

Commission on Aging

NEWSLETTER

Did You Know...

73% of senior meal recipients are at high nutritional risk. A \$1 investment in senior nutrition programs saves an estimated \$3.25 in hospital costs. Yet, nearly 85% of states report waiting lists for home-delivered meals; 24% report waiting lists for congregate meal sites.

Budget Update

On March 20, Governor Crist announced that Florida will receive \$7.2 million in funding for senior nutrition programs in Florida through the federal American Recovery and Reinvestment Act of 2009. This includes \$4.8 million for congregate nutrition services and nearly \$2.4 million for home-delivered meals to help homebound elders.

Recommended Reading

"Positive Aging"
by Robert Hill

News in Central Florida

April 2009

- **New Directory** – Orange County has a new phone book of County Government programs and services. Download the on-line version at www.ocfl.net/orangemedia/TheSource09-10.pdf.
- **Riders Forum** – You're invited to an Access Lynx "Riders Forum" on March 27th from 10:30 to 2 at the Renaissance Senior Center. For more info, call Sarah at Lynx at 407.841.2279 x 6012.
- **Master Gardener's Program** – If you like gardening, consider becoming a "master gardener". The next class starts April 1. Call 407.254-9200 or visit <http://ocextension.ifas.ufl.edu> for more info.
- **Personal Safety Class** – Orange County's Sheriff's Office is holding a FREE personal safety class for seniors on April 8 from 9:30-11:30 am at 2500 W. Colonial. To register, contact Laura at 407-254-7375 or laura.lang@ocfl.net.
- **Caregiver Toolbox** – A FREE caregiver training is scheduled for April 15 from 1-4 pm at the Renaissance Senior Center. Refreshments, door prizes and bilingual assistance! Call 1.727.637.7227 to register.
- **Central Florida Fair** – "Senior Citizens Day" at the Central Florida Fair is April 23 from 1-4 pm. Admission is \$3 for people age 55+ and there will be FREE health screenings. For info contact Tiffany at 407.295.3247 or tiffany@centralfloridafair.com.

News Elsewhere

- **Cool Website!** – Medicare has a new 5-star ranking system for nursing homes. Visit www.medicare.gov/NHcompare.
- **Boomers Today** - "*Boomer Bookends*", MetLife's new publication, looks at the differences between the "leading edge" Boomers (born in 1946) and the "trailing edge" Boomers (born in 1964) - www.metlife.com/assets/cao/mmi/publications/studies/mmi-studies-boomer-bookends.pdf.
- **Life's End** - National Healthcare Decisions Day is April 16. Visit www.aarp.org/research/endoflife/hospice/fl_eol_08.html to learn more about end-of-life care.
- **State & Federal Budgets** - Learn more about what the 2009 Legislative Session may bring for seniors. Visit www.fcoa.org/advocacy.html or www.aarp.org/makeadifference/advocacy/GovernmentWatch.html/.
- **Wonderment** - Check out the "Sense of Wonder" Contest 2009 at www.epa.gov/aging/resources/thesenseofwonder/index.htm and share your appreciation of the natural environment.



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