



Florida Association of Aging Services Providers e-Newsletter

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Sponsor: The Volen Center

Guest Editor: Elizabeth Lugo, The Volen Center

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Guest Editorial

by Elizabeth Lugo, President/CEO, The Volen Center

I had my two-year old daughter with me at our senior center the other day and as a reward for her good behavior, I bought her some M&Ms at the snack bar. As we were making our way through all the seniors who wanted to say hello to her, one gentleman asked her if he could have one of her M&Ms. Her big smile faded and she became quite pensive.

After serious consideration, she tightened her grip on the bag of treats and shook her head, "no." Being the good mother that I am, I, of course, encouraged her to share with others and reminded her of the importance of not being selfish. She ended up sharing her M&Ms, but I began to wonder: is being selfish always a bad thing?

From the earliest time I can remember, my parents always encouraged me to share and being selfish was something that was looked upon in a negative way. Obviously this stayed with me as I grew older and it is no coincidence that I ended up in the nonprofit world. I know that many of us as service providers go above and beyond the funding in our contracts and grants and we challenge ourselves to continually to do more and more, with less and less.

We sacrifice salary increases and pension contributions, so our staff goes without. We sacrifice janitorial staff and new flooring, so we clean the bathrooms ourselves and try one last time to get the stain out of the ten year-old carpet.

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We sacrifice new technology and fixing the leaking roof, so we do things by hand that could be computerized and try not to trip over the garbage cans catching the water falling from the ceiling when it rains.

We never sacrifice service and we always serve as that buffer between the seniors we serve and the difficult economic times we are facing on the outside. But by doing this, are we really working in the best interest of the seniors and the community at large? Are we sacrificing ourselves to the point of jeopardizing our future and our ability to be sustainable business entities that will serve seniors well on into the future?

Instead of trying to serve every person who comes through our front door, perhaps we should provide only the services the contract and fundraising actually pays for. Perhaps we should provide personal care to just the 100 seniors the grant covers and 101st person will have to go without and should call their local elected official and ask them who is going to help them bathe. When the funding for meals gets cut, instead of getting rid of a critical staff position, perhaps we should actually halt enrollment at the senior dining sites and give the people we are turning away the number of their congressional office.

I know what I am suggesting here may not be well-received by some and is probably not “politically correct,” but those of you who know me are probably not surprised and for those of you who don’t know me, I am not worried that my eulogy will not include statements about how “diplomatic” and “politically correct” I was. But think about it for just a minute. We remind caregivers that they must take care of themselves first, or they will be of no use to their loved one. We have all seen caregivers burn out, become ill and no longer be able to provide care for their loved one.

The same is true for us as organizations. We are weakening the immune system of our agencies by continually absorbing cuts and trying to meet increased needs, without taking care of ourselves. If we do not take care of ourselves and act somewhat selfishly, we will not be around to serve future generations of seniors and **that** is doing an incredible disservice to the community.



In order to be client-focused for the future, we must be agency-focused today. We must look to the future and put time and resources into planning for future growth and expansion, into innovative new programs and activities, into reinventing ourselves as the landscape around us is changing. We need to make the future of our agencies as much of a priority as the needs of the seniors we are serving, or we won’t be here to serve them in the years to come.

If the effects of cuts or flat funding are never really “felt” by the powers that be and the decision-makers, the current trends will just continue. They have come to expect that we as the nonprofit aging network will continue to sacrifice ourselves for their poor decision-making.

Maybe it is time to change our business philosophy from doing more with less, to doing what we can, with what we have. Maybe it is time to be selfish and unapologetic for doing so. Maybe its time to listen to the two-year old in all of us and keep our M&Ms for ourselves.

Florida Conference on Aging Highlights

2011 FLORIDA CONFERENCE ON AGING

Aging: Through a New Lens



The 2011 Florida Conference on Aging was a huge success with this year also marking the 20th Anniversary of the Department of Elder Affairs.

DOEA Secretary Chuck Corley shared his perspective in a listening session with the Aging Network about the impacts on local providers of the Governor's veto of the Volunteer Background Screening legislation that was passed by the Florida Legislature.

Attendees also had the opportunity to offer comments to Dr. Larry Polivka, Chair of the Assisted Living Workgroup. The Workgroup, which was recently appointed by Governor Scott, has scheduled several meetings during the Fall.



On Monday morning, the Conference opened with a presentation by Bertice Berry, Ph.D., a sociologist and award-winning lecturer. Ms. Berry also held a book-signing for her new book "**A Year to Wellness**"

On Tuesday morning, Dr. Paul Minotty presented Debbie Slade of NU-HOPE Elder Care Services with the 2011 Minotty Eye Foundation Aging Services Providers Best Direct Service Employee of the Year Award. (Please see article on Page 4.)

The Tuesday Morning Plenary session was 'Florida as the Nation's New Incubator for Delivering 21st Century Aging Services' with Michael Marcus of the Harry and Jeanette Weinberg Foundation and John Migliaccio of the MetLife Mature Market Institute.

Mary Maxwell spoke at the Quality Senior Living Awards luncheon on Tuesday afternoon. Ms. Maxwell, aka, Omaha's First Lady of Humor, used her quick wit and dry humor to entertain all in attendance. Since 1981, the QSLA awards program has commended individuals and organizations that positively impact the quality of life of Florida's seniors. Florida Power & Light Company has co-sponsored the program since 1989.



There were 5 pre-conference intensives and over 65 workshops during the conference. The exhibit hall had 78 booths to round out the networking, sharing and learning. The Silent Auction was a huge hit as everyone enjoyed bidding on items donated by exhibitors and Board Members.

Closing Session— The Conference closed with the FCOA/FASP Membership Luncheon and closing session featured a presentation by Florida Department of Elder Affairs Secretary Chuck Corley.

Mark your calendars now!

The 2012 Florida Conference on Aging will be held
August 20-22, 2012
at the JW Marriott in Orlando.



3 Winners for Boston University's Drawing at the 2011 Florida Conference on Aging Online Care Management Certificate Program

Ann Kincaid, Liberty County Senior Citizens Assoc.

Frank Faine, Orlando Health

Anita Ingersoll, Washington County Council on Aging

Congratulations!!!! You will receive an email shortly with information on how to enroll in this program. Please feel free to contact: Frank Fay - email: ffay@bu.edu - phone: 617-353-7220

The Minotty Eye Foundation Aging Services Providers Award FASP's Best Direct Service Employee of the Year

Congratulations to Debbie Slade of NU-HOPE Elder Care Services 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.



Dr. Paul Minotty, Debbie Slade, Karen Deigl

Ingra Gardner, CEO at NU-HOPE Elder Care Services, says of Debbie Slade: "If one were looking for the definition of value added to services, they would find the name Debbie Slade. Debbie has worked with the elders of Highlands County for over 30 years in both direct care and administrative jobs. During that entire period, she has sought ways to add that 'little extra' to the care and support of our seniors."

Ms. Slade accepted this honor Tuesday, August 23rd at the 2011 Florida Conference on Aging in St. Pete Beach.



Karen Deigl, President of FASP



Dr. Paul Minotty, Debbie Slade, Karen Deigl



Debbie Slade



Dr. Paul Minotty

Before It's Too Late: Planning for an Emergency

Children are usually taught about fire safety and disaster preparedness in school. Experts in the field, such as firefighters, teach through demonstrating how a family should safely and quickly evacuate their house during a fire, or how to seek shelter during a natural disaster, like a tornado or hurricane. The children are then encouraged to take the information they have learned and share it among their family members at home. By practicing in-home fire and shelter drills enough times, a family can become fairly secure with the fact that everyone will know a way of getting out of the house or taking shelter.



However, if you're among America's 54 million caregivers, knowing how to evacuate a loved one or how a loved one can take shelter during an emergency may not be as easy as just stepping out a door, or crawling out a window, especially if your loved one has mobility challenges and physical issues. Not only do you have to consider how you yourself will get out of the house during an emergency, but how will your loved one also be able to escape? These are just a few of the questions that a caregiver must consider in order to arrive at a much-needed safety plan for their loved one.

Once a safety plan has been created, it is wise to rehearse it, making sure that there are no other problems that arise during an emergency. It's also a good idea to discuss a finalized evacuation plan with other family members who may not live with you, as well as with neighbors, friends, and any other personal care attendants that may be a part of the in-home caregiving team. Talk about the dangers of fire, severe weather, earthquakes and other emergencies. This way, people other than the caregiver will know where to locate a loved one in a timely manner and assist with anything they may need at that moment, should their caregiver not be able to do so.

When devising your in-home, emergency preparedness plan, a good resource to contact is your local chapter of the Red Cross. They can tell you what kind of natural disasters occur in your area, how to prepare for each, and how you will be warned of an emergency. Also, many communities extend special assistance to those who have mobility problems by registering these people with a local fire department or emergency management office. Professional help will then be administered quickly and with priority in an emergency to people with physical limitations and mobility challenges.

If you are a caregiver who still must work outside the home, ask your supervisor about any emergency plans that may be in effect at your workplace. For example, some places will not allow employees to leave for home until an "all clear" has been given by local authorities, so caregivers need to take a policy like this into consideration when creating an at-home safety plan for a loved one. If you are the caregiver of a special-needs child who is mainstreamed into the public school or daycare system, ask the teachers or directors about emergency plans for the school, and how it will include and effect your young loved one.

Also, if you currently utilize a personal care attendant from an agency, find out whether the agency has special provisions during an emergency; will they continue to provide care and services at another location if your loved one needs to be evacuated from their current environment? It's important to determine what will be needed for each type of emergency.

For example, most people head for their basements during a tornado warning, however, most basements are not wheelchair-accessible. In this case, what modifications will you need to make, or will you be able to utilize an alternative shelter that's easier for your loved one to get to? Another good idea is for you to create more than one exit for a loved one who is in a wheelchair, in case the primary exit of your home is blocked in a disaster. In case of a power outage, make sure you know how to connect or start a loved one's back-up power supply that may be needed for important medical equipment. Make sure to teach others who might assist your loved one in an emergency how to operate this type of equipment as well.

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Places with Senior Discounts

Gone are the days of your grandmother's "early bird special" at the local diner. As our baby boomers reach retirement age, hundreds of retailers are featuring new and improved discounts exclusively for the 60 and older crowd. Below is a list of some senior savings that will help you keep more cash in your pocket. Whoever said getting older was a bad thing, obviously didn't know about these fantastic senior discounts!

Restaurants

- Applebee's: 15% off with Golden Apple Card (60+)
- Arby's: 10% off (55+)
- Ben & Jerry's: 10% off (60+)
- Bennigan's: discount varies by location
- Bob's Big Boy: discount varies by location (60+)
- Boston Market: 10% off (65+)
- Burger King: 10% off (60+)
- Captain D's Seafood: discount varies on location (62+)
- Chick-Fil-A: 10% off or free small drink or coffee (55+)
- Chili's: 10% off (55+)
- CiCi's Pizza: 10% off (60+)
- Culver's: 10% off (60+)
- Denny's: 10% off, 20% off for AARP members (55+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- Einstein's Bagels: 10% off baker's dozen of bagels (60+)
- Fuddrucker's: 10% off any senior platter (55+)
- Gatti's Pizza: 10% off (60+)
- Golden Corral: 10% off (60+)
- Hardee's: \$0.33 beverages everyday (65+)
- IHOP: 10% off (55+)
- Jack in the Box: up to 20% off (55+)
- KFC: free small drink with any meal (55+)
- Krispy Kreme: 10% off (50+)
- Long John Silver's: various discounts at participating locations (55+)
- McDonald's: discounts on coffee everyday (55+)
- Mrs.. Fields: 10% off at participating locations (60+)
- Shoney's: 10% off
- Sonic: 10% off or free beverage (60+)
- Steak 'n Shake: 10% off every Monday & Tuesday (50+)
- Subway: 10% off (60+)
- Sweet Tomatoes 10% off (62+)
- Taco Bell: 5% off; free beverages for seniors (65+)
- TCBY: 10% off (55+)
- Tea Room Cafe: 10% off (50+)
- Village Inn: 10% off (60+)
- Waffle House: 10% off every Monday (60+)
- Wendy's: 10% off (55+)
- White Castle: 10% off (62+)



Retail and Apparel

- Banana Republic: 10% off (50+)
- Bealls: 20% off first Tuesday of each month (50+)
- Belk's: 15% off first Tuesday of every month (55+)
- Big Lots: 10% off
- Bon-Ton Department Stores: 15% off on senior discount days (55+)
- C.J. Banks: 10% off every Wednesday (60+)
- Clarks: 10% off (62+)
- Dress Barn: 10% off (55+)
- Goodwill: 10% off one day a week (date varies by location)
- Hallmark: 10% off one day a week (date varies by location)
- Kmart: 20% off (50+)
- Kohl's: 15% off (60+)
- Modell's Sporting Goods: 10% off
- Rite Aid: 10% off on Tuesdays & 10% off prescriptions
- Ross Stores: 10% off every Tuesday (55+)
- The Salvation Army Thrift Stores: up to 50% off (55+)
- Stein Mart: 20% off red dot/clearance items first Monday of every month (55+)

Grocery

- Albertson's: 10% off first Wednesday of each month (55+)
- American Discount Stores: 10% off every Monday (50+)
- Compare Foods Supermarket: 10% off every Wednesday (60+)
- DeCicco Family Markets: 5% off every Wednesday (60+)
- Food Lion: 6% off every Monday (60+)
- Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55+)
- Great Valu Food Store: 5% off every Tuesday (60+)
- Gristedes Supermarket: 10% off every Tuesday (60+)
- Harris Teeter: 5% off every Tuesday (60+)
- Hy-Vee: 5% off one day a week (date varies by location)
- Kroger: 10% off (date varies by location)
- Morton Williams Supermarket: 5% off every Tuesday (60+)
- The Plant Shed: 10% off every Tuesday (50+)
- Publix: 5% off every Wednesday (55+){ not in Florida}
- Rogers Marketplace: 5% off every Thursday (60+)
- Uncle Guiseppe's Marketplace: 5% off (62+)

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United HomeCare Named Winner of 2011 Caregiver Friendly Award



MIAMI, FL, July 20, 2011 – United HomeCare (UHC), the largest home health agency in South Florida, was named winner of the *Today's Caregiver* magazine 2011 Caregiver Friendly Award in the service category. The Caregiver Friendly Awards are designed to celebrate products, services, books and media created with the needs of caregivers in mind. United HomeCare was recognized for establishing the Caregiver Resource Center, the first in Miami dedicated exclusively to assisting family caregivers for frail elderly and/or disabled adults.

"Tens of thousands of family caregivers live and work in Miami-Dade County," said José Fox, president and chief executive officer of United HomeCare. "They are the backbone of long-term care in our community and need our support. Caregivers are encouraged to turn to the Caregiver Resource Center as a place to get that support and talk with people who understand caregiver challenges and listen with the heart."

Located in Doral, the Caregiver Resource Center is designed to relieve caregiver burden, enhance caregiving skills and build capacity to manage caregiving responsibilities. The center offers complimentary information about care solutions, links to community resources, caregiver education, support groups and wellness activities in a beautiful space that is welcoming to family caregivers. With its early morning and after-work hours and planned activities during lunch hours, the Caregiver Resource Center also plays an important role in assisting and engaging working caregivers throughout the community.

"The average caregiver is responsible for over \$40,000 in health related expenditures each year, in either personal or directed funds," said Gary Barg, editor-in-chief of *Today's Caregiver*, the first national magazine for all family and professional caregivers. "This award is designed to help family caregivers recognize and reward those organizations who will care for them in as committed a manner as they care for their loved ones."

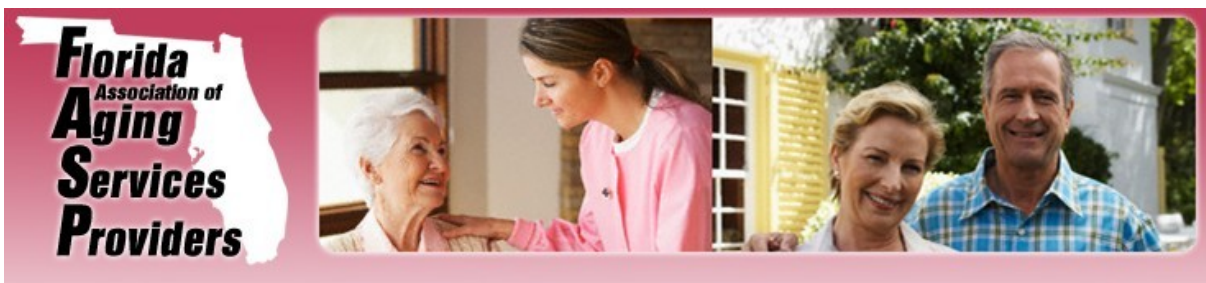
The Caregiver Resource Center is located at 8400 NW 33rd Street on the fourth floor. It is open Monday through Friday from 7:30 AM to 6:00 PM. A monthly calendar of activities for caregivers is available online at www.unitedhomecare.com. For more information, call 305-716-0710.

A past recipient of the Caregiver Friendly award, United HomeCare was previously honored in the service category for its TeleHealth Monitoring Services program, which monitors a patient's chronic health conditions remotely from the home, thereby reducing the need for hospitalization.

About United HomeCare—United HomeCare (UHC) is a private 501(c)(3) non-profit home health and community care organization dedicated to making people's lives better with proven quality-of-life solutions delivered in the comfort of home settings. Based in Miami, Florida, UHC is a trusted industry leader known for pioneering advances in home care programs, disease management services, and educational support programs to help families care for elderly and disabled relatives in homes or other community settings. To learn more about United HomeCare, please call 305-716-0710 or visit www.unitedhomecare.com.

About The Caregiver Friendly Awards—Caregiver Friendly® Awards are presented by Today's Caregiver magazine to celebrate outstanding books, media, products and services designed with the best interest of the family caregiver in mind. Today's Caregiver magazine, launched in 1995, is published by Caregiver Media Group, which also produces the Fearless Caregiver Conferences, www.caregiver.com and The Fearless Caregiver book which teaches caregivers how to become their loved one's fearless advocates within the healthcare system.

Come visit us at the FASP website www.fasp.net



Travel

- Alaska Airlines: 10% off (65+)
- Alamo: up to 25% off for AARP members
- American Airlines: various discounts for 65 and up (call before booking for discount)
- Amtrak: 15% off (62+)
- Avis: up to 25% off for AARP members
- Best Western: 10% off (55+)
- Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)
- Cambria Suites: 20%-30% off (60+)
- Clarion: 20%-30% off (60+)
- Comfort Inn: 20%-30% off (60+)
- Comfort Suites: 20%-30% off (60+)
- Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations
- Dollar Rent-A-Car: 10% off (50+)
- Econo Lodge: 20%-30% off (60+)
- Enterprise Rent-A-Car: 5% off for AARP members
- Greyhound: 5% off (62+)
- Hampton Inns & Suites: 10% off when booked 72 hours in advance
- Hertz: up to 25% off for AARP members
- Holiday Inn: 10%-30% off depending on location (62+)
- Hyatt Hotels: 25%-50% off (62+)
- InterContinental Hotels Group: various discounts at all hotels (65+)
- Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)
- Marriott Hotels: 15% off (62+)
- Motel 6: 10% off (60+)
- Myrtle Beach Resort: 10% off (55+)
- National Rent-A-Car: up to 30% off for AARP members
- Quality Inn: 20%-30% off (60+)
- Rodeway Inn: 20%-30% off (60+)
- Sleep Inn: 20%-30% off (60+)
- Southwest Airlines: various discounts for ages 65 and up (call before booking for discount)
- Trailways Transportation System: various discounts for ages 50 and up
- United Airlines: various discounts for ages 65 and up (call before booking for discount)
- U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

Activities & Entertainment

- AMC Theaters: up to 30% off (55+)
- Bally Total Fitness: up to \$100 off memberships (62+)
- Busch Gardens Tampa: \$3 off one-day tickets (50+)
- Carmike Cinemas: 35% off (65+)
- Cinemark/Century Theaters: up to 35% off
- U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)
- Regal Cinemas: 30% off
- Ripley's Believe it or Not: @ off one-day ticket (55+)
- SeaWorld Orlando: \$3 off one-day tickets (50+)

Cell Phone Discounts

- AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)
- Jitterbug: \$10/month cell phone service (50+)
- Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+)

Miscellaneous

- Great Clips: \$3 off hair cuts (60+)
- Super Cuts: \$2 off haircuts (60+)



Since many senior discounts are not advertised to the public, our advice to men and women over 55 is to ALWAYS ask a sales associate if that store provides a senior discount.

It's also good to know which emergency shelters near your home are wheelchair-accessible. If your loved one lives on their own in an apartment complex, be sure to ask the building's management to identify and mark all accessible exits. It's also a good idea to arrange for a relative or neighbor to check on your loved one should they live on their own. Not only should you have emergency phone numbers posted near telephones and/or kept in wallets or pocket books at all times, but it's also a good idea to select one out-of-state and one local friend or relative for you or your loved one to call if you're separated in a disaster.

Select one place near your home to meet-up together in case of a fire, and another place to meet outside your neighborhood in case you can't return home after a disaster. If you are at home when a disaster strikes, know how to quickly access and turn off the water, gas, and electricity at main valves or switches. If your loved one is able to do so, it is a good idea that they also know how to turn these things off as well, should they be home by themselves when disaster strikes. Preparing a disaster supply kit is a definite must when you are caring for a loved one whose life may depend upon certain medications and other such items. When appropriate, some of these things can be stored in easy-to-carry containers like backpacks or duffel bags. Larger items like a manual wheelchair or back-up equipment may be stored in a "safe-room" in your house, or at a neighbor's house, school, or workplace.

EMERGENCY CARE LIST

A battery-powered radio, flashlight and plenty of extra batteries. A first-aid kit, prescription medicines, and an extra pair of glasses. A supply of water (one gallon per person per day); store water in sealed, unbreakable containers and replace every six months; a supply of non-perishable food and a non-electric can opener, plus any special foods your loved one may require. Include extra products like adult diapers, wipes, lotion, and other hygiene items that don't need water in order to use. Have extra wheelchair batteries charged and ready to go. Have on-hand full oxygen tanks, extra medications, catheters, food for guide or service dogs, and any other special equipment needed. A change of clothing and rain gear for your loved one, and sturdy shoes for you. Extra blankets or sleeping bags. The list of family physicians, relatives or friends who should be notified if you or your loved one are injured. A list of the style and serial numbers of medical devices such as pacemakers or special batteries for essential medical equipment. An extra set of car keys.

During a disaster, anything that can move, fall, break or cause a fire is considered to be an added hazard. Before an emergency situation happens, it's a good idea to go around your home and look specifically for items that might pose a danger to you and your loved one during a disaster. Make sure that shelving is securely fastened to the walls, and that any large, heavy objects are placed on lower shelves or on the floor. Also, hang pictures and mirrors away from beds; larger pictures or mirrors should be bolted to the wall.



Observe electrical wiring around your home, and repair any wires found to be defective or hazardous. Have a shut-off valve or switch for oxygen equipment near your loved one's bed or chair, so they (or you) can turn it off quickly if there is a fire. It's a good idea to secure your water heater by strapping it to a nearby wall in order to keep it from falling over during a disaster. Repair cracks found in the ceilings or foundation and brace any overhead light fixtures. If you have a chimney, have a professional inspect it for any cracks or weak spots, and have the appropriate repairs made. Invest in fire extinguishers and smoke detectors. There are many things that caregivers can do to help themselves and their loved ones prepare for any type of emergency or disaster, but it is best to be ready well in advance, before a dire situation arises. Remember to contact your local fire department or your community's emergency management office for help with your preparations. By Hilary Gibson, Staff Writer for Today's Caregiver Magazine

The Senior Resource Association wins the Florida Commission for the Transportation Disadvantaged 2011 Urban CTC of the Year Award



VERO BEACH, FL, August 11, 2011 – The Senior Resource Association, Inc. (SRA), operating as the Indian River County Community Transportation Coordinator (CTC), under the direction of its President and CEO, Karen B. Rose Deigl, have been recognized with the state's highest award for coordinated transportation for the disadvantaged through the Community Coach door-to-door transit system.

The Florida Commission for the Transportation Disadvantaged recognized the Senior Resource Association, Inc. on August 10, 2011 at the 19th Annual Awards Dinner for being outstanding at keeping costs low while expanding the range of services provided.

Their efforts have focused on growing both the level of service as well as the ridership on the GoLine Fixed route system. As a result of the CTC's efforts to improve the quality of service, the fixed route system increased from 233,000 riders in 2005 to 709,000 in 2010. This represents an astounding 204% increase in only 5 years.

With a population of only 140,000, no major transit attractors, low overall densities, and a relatively affluent population, Indian River County's experience is unique. Customer satisfaction, measured continuously, rates the system 4.9 out of 5 for overall satisfaction. Road calls and accidents are rare for the system as well.

Karen Deigl says that "this award is due to our staff's commitment and dedication to quality of service, especially our dispatchers and drivers who continually demonstrate concern and sensitivity to our clients. Our success of the transportation program could not be possible without the support of the SRA Board of Directors, the Indian River County Board of County Commissioners, the Transportation Disadvantaged Local Coordinating Board, and to our invaluable working relationship with the staff and members of the Metropolitan Planning Organization."

For more information about the Senior Resource Association, Inc. (SRA), please contact Karen Deigl at 772.469.2064.



Council on Aging of West Florida Wins National Mature Media Awards

PENSACOLA, FL, August 2, 2011 – Council on Aging of West Florida was recently honored with three 2011 National Mature Media Awards for editorial published in its *Coming of Age Magazine*. The quarterly publication is entirely produced and published by Council on Aging of West Florida in partnership with Ballinger Publishing.



The National Mature Media Awards is the largest awards program of its kind to recognize the nation's best advertising, marketing and educational material produced for older adults. The Council's awards were earned for President/CEO John B. Clark's 2010 advocacy series and two articles, Real ID and The Big Green-Little Green Intergenerational Project, written by Jeff Nall, vice president, marketing communications. Council on Aging of West Florida has received National Mature Media Awards annually since 2007.

For more information on *Coming of Age Magazine*, email jnall@coawfla.org or call 432-1475 ext. 130.

Council on Aging of West Florida is a local, independent 501(c)(3) not-for-profit organization that has served seniors and their families since 1972. Council on Aging of West Florida helps seniors in Escambia and Santa Rosa Counties live healthy, safe and independent lives in their own familiar surroundings by providing community-based, in-home programs and services such as Meals on Wheels and Alzheimer's respite care.

Upcoming Events



September 2011

September 11-14, 2011: Washington, DC. *National Home and Community Based Services Conference*. For more information visit <http://www.nasuad.org>.

November 2011

November 18-22, 2011: Boston, MA. *Gerontological Society of America Annual Conference*. For more information please visit www.geron.org/annual-meeting

February 2012

February 10, 2012: Florida State University, Tallahassee, FL. *Making Health Law in the Sunshine State: Do (and should) Ethics Influence Policy Making?* Additional information about this event will be posted to the events calendar as it becomes available. <http://www.fasp.net/events.php>



Resources

Among cuts in federal budget proposal: Funds for poor seniors' food

<http://www.philly.com/philly/news/126296703.html>

Senior Hunger Report <http://sanders.senate.gov/imo/media/doc/SeniorHungerReport.pdf>

Charlotte County 211 Flyer <http://www.fasp.net/info/flyer211.pdf>

New Research shows nearly half of worldwide Alzheimer's disease cases can be prevented by making healthy lifestyle changes. [Over half of worldwide Alzheimer's cases are preventable, study suggests](#)

AHCA has posted the LTC Managed Care documents that have been submitted to CMS on its website, under the Program Implementation tab, and then under the Federal Submission tab.

Florida Long-Term Care Managed Care Program: Program overview

http://ahca.myflorida.com/Medicaid/statewide_mc/fsdocs/

[Overview of LTC Managed Care Program 08012011.pdf](#)

Transmittal Letter for 1915(b)(c) combination letter

[http://ahca.myflorida.com/Medicaid/statewide_mc/fsdocs/Transmittal_Letter-1915\(b\)\(c\)](http://ahca.myflorida.com/Medicaid/statewide_mc/fsdocs/Transmittal_Letter-1915(b)(c)_Waiver_Request.pdf)

[_Waiver_Request.pdf](#)

1915(b) Waiver Application

[http://ahca.myflorida.com/Medicaid/statewide_mc/fsdocs/Application_for_1915\(b\)_Waiver_08012011.pdf](http://ahca.myflorida.com/Medicaid/statewide_mc/fsdocs/Application_for_1915(b)_Waiver_08012011.pdf)

1915(c) Waiver Application

[http://ahca.myflorida.com/Medicaid/statewide_mc/fsdocs/Application_for_1915\(c\)_HCBS_Waiver_080111.pdf](http://ahca.myflorida.com/Medicaid/statewide_mc/fsdocs/Application_for_1915(c)_HCBS_Waiver_080111.pdf)

FASP is on Facebook - Are You?



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Florida Department of Elder Affairs (DOEA) 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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The mission of FASP is to support and advocate for public and non-profit organizations engaged in the provision of community-based services to Florida's elders to improve their quality of life.

Mark your calendars now!

***The 2012 Florida Conference on Aging
will be held***

August 20-22, 2012

at the JW Marriott in Orlando

