Despite an improving economy, many Americans struggle to get enough good food. [Read More.](#)



Help StoryCorps Archive the Wisdom of Generations

[Watch a video about this story here.](#)

[StoryCorps.me](#) and Google are aiming to rally individuals throughout the United States to record stories and wisdom of elders on Thanksgiving in order to compile the largest collection of voices in history, all to be stored at the United States Library of Congress.



Here are 5 ways anyone can participate:

1. If you are a parent of a high school student, get in touch with your child's school and ask them to join in.
2. Enroll your alma mater or local school.
3. Invite a teacher or high school student you know.
4. Share The Great Thanksgiving Listen on social media using the hashtag #thegreatlisten.
5. Make a plan to interview someone you love on Thanksgiving. Pick a grandparent, or neighbor, or family friend over the age of 65 who you'd like to interview. Simply download the [StoryCorps app](#), use the built-in prompts to record and publish an interview over Thanksgiving weekend. There are [re-sources here](#) to help you get the most out of your interview experience.

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/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>



Real Possibilities

<http://www.aarp.org>



Washington County Council on Aging

<http://www.washcocoa.com>



<http://www.agingtrue.org>



<http://www.bmbinc.com>



www.newvisioneyecenter.com

SPONSOR SPOTLIGHT



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.

Mark your Calendars and Save the Date
2016 FLORIDA CONFERENCE ON AGING!

AUGUST 8-10, 2016

The Caribe Royale
Orlando, Florida

