

Commission on Aging

NEWSLETTER

Did You Know...

In a recent study, 19.6% of people with original Medicare who had been discharged were re-admitted to the hospital within 30 days of discharge, 34% were rehospitalized within 90 days, and 56% were rehospitalized within 1-year discharge. (Data is 2003-04). *New England Journal of Medicine, 2009.*

Partner Profile

The Alzheimer Resource Center coordinates Florida's Brain Bank Research Program for a 17 county area. This program includes coordinating the donation of brain tissue for study and research and assisting the medical community in finding the cause of AD so that it can become treatable and preventable. For info, contact 407.843.1910.

Recommended Reading

"Early Bird: A Memoir of Premature Retirement" by Rodney Rothman

News in Central Florida

May 2009

- **Senior Expo** - Mark your calendar for the largest event for elders in Central Florida, May 6-7 from 9 am to 3 pm at the Central Florida Fairgrounds. This FREE Expo showcases travel, health care, and much more including learning how your car can better fit you through the free CAR FIT assessment. Visit www.sraflorida.org, under "events & news".
- **Hurricane Expo** – Get prepared by visiting Orange County's FREE Hurricane Expo at the Orlando Fashion Square Mall (Panera Bread entrance) on May 30th (10 am - 5 pm) and May 31st (11 am - 5 pm). For more details call 407.836.9140 or email ocoem@ocfl.net.
- **Eager Workers** - Federal stimulus dollars have opened up enrollment opportunities at AARP Foundation's Senior Community Service Employment Program. If you're 55+, on a limited income and looking for a job, contact the Orlando Office at 407.852.1608.
- **Additional Homestead** – Seniors (age 65+) may qualify for additional homestead exemptions including the Limited Income Senior Exemption (if adjusted 2008 gross income was \$25,873 or less). For this exemption and others, contact the Orange County Property Appraiser at 407.836.5044.
- **Housing** – Orange County has information on neighborhood stabilization, foreclosures, affordable apartments and housing assistance programs at www.ocfl.net/housing.
- **Funding!** – The Heart of Florida United Way announces two funding opportunities. Visit www.hfuw.org and click the "Investing in Results" tab.

News Elsewhere

- **Cool Website** - www.healthfinder.gov gives information and tools to help you and those you care about stay healthy. Take a look!
- **New Coalition** - The national *Eldercare Workforce Alliance* was just created to propose practical solutions to strengthen our eldercare workforce and improve the quality of care. To learn more, visit www.eldercareworkforce.org.
- **The Month of May** ...is Older Americans Month and the 2009 theme is "Living Today for a Better Tomorrow." For information, visit www.aoa.gov.
- **On Guard** - For practical tips from the federal government that help you guard against Internet fraud, secure your computer and protect your personal information, visit www.onguardonline.gov.
- **Women** - For checklists on how to stay healthy at 50+, visit www.ahrq.gov/ppip/women50.pdf.



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