

# Commission on Aging

## NEWSLETTER

### Did You Know...

Florida ranks second behind California in the number of residents who are veterans. In 1997, there were 1,746,539 veterans in Florida, of which 56% were age 60+. The U.S. total was 23,816,018. Source: U.S. Dept of Veterans Affairs

### Positive Ager...

Retired teacher and principal, Mildred Dunlap, has volunteered at the Orange County History Center for over four years as a docent contributing more than 500 hours. She enjoys being reacquainted with the teachers and principals she worked with for over 30 years.

### Recommended Reading

*“Dementia and Wandering Behavior: Concern for the Lost Elder”* by N. Silverstein, G. Flaherty & T. Tobin

### News in Central Florida

November 2008

- **New Program** – Florida’s “Silver Alert” has been enacted! Silver Alert allows the immediate broadcast of information to the public regarding missing elders with dementia or other cognitive impairment. To learn more visit [www.fdle.state.fl.us](http://www.fdle.state.fl.us).
- **Veterans Day Parade** – Come support our veterans on Saturday, November 8<sup>th</sup>, 10 am – noon. The parade starts on Orange Ave and ends at Lake Eola. A post parade car show and float display will be on Robinson St. from 1 – 5 pm. For info call 407.246.3104 or visit <http://cityoforlando.net>.
- **Medicine Costs** – Heart of Florida United Way introduces the “FamilyWize” discount drug program, which provides prescription drug discount cards to the public free of charge. The card offers immediate discounts on prescription drugs at participating pharmacies. Visit [www.hfuw.org](http://www.hfuw.org) for more information.
- **Positive Aging** – The national Positive Aging conference is coming to the Winter Park Library via satellite broadcast on November 12<sup>th</sup> from 8:30 am to 6 pm. Explore the meaning and vitality of the second half of life. Cost is \$35/advance or \$45/door and includes breakfast and lunch. Visit [www.wppf.org/institute](http://www.wppf.org/institute) or call 407.623.3314 to register.
- **Community Care Programming** – Discover how Florida’s Community Care for the Elderly program helps frail elders “age in place” and prevents premature nursing home placement by providing case management, in-home and community-based services. Visit [www.fcoa.org](http://www.fcoa.org) (2nd article).

### News Elsewhere

- **Cool Website!** – [www.eldercare.com/index.php](http://www.eldercare.com/index.php) helps you quickly locate the most relevant resources and information about your elder care situation.
- **Games** – The 34<sup>th</sup> Annual Golden Age Games November 8-14 will include archery, billiards, bowling, craft and hobby competition, golf, swimming, talent show, and track and field competition. For more information, visit [www.sanfordfl.gov/Events.aspx](http://www.sanfordfl.gov/Events.aspx) or call 407.688.5129.
- **Uncover the Bugs** – 4 of 5 investors age 60+ received at least 1 invitation to a free investment seminar in the past 3 years. These “free lunch” invitations often promise to educate you about investing strategies or managing money. The U.S. Securities & Exchange Commission sent investigators to the seminars and found significant instances of fraud. Now you can help uncover the bugs by becoming an AARP Volunteer Free Lunch Monitor. Learn more at [www.aarp.org/money/consumer](http://www.aarp.org/money/consumer).



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