

# Commission on Aging

## NEWSLETTER

### Did You Know...

The average age of the world's population is increasing at an unprecedented rate. The number of people worldwide 65+ is estimated at 506 million in 2008; by 2040, that number will hit 1.3 billion.

### Partner Profile

Florida's Long-Term Care Ombudsman Program seeks to ensure the health, safety, and rights of residents who live in nursing homes, assisted living facilities and adult family care homes. To learn more about this FL Dept. of Elder Affairs program or to volunteer, call toll-free 1.888.831.0404.

### Recommended Reading

"The Third Chapter: Passion, Risk, and Adventure in the 25 Years After 50" by Sara Lawrence-Lightfoot.

### News in Central Florida

September 2009

- **New - Counsel For Caregivers**- Come join us for the launch of a new caregiver seminar series on September 24<sup>th</sup> at 12:10 at the Orange County Library-3<sup>rd</sup> Floor, Albertson Room, 101 E. Central Blvd, downtown Orlando. Dr. John Fleming, Florida Hospital, will be speaking on "the aging process: what's normal and what's not?" Lunch is provided to the first 50 people to RSVP to 407.836.7446 or [officeonaging@ocfl.net](mailto:officeonaging@ocfl.net).
- **Training!** - The Senior Resource Alliance is offering two classes that satisfy required contact hours for administrators of assisted living residences and operators of adult family care homes. Person-centered End of Life Care and Extended Congregate Care are scheduled for Monday September 14<sup>th</sup>. To register, visit [www.SRAFlorida.org](http://www.SRAFlorida.org) and click on the Professional Center—or call 407-514-1800.
- **Art Event for Grandparents** – In celebration of Grandparent's Day, the Orlando Museum of Art is offering an art class for grandparents and children on September 12<sup>th</sup> from 2-3. A small fee is charged. For information, please call 407 896 4231 or visit [www.omart.org](http://www.omart.org).
- **Census 2010** – If you would like to get involved in educating your neighbors about the importance of the upcoming 2010 Census, please contact Mimi Reggentin at 407.836.6563 or [mimi.reggentin@ocfl.net](mailto:mimi.reggentin@ocfl.net).

### News Elsewhere

- **Cool Website** – Visit the U.S. Dept. of Labor's redesigned website that connects over 50 million Americans with disabilities to thousands of trusted resources on disability-related issues, programs and services at [www.disability.gov](http://www.disability.gov).
- **New Spanish Newsletter** – The U.S. Dept. Health & Human Services has launched a monthly online health advice column, *Consejos de Salud Para Ti (Health Advice for You)*, for Spanish-speaking consumers. Visit [www.ahrq.gov/consumer/espanoix.htm](http://www.ahrq.gov/consumer/espanoix.htm).
- **Senior Drivers** - An action plan to help seniors learn tips on driver safety or transition to alternative modes of transportation can be found at [www.aaaseniors.com](http://www.aaaseniors.com).
- **Social Security** – "Compassionate Allowances" allow Social Security to quickly target the most obviously disabled individuals for allowances based on objective medical information that they can obtain quickly. Learn more at [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).
- **Visit**– [www.data.aoa.gov](http://www.data.aoa.gov) to see the most recent information about services provided by the Aging Services Network.



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