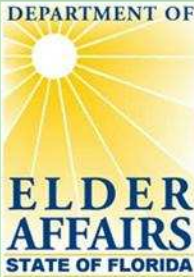


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ELDER OPTIONS PRESENTS:

Aging Resource Center News

VOLUME 1, ISSUE 4

WINTER 2009 - 2010

INSIDE THIS ISSUE:

Silver Edition Website	2
Elder Options Mini Grants	2
Movie Review: UP	2
When Should I Retire?	3
SNAP Program	3
Elder Options Long-Term Staff	4
Event Calendar	5
Communities for a Lifetime	5
Medicare Consultants Needed	6
Grandparents Raising Grandchildren	6

Elder Options Fundraising in 2010

Elder Options will begin a fundraising effort in 2010. The goal of the effort is to develop a funding pool that will allow us to serve elders in crisis with needs that cannot be served within the restrictions of our current grant programs. Currently, our staff is developing a 2010 fundraising plan that will consist of several exciting events in the community.

On April 19, 2010, Elder Options will host their first Golf Tournament at the Haile Plantation Golf and Country Club. We are seeking golfers to play and organizations who wish to be sponsors. Come out and compete for prizes, or just enjoy a day out of fun and "fores" while raising money for a good cause.

On May 13, 2010, Elder Options will host a free gallery night at the Village in Gainesville, FL. Join us for an upscale evening as we display the winners of our amateur photography contest, interact with the photographers, and bid on photographs

via silent auction. Heavy hors d'oeuvres and drinks will be served, and the public will be offered the opportunity to bid on photographs via silent auction.



Just in time for Halloween, Elder Options will host a "Mystery Dinner" in October. Buy tickets in advance for dinner and a drama, a great night out for the family or friends.

As an agency dedicated to reaching as many seniors as possible, Elder Options feels that fundraising will be a two-fold benefit—the funds raised will certainly help us to serve more

elders, but also will build more awareness of our agency and the services we offer in the community.

We are also currently looking for volunteers to assist the agency in moving the fundraising effort forward. If you are interested in volunteering your time in any one of the listed events, or volunteering in general, please contact Elder Options at 352-378-6649.

For those who are unable to participate in the aforementioned events, but still wish to donate funds to Elder Options, we will be capable of accepting donations via our website beginning in the New Year. Please visit www.agingresources.org in January and look for the "Donations" link.

If you have any questions or are interested in more information about the Golf Tournament, the Photography Contest and Gallery Night, or the Mystery Dinner—please contact Elder Options at 352-378-6649, or visit the website www.agingresources.org.

Calling All Photographers!!

As mentioned in the lead story, Elder Options is hosting a Gallery Night on May 13, 2010, featuring the best submitted contest photographs. To make this event a success, we need YOUR PICTURES!

Whether you are an accomplished photographer or a weekend hobbyist, we would love to see your

pictures. The top thirty photos will be matted and displayed at the Gallery Night, and the top three photos will win prizes!

The Photography Contest and Gallery Night is sponsored by The Village of Gainesville, Ameriprint, and Creative Workshop Stores, Inc.



New Website Helps Older Job-Seekers and Employers Find Each Other



The Employ Florida Marketplace has launched the "Silver Edition", a new website that will be a easy-to-use resource for persons age 50 and over who are looking for a job or volunteer opportunities, and for older worker-friendly employers to find qualified employees.

Seniors can go to <http://silver.employflorida.com>, create a user profile, and search available jobs offered by businesses and organizations that desire older or more experienced workers. Once a pro-

spective job is identified, the user can create a resume and apply for positions online!

There are many reasons why older workers and employers are mutually beneficial. Today's employers understand that there are tremendous benefits in hiring and retaining experienced older workers, who often are more flexible in scheduling, are generally well-educated, are good mentors, and are extremely conscientious. Additionally, Americans are living longer and staying healthier, so retirement at the traditional age of 65 means a much longer period of retire-

ment. Many seniors cannot afford to live on their retirement nest egg for such an extended period, others simply do not want to be idle for that long.

Whether paid or volunteer, working helps older Floridians avoid isolation and decline, because engaged, active people are generally physically and mentally healthier.

If you are a senior looking for a paid or volunteer position, or an employer that would like to be involved in hiring older workers, visit Silver Edition at <http://silver.employflorida.com>.

"Seek ye counsel of the aged, for their eyes have looked on the faces of the years and their ears have hearkened to the voices of life. Even if their counsel is displeasing to you, pay heed to them."
—Khalil Gibran

Elder Options Mini-Grant Contracts

Elder Options is currently developing its mini-grant application process to request proposals for funding in the following category:

- Federal Older Americans Act, Title III-EG Grant Funding: Projects to Support Grandparents and

other Older Adults (age 55+) Raising Relative Children.

Approved projects will receive grant funding to provide direct service for seniors in one or more counties in Elder Options' 16 county service area. Contact Cindy Roberts,

Elder Options' Planner, at 352-692-5260 or via e-mail at robertsc@agingresources.org for additional information or to add your agency to the notification list for the mini-grant application process.

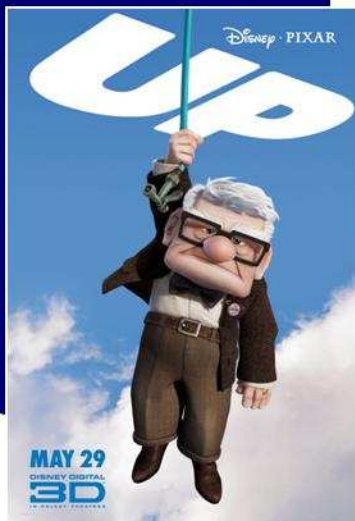
UP: A Must-See for All Ages

Review by Nilda Johnson, Options Counselor at Elder Options

"UP" is an animated gem of a movie by Pixar that portrays two unlikely heroes; an old man and a pudgy young Boy Scout looking for adventure and meaning in their lives. Ed Asner is the voice of the crotchety old man, Mr. Frederickson. The movie takes us on a journey from the

old man's childhood where he meets the love of his life. The couple's life captures the struggles and love that brings them together in a scene that is so moving it will stay with you long after the movie is over. The Boy Scout looking for a merit badge for helping an elderly follows the man on

his quest to honor his beloved wife. Twists and turns after experiencing this adventure will land the young Boy Scout and Mr. Frederickson back home. And the true hero in this heartwarming movie is? You decide.



When Should I Retire?

By Donna Maitland, Social Security District Manager—Gainesville, FL



These days, everyone is taking a look at their finances — and no one is looking more closely than the millions of baby boomers nearing retirement age. While some boomers expect to retire at one of the traditional milestones, such as age 62, the current economy is forcing many of us to re-evaluate our plans. Many are wondering if they should work longer, or how their Social Security benefit — or their spouse's benefit — would be affected if they continue working.

To help you find answers, Social Security has published a fact sheet called *When To Start Receiving Retirement Benefits*. You can read it online at www.socialsecurity.gov/pubs/10147.html.

As most workers know, your choice of a retirement age — from 62 to 70 — can dramatically affect your monthly Social Security benefit amount. If you choose to start receiving benefits early, the monthly payments will be reduced based on the number of months

you receive benefits before you reach your full retirement age. The rate of reduction will depend on the year you were born. The maximum reduction at age 62 will be:

- 25 percent for people born between 1947 and 1958.
- 30 percent for people born after 1959.

If you wait until your full retirement age, your benefits will *not* be reduced. And, if you choose to delay retirement, your benefit will increase up to eight percent a year from your full retirement age until age 70. However, there is no additional benefit increase after you reach age 70, even if you continue to delay taking benefits.

Social Security also has created several retirement planners to help you make an informed decision. The online calculator that can provide immediate retirement benefit estimates to help you plan for your retirement. The online *Retirement*

Estimator uses information from your own earnings record, and lets you create “what if” scenarios. You can, for example, change your “stop work” date or expected future earnings to create and compare different retirement options. To use the *Retirement Estimator*, visit www.socialsecurity.gov/estimator.

Read *When to Start Receiving Retirement Benefits* at www.socialsecurity.gov/pubs/10147.html. Retirement decisions are unique to everyone. Make sure you are up to date with the important information you will need to make the choices that are right for you.

For general information about Social Security, visit www.socialsecurity.gov.

“Beautiful young people are accidents of nature, but beautiful old people are works of art.”
—Eleanor Roosevelt

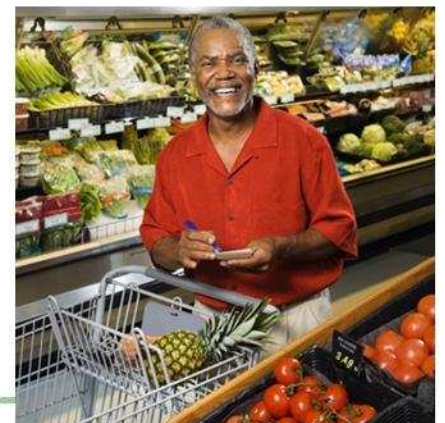
“ACCESS” to Benefits is a “SNAP”

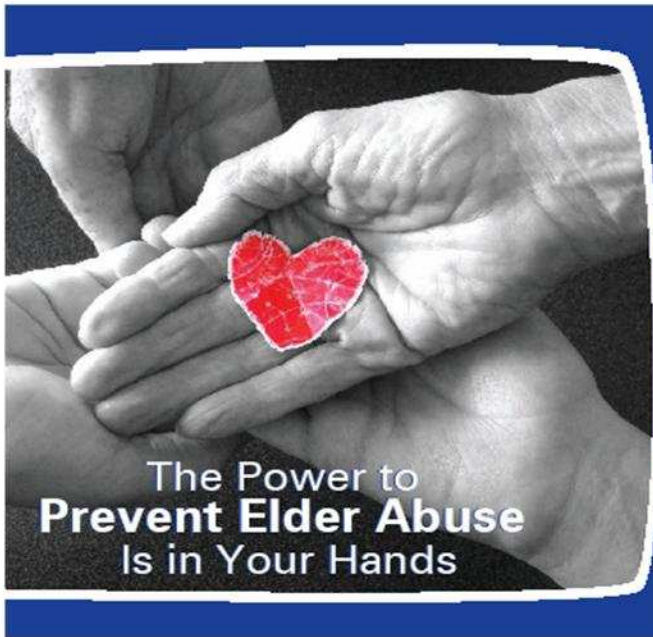
In case you missed it, the Food Stamp program has undergone some changes recently. Beginning in October of 2008, the program became known as “SNAP” benefits (Supplemental Nutrition Assistance Program). Additionally, the American Recovery and Reinvestment Act of 2009 boosted the monthly benefit level of SNAP recipients. SNAP benefits can be used to buy food at your grocery store, and in some areas, SNAP also offers nutrition education to help you and your family learn to choose healthy food on a budget and to be more active. In Florida, applying for SNAP bene-

fits is easier than ever. For those individuals with access to the internet, simply visit the ACCESS website, www.myflorida.com/accessflorida, where you may complete a “pre-screening” to see what benefits you may qualify for, and to complete an application online. If you do not have a computer or internet connection at home, you may visit a community ACCESS point, where staff can assist you in completing an online applications at a fixed computer terminal. Additionally, you may call the Elder Helpline at 1-800-963-5337 to find the nearest ACCESS point in your

area, to get more information on the SNAP program and eligibility requirements, or to complete an application over the phone.

The SNAP program is one of many initiatives in Florida designed to assist needy individuals in living a healthy lifestyle. Find out more information about SNAP, Medicaid, and other programs by visiting www.myflorida.com/accessflorida, or calling the Elder Helpline at 1-800-963-5337.






The Power to Prevent Elder Abuse Is in Your Hands

Elder Abuse.
Neglect. Exploitation.
It happens to **your** friends,
neighbors and family.

To Learn More, Call:
1-800-96-ELDER
(1-800-963-5337)

To Report Abuse, Call:
1-800-96-ABUSE
(1-800-962-2873)



Elder Options Honors Staff

Special Thanks to our dedicated staff for reaching these service milestones!!

5+ Years of Service

Left to Right: Board of Directors President Charles Miller, Cindy Roberts, An Li, Donna Asmus, Karla McAnaney, Minling Liu, Executive Director Kristen Longmore. (Not Pictured: Chrystal Holmes)



10+ Years of Service

Left to Right: Board of Directors President Charles Miller, Vidya Hogan, Katina Mustipher, Julie Netzer, Janet Kreisler, Carol Reeves, Jim Succop, Executive Director Kristen Longmore. (Not Pictured: Tina Morris)

20+ Years of Service

Left to Right: Board of Directors President Charles Miller, Barbara Ziebart, Dean LaFrentz, Executive Director Kristen Longmore.





Calendar of Events

01/01/2010— 03/01/2010	Elder Options Photography Contest Submissions Accepted	For more information, contact Lashaun James at 352-378-6649, jamesl@agingresources.org
01/16/2010	8th Annual Health & Wellness Expo <i>On Top of the World Communities</i>	8395 SW 80th St., Ocala, FL 10 AM—2 PM
01/22/2010	Blueprint for Elder Affordable Housing <i>Speaker Greg Rice, DOEA</i> <i>Planning Presentation for Elders and Community Developers</i>	Highlands Presbyterian Church 1001 NE 16th Ave, Gainesville, FL 9 AM—11 AM
01/27/2010	Sumter County Community Health Fair <i>Vendors, Agencies, and Health Screenings</i>	5551 SW 18th Terrace, Bushnell, FL 9 AM—1 PM
02/05/2010	Elder Abuse Grant Kickoff <i>Abuse Prevention Session, Networking, Breakfast and Lunch Provided</i>	CFCC Business Institute 3800 S. Lecanto Hwy, Lecanto, FL 9 AM — 3 PM
02/08/2010	Senior Fest <i>Health Fair, Small Group Presentations</i>	Leesburg, FL Contact Jeff Whitley at whitleyj@agingresources.org for more information
02/12/2010	Beverly Hills Annual Health Fair <i>Vendors, Agencies, and Health Screenings</i>	77 Civic Circle, Beverly Hills, FL 9 AM—1 PM
04/19/2010	Elder Options “Scramble for Seniors” Golf Tournament	Haile Plantation Golf Club 12 PM — 6 PM

Communities for a Lifetime Update

Elder Options supports Florida’s Department of Elder Affairs (DOEA) in its efforts to improve employment services for older job seekers. The Silver Edition, an Employ Florida website link developed by various partners (including Workforce Florida, DOEA and the National Governor’s Association) is a new resource designed to provide employers, older workers and volunteers with a mechanism to display and access labor force information.

Visit the Silver Edition website at <http://silver.employflorida.com>, encourage your agency to become “older worker-friendly” (see website), add the link to your agency website and encourage older adults who are interested in employment to visit the site. For paid or volunteer positions that are currently available, visit the large state workforce

database of Employ Florida at www.employflorida.com.

(Information above provided by DOEA)

Senior Employment is one area of focus in DOEA’s Communities for a Lifetime Initiative, along with housing; transportation and mobility; health, wellness and injury prevention; volunteerism and intergenerational programs. Elder Options partners with DOEA on this initiative to help develop communities that value and meet the needs of elders. For additional information, contact Cindy Roberts at (352) 692-5260 or robertsc@agingresources.org.

DOEA’s Communities for a Lifetime Bureau has a number of excellent blueprints and guidebooks available on their Publications link to address some of the critical issues facing communities today. Two

new resources are the “Mobility Managers Guidebooks” and “Blueprint for Affordable Elder Housing” developed by experts at the CFAL Bureau in partnership with key organizations and communities. Check out the CFAL website and review these, and other, resources.

Communities for a Lifetime Website: www.communitiesforalifetime.org



COMMUNITIES FOR A LIFETIME

Medicare Consultants Needed

In 2010, Elder Options will be utilizing the Medicare Beneficiary Outreach and Assistance grant (MBOA) to help eligible seniors make the most of their Medicare and prescription drug benefits. The MBOA program will offer free information and application assistance to Medicare beneficiaries with low incomes.

Trained consultants are needed to explain the benefit programs and assist seniors in completing the necessary applications and paperwork to ensure that they are getting the most out of their benefits. Compensation will be based on completed applications.

Currently, throughout Florida, many elders and people with disabilities sacrifice to obtain the medication that they need, or are even doing

without to make ends meet. For individuals on Medicare, there are ways to potentially lower Medicare costs. These include state-administered Medicare Savings Programs and a program through the Social Security Administration that lowers Medicare prescription drug costs for those enrolled.

In an effort to find eligible seniors in the community and to make Medicare beneficiaries aware of these potentially helpful programs, Elder Options will join the state and federal effort to outreach at various sites in PSA3 to distribute MBOA information and applications.

Seniors who wish to apply for the program can complete an application with consultants at various



community events, complete an application at the designated site within their own county, or call the Elder Helpline at 1-800-963-5337.

If you are interested in applying to be a Medicare Benefits Consultant, please contact Vidya Hogan at hoganv@agingresources.org or (352) 692-5220.

Free Services for Grandparents Raising Grandchildren

Are you, or someone you know, parenting for the second (or third) time around? If so, contact our community partners to find out about 2009 Older Americans Act (OAA) services and other ongoing programs for relative caregivers.

OAA services help support grandparents and other older adults (age 55+) serving as primary caregivers for relative children who are 18 or younger or disabled.

Advent Christian Village

Service Area: Suwannee, Hamilton, Columbia and Lafayette (some services are PSA-wide)

Services: Sitter, Gerontological Counseling, Caregiver Training/Support and Education

Contact: Rob Crankshaw
(386) 658-5118

Children's Home Society

Service Area: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee and Union

Services: Sitter, Gerontological Counseling, Caregiver Training/Support, and Legal Services

Contact: Christy Gibbons
(352) 334-0955

Kids Central

Service Area: Citrus, Hernando, Lake, Marion and Sumter

Services: Sitter, Gerontological Counseling, Caregiver Training/Support and Legal Services

Contact: Debra Wise
(352) 387-3419

For more information, contact Cindy Roberts at Elder Options:

(352) 692-5260 or
robertsc@agingresources.org.



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