

Aging Resource Center News



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The Aging Resource Center Impacting the Community

In 2005, the State of Florida began an initiative to create a system to assist senior citizens in finding the appropriate services to help them live safely and independently. This system of "Aging Resource Centers" has become an important part of the aging network of Florida and has had a great impact in the lives of its residents.

Elder Options serves as the Aging Resource Center for 16 counties in Mid-Florida, and operates the Elder Helpline and the Division of Counseling and Enrollment for state and federal service programs.

The Elder Helpline received almost 17,000 calls in 2008 alone. The Division of Counseling and enrollment has recently processed 381 seniors and placed them on active services under the Medicaid Waiver program. For some of these seniors, the Aging Resource

Center has made a direct and meaningful difference in their lives.

One elderly couple recently called the ARC facing disconnection of their utilities, after having checked with other agencies with no success. The ARC staffer was able to successfully find funds to pay the utility bill through the EHEAEP program. Additionally, client was screened and applied for Medicaid and food stamps, and placed on the waiting lists for in-home services. One call from the couple addressed multiple needs, both immediate and long-

term.

During the annual reassessment of another senior, the client mentioned that, though they had been approved for food stamps, he had difficulty setting up the PIN number and was never able to use the card. The ARC staffer made a DCF referral that resulted in the client recovering \$177 dollars in unused food stamps, that the client was able to use to stock up on groceries.

As Florida's senior population continues to grow, the Aging Resource Centers will continue to become an important resource to seniors, caregivers, and other agencies. Make informed decisions about your future as you age—contact the Aging Resource Center via the Elder Helpline at 1-800-963-5337, or visit us on the web at www.agingresources.org.



Have You Had Your Medicare Part D Plan Check-Up?

It's that time of year again—November 15th to December 31st, better known as the Annual Enrollment Period for Medicare Part D. It's time to find out if your current Part D plan is the best plan for you in 2010.

By now you have received information from your current plan on the changes for 2010. Did you know that the information that they provide only tells you your new premium, your deductible, and the cost of your drugs in the Initial Coverage Period? Do you have any idea how much your drugs will cost

you at full cost when you are in the deductible or the gap? How long will it take to pay off your deductible? When will you reach the gap?

SHINE, a volunteer program with the Florida Department of Elder Affairs, is here to help you understand your options by providing free, confidential, and unbiased assistance.

Bring your prescription bottles, your Medicare card, and your current Part D plan card to your SHINE appointment. The SHINE volunteers will run your information through the Medi-

care Plan Finder Tool at www.medicare.gov to see which plan(s) best covers your drugs at the lowest cost to you. The volunteers will also counsel you on your options, how much your drugs will cost, and when you will hit the Gap. They can also enroll you in the plan of your choice.

Be an informed consumer. Contact SHINE today at 1-800-963-5337 to find a SHINE site near you, or to be counseled over the phone.

Submitted by Mary Lee Tanca, SHINE volunteer





“One of the signs of passing youth is the birth of a sense of fellowship with other human beings as we take our place among them.”

—Virginia Woolf

In Case of Emergency—the I.C.E. Program

A cell phone can be invaluable for a person's safety, giving a link to emergency services when the need arises. But what if the cell phone owner is incapacitated? Bob Brotchie, a paramedic in Great Britain, has developed the ICE (In Case of Emergency) initiative, a program that would make cell phones valuable identification tools, even to an unconscious victim.

Standard procedure for paramedics trying to identify contact information for a victim is to check the cell phone for

entries such as “Home” or “Mom and Dad.” However, these contacts may not always be appropriate, especially for a senior victim who lives alone or does not have living parents.

Under the ICE program, emergency contacts are stored with the ICE prefix in your phone's contact list. Multiple contacts can be used, such as “ICE Mom” or “ICE John,” so that emergency workers can quickly identify individuals that can provide information that may be necessary for treatment, such as medical history, drug

allergies, and current medications.

The ICE initiative has been a success in Europe and is beginning to spread throughout the United States. Prepare yourself and your loved ones by noting your emergency contacts in your cell phone with the ICE prefix: ICE may save your life.

Source:

www.washingtonpost.com/wp-dyn/content/article/2005/07/11/AR2005071700879.html

The Silver Alert Program Keeping Seniors Safe

Florida's emergency senior tracking service, the “Silver Alert”, has issued over 100 notifications in ten months of operation, and has directly assisted in the safe return of many elder Floridians.

The Silver Alert, modeled after the existing Amber alert system, sends out immediate notifications and descriptive information to electronic highway signs, radio and television, and even makes automated phone calls to households in a five mile radius of the missing person's home.

One requirement for the Silver Alert program is that the missing person has an irreversible deterioration of intellectual faculties, such as Alzheimer's disease. Currently, more than 4.3 million residents of Florida are age 60 or older, and there are approximately 501,000 probable Alzheimer's cases.

According to the Alzheimer's Association, 95% of patients that go missing under normal circumstances are found within a quarter-mile of their residence. The Silver Alert program hopes to quickly iden-

tify missing elders and enlist all available resources, including the public, to ensure the safety of these vulnerable citizens.

To learn more about the Silver Alert program, visit the FDLE website at www.fdle.state.fl.us. If you are aware of a missing vulnerable senior, contact your local law enforcement agency.

Source:

www.tampabay.com/news/aging/floridas-silver-alert-system-to-find-lost-seniors-has-fans-but-its-worth/1029819



The Faith-Based Outreach Coalition of Mid-Florida

In an effort to reach seniors outside of the usual aging network connections, Elder Options has partnered with local agencies to found the Faith-Based Outreach Coalition of Mid-Florida. Our agency, in collaboration with SHINE, the Center for Independent Living, and Journeys, will extend our outreach efforts by utilizing the extensive and thriving network of churches and other faith-based organizations in PSA 3.

Elder Options has had success in past with faith-based partnerships, including an outreach effort with the Catholic Charities Mobile Food Pantry.

The Coalition has developed information materials for distribution in church bulletins and calendars, and plans to perform service presentations to senior congregations, and educate church leaders on identifying seniors that may be eligible for

services.

If you know of an agency that would like to be involved in the Faith-Based Outreach effort, or know of a congregation that would like to participate in upcoming events and presentations, please contact Elder Options' Medicaid Outreach Coordinator, Jeff Whitley, at 352-692-5248 or whitleyj@agingresources.org

Social Security—Online!

By Donna Maitland, Social Security District Manager, Gainesville

Americans love their computers. In fact, a recent study shows that the number of Americans who use the Internet has more than doubled over the past 10 years, reaching nearly three quarters of the U.S. population. Nearly half of all Americans have a high-speed Internet connection at home, compared to only five percent at the start of the decade. The study indicates that Internet use is even beginning to outpace traditional media. Younger Americans spend more time online than in front of a television.

But as most people know, the Internet is a gateway to more than media and entertainment—it is a highly accepted way of doing business. As Americans become increasingly

comfortable with the security and convenience of doing things on the Internet, online business is becoming more and more popular.

Social Security's website offers many useful features that can be accessed from the convenience of your home or office:

- Use our Retirement Estimator to get a quick and accurate estimate of your future Social Security retirement benefits. www.socialsecurity.gov/estimator
- Prepare for your retirement by visiting our Benefits Planner. You can also use the disability and survivors planners to find out how much you or your family might

qualify for if the need arises. www.socialsecurity.gov/planners

- Retire online! You can complete and submit your retirement application in as little as 15 minutes. www.socialsecurity.gov/retireonline
- Apply for disability benefits online. www.socialsecurity.gov/applyfordisability

There's even more you can do at www.socialsecurity.gov. So whether you're interested in planning your retirement, applying for disability, learning about Social Security's history, or finding out about how the system works,—our online office is easy and convenient.



In survey after survey, Social Security's online services top customer satisfaction lists. That's because doing business with Social Security online is fast, convenient, and secure. And it's so easy! Next time you're online, visit www.socialsecurity.gov.

A Celebration of Seniors: National Grandparent's Day

In 1970, a West Virginia housewife named Marian Lucille Herndon McQuade began a campaign to set aside a day to celebrate our nation's grandparents and their contributions to familial fabric of our society.

Her cause was adopted by the civic leaders of West Virginia and eventually attracted national attention, resulting in the U.S. Congress passing legislation proclaiming the first Sunday after Labor Day "National

Grandparent's Day". The day was chosen in September to represent the "autumn of life."

This year, we celebrate our nation's grandparents on Sunday, September 13th. Join the festivities in your own community by recognizing these important members of our families in your own family gatherings, church services, or civic organizations. If you cannot visit your own grandparent's, take the time to volunteer to

visit a homebound or shut-in senior in your community.

Our grandparents are the living link from our past to our future, and can offer a wisdom and perspective on life that can only be gained through experience. This September 13th, let's show them that we love and respect their contributions in our own lives.

**"Forty is the old
age of youth,
Fifty is the
youth of old
age."**

—Victor Hugo

Older and Brighter—Shining a Light on Seniors

The Rotary Club of Downtown Gainesville has partnered with Gainesville Regional Utilities on a service program that benefits both seniors and the environment.

The program seeks to bring more light into the homes of our seniors, mentors, retired and disabled community members. Rotary Club volunteers will install energy efficient compact fluorescent lamps (light

bulbs) at no cost in the homes of persons:

- Who may be unaware that they need additional light
- Who may have lights out
- Who are concerned about having to reach high fixtures or climb ladders, or are otherwise unable to install bulbs

Volunteers will call to make an

appointment to make the home visit, and will identify themselves by an ID and PIN number to ensure the safety of the senior. Volunteers will also be happy to visit and socialize while installing the bulbs.

For more information on the program, call ElderCare at 352-265-9040.



IMPORTANT DATES FOR FALL 2009

Date	Event	Information
9-13-09	National Grandparent's Day Observation	www.grandparents-day.com
9-15-09	Take Loved One to Doctor Day 9 AM — 1 PM Informational Fair	Alachua County Health Dept. 224 SE 24th Street Gainesville, FL
9-16-09	Welcome to Medicare Party SHINE Informational 10 AM	Seniors United 334 SW Commerce Dr., Ste 103 Lake City, FL
9-23-09	Local Coalition Workgroup Meeting 9:30 AM — 12 PM	Central Citrus Community Center 2804 Marc Knighton Court, Lecanto, FL
9-28-09	Welcome to Medicare Party SHINE Informational 1 PM — 3 PM	Oak Hill Hospital Enrichment Center 11375 Cortez Blvd Brooksville, FL
10-06-09	Live Oak Health Fair 7 AM — 12 PM Health Fair	First Baptist Church 401 W. Howard Street Live Oak, FL
10-17-09	Citrus County Resource Center Health Fair 10 AM — 2 PM	Citrus County Support Services 2804 Marc Knighton Court Lecanto, FL
10-17-09	Hernando Community Health Fair 10 AM — 2 PM	Elks Lodge 14494 Cortez Blvd., Brooksville, FL
10-20-09	VA Vision Awareness Day	Contact Bruce Davis for more info: 352-376-1611 ext. 5560
10-26-09	Welcome to Medicare Party SHINE Informational 1 PM — 3 PM	Oak Hill Hospital Enrichment Center 11375 Cortez Blvd Brooksville, FL

ELDER OPTIONS

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1-800-963-5337

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352-378-6649

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352-378-1256

www.agingresources.org

Medicaid for In-Home Services

Many people associate Medicaid only with health care and food stamps. However, Medicaid is a complex program with many facets, including one that may assist qualified seniors in obtaining in-home services: the Aged and Disabled Adult Medicaid Waiver (ADA).

The ADA Medicaid Waiver is a Home and Community-Based Service program designed to promote, maintain, and restore the health of eligible elders and adults with disabilities. The Medicaid Waiver removes certain federal restrictions and allows Medicaid to pay for services to be provided in the home—services that are generally limited to those residing in nursing facilities.

Unlike other in-home and com-

munity based services, there is no co-pay for Medicaid Waiver services. To qualify for the ADA Medicaid Waiver, and individual must be:

- 1) 18-59 years of age and disabled; OR
- 2) 60 years of age and eligible for Medicaid.

Additionally, applicants must be determined to have sufficient functional deficits (nursing facility level of care) and meet certain financial eligibility standards.

Many services are available through the Waiver program, including but not limited to: adult day care, caregiver support and training, homemaking, personal care, home-delivered



meals, respite care, and specialized medical equipment.

For those seniors or caregivers who would like to know more about the ADA Medicaid Waiver program, or any other available senior service, please contact the Elder Helpline at 1-800-963-5337, or visit us on the web at

www.agingresources.org.

ELDER OPTIONS