

Commission on Aging

NEWSLETTER

Did You Know...

19% of Floridians receive Social Security benefits, which translates to 3,444,456 beneficiaries in Florida. The average Social Security retirement benefit in Florida is \$1,027.10 a month or \$12,325.20 a year. Over \$41.7 billion in Social Security benefits are part of Florida's economy every year. *National Committee to Preserve Social Security & Medicare, 2008.*

Positive Ager...

Serving as full-time caregivers, Egbert and Dorothy Clarke have taken care of both of their mothers in their home for the past eight years. They remain active in their community and enjoy gardening together.

Recommended Reading

Positive aging fiction for younger readers - "Verdi" by Janell Cannon

News in Central Florida

January 2009

- **New Networking Group** - Grow your business with the new 50+ Networking meeting held monthly on the 3rd Friday at Dudsread Country Club, 549 W. Par St. The first meeting is January 16th at 11:30 am. Learn about industry trends, policies, and practices. For info, call Linda Cavanaugh 407.265.0534.
- **Kitchen Help** – You're invited to attend a "Ministry from the Kitchen" seminar on January 10th at the Winter Park First United Methodist Church that helps faith organizations learn how to improve their kitchen ministry, food pantries and homeless feeding programs. The \$8 registration fee covers lunch and snacks. To register, call 1.800.282.8011 ext. 504 or email mtrotti@flumc.org.
- **Affordable Apartments** – After a complete renovation, the Winter Park Plymouth Apartments are reopening! The affordable apartments are for adults age 62+ with incomes between \$12,450 - \$33,150 (1 person). Rates start at \$591 and include utilities. For info, call 407.644.4551.
- **Breathe** – Individuals with chronic pulmonary disease are invited to join the new Seminole County Chapter of the Better Breathers Club, which meets monthly on the 2nd Wednesday at 2 pm. at 160 Islander Court, Longwood. Call 407.767.6600 for more information.
- **State Assistance** - The Dept of Children and Families' new website lets you prescreen for benefits including food stamps, temporary cash assistance and Medicaid— or manage your account. Visit www.myflorida.com/accessflorida.
- **Foreclosure Help** – The Florida Bar has a new program to help lower income Florida residents who are at risk of foreclosure. It is not designed to help people already in foreclosure. For info, visit www.floridabar.org or call the Florida Attorneys Saving Homes hotline at 1.866.607.2187.

News Elsewhere

- **Cool Website!** – Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. There are proven strategies that can reduce falls and help older adults live better and longer. Learn more at www.cdc.gov/ncipc/duip/preventadultfalls.htm.
- **Opt out of Telemarketing Calls** - A new law requires telemarketers delivering a prerecorded message to include a quick, easy way to opt-out of receiving future calls. The opt-out must work for both consumers who answer these calls in person and for messages left on answering machines. Complaints can be filed at the Federal Trade Commission at www.ftccomplaintassistant.gov or call 1-877-FTC-HELP (1-877-382-4357).
- **Caregivers** – The Medicare website has been updated to make it easier for caregivers to find information. Visit it at www.medicare.gov/caregivers.



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