

Commission on Aging

NEWSLETTER

Did You Know...

According to the best available estimates, between 1 and 2 million Americans age 65 or older have been injured, exploited, or otherwise mistreated by someone on whom they depended for care or protection.

Partner Profile

Seniors First, Inc. coordinates the Stepping Stone Program for the disadvantaged who need medical equipment. A wide variety of donated medical equipment is reconditioned and made available free of charge or at a nominal fee. In 2008, 20,000 items were provided to residents. For more information call 407.649.4100.

Recommended Reading

“A Life Worth Living”
by Robert Martensen

News in Central Florida

June 2009

- **New Program** – The Heart of Florida United Way and Dr. Phillips Charities have launched a temporary Basic Needs Campaign to provide immediate financial assistance to Central Floridians who are struggling to pay for food, rent, utilities and other life necessities. For information, call 2-1-1 Community Resources / Elder Helpline by dialing “2-1-1” or 407.839.HELP.
- **New Community Website** – www.ourwholecommunity.org is the vision of the Interfaith Council on Community Health and Wholeness, whose congregational partners collaborate on community health initiatives for the communities of Eatonville, Maitland and Winter Park. Learn about events, classes and local opportunities.
- **Festival de la Familia** – Mark your calendars for the June 27th Festival de la Familia at the Central Florida Fairgrounds. It’s FREE and open from 8 am -3 pm. Call 407.339.2001 for info.
- **Disaster Preparedness Guide** - The 2009 Disaster Preparedness Guide for Elders is now available at <http://elderaffairs.state.fl.us/english/disaster.php>. This guide has great checklists and information for all ages!
- **Alzheimer’s Workshop** - The Alzheimer’s Resource Center is offering the “How to Communicate When Logic Doesn’t Work” workshop at the Golden Pond Communities in Winter Garden on June 13th at 10 am. For more information, call (407) 843-1910.

News Elsewhere

- **New Medicare Website** – You can now log on to Medicare’s website, www.mymedicare.gov, and access your personal account information.
- **2 GREAT MetLife Studies** – Visit www.metlife.com/mmi to find two new studies on the homepage. “Discovering What Matters” is a report and study guide that helps you determine what new directions you want to take in retirement or in an encore career. “Housing for the 55+ Market” analyzes where older households live, characteristics of communities and the overall satisfaction with them, and communities that the 55+ market prefers.
- **Elder Abuse**—The National Center on Elder Abuse, www.ncea.aoa.gov, is focused on the prevention and education of elder abuse.
- **On Patrol** – The Senior Medicare Patrol operates a toll-free fraud hotline that lets you ask questions and report suspected fraudulent Medicare activity. It’s 1.866.357.6677.
- **Disease Facts** – 2009 Alzheimer’s Disease Facts and Figures Report provides statistics on Alzheimer’s Disease and other types of dementia. Visit www.alz.org/national/documents/report_alzfactsfigures2009.pdf.



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