

Commission on Aging

NEWSLETTER

Did You Know...

Florida has the highest percentage of seniors in the nation, with 17.4% of their population age 65+, followed by West Virginia at 15.7%, and Pennsylvania at 15.3%. California has the highest pop. of seniors— ranks 36th with 12.4%.

Partner Profile

The BRITE project at the Center for Drug-Free Living, Inc. provides free, in-home assessment and health education programs for individuals 60+ who may have questions about with medication misuse, interactions with herbal remedies - and/or alcohol or other drug abuse.

Recommended Reading

“Aging With Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, & More Meaningful Lives” by David Snowdon

News in Central Florida

August 2009

- **New Program** - The Dept. of Children & Families' Emergency Financial Assistance for Housing Program provides a one-time payment of up to \$400 to families who are totally without shelter or face the loss of shelter because of non-payment of rent or mortgage. It also helps those families who have had household disasters such as fire, flood, or other accidents. For Info, visit www.dcf.state.fl.us/homelessness.
- **Livable Communities** – You're invited to attend the Communities for a Lifetime workshop on August 21st at the Renaissance Senior Center, 10 a.m. to 3 p.m. (lunch on your own) and learn about how to equip communities to *prepare for tomorrow by planning today*. To register, visit www.communitiesforalifetime.org or call Janine at 850.414.2373.
- **Independence Expo!** – Plan to attend the United Spinal Association's Independence Expo at the Buena Vista Palace Hotel & Convention Center on August 7-8. It's free! Over 100 vendors, 16 community workshops, a free raffle drawing and an opportunity to enter the “Independence Expo Essay Contest” for a chance to win a \$250 AMEX gift card. Visit www.IndependenceExpo.org or call 1.800.404.2898 for info.
- **50+Survival Guide** - The summer issue features local opportunities for life-long learning and engagement! Visit www.50PlusSurvivalGuide.com. And, the annual SRA directory is underway! To get listed, call 407.265.0534 or email linda@50plusresourcenetwork.org.

News Elsewhere

- **Cool Website** – The U.S. National Institute of Health website, <http://nihseniorhealth.gov/>, offers a wealth of information for elders and caregivers.
- **Alzheimer's Report** – The new “Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide” provides helpful tips and advice about coping with the daily changes and challenges of caring for someone with Alzheimer's Disease. To view, download, or order free copies, visit www.nia.nih.gov/Alzheimers/Publications/CaringAD or call 1.800.438.4380.
- **Aging Expectations** – Learn about the expectations versus the reality of growing older in America. Check out the new Pew Research Center Social & Demographic Trends survey on aging at <http://pewsocialtrends.org/assets/pdf/getting-old-in-america.pdf>.
- **Elder Update** - Now available on-line, the Florida Department of Elder Affairs' bimonthly publication, can be found at <http://elderaffairs.state.fl.us/>



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