

Commission on Aging

NEWSLETTER

Did You Know...

A study of 2,832 seniors (avg. age 73.6) found that regular memory-training exercises reduced functional decline and improved cognitive ability up to five years after the initiation of the training. *Journal of the American Medical Association, 2006.*

Positive Ager...

Using his car, years of driving experience, and commitment to community, John McAllister has driven over 600 miles providing 70 rides for seniors since December 2008. As a trained *Independent Transportation Network* volunteer driver, he's transporting residents and helping them maintain their independence.

Recommended Reading

"Keep Your Brain Alive: 83 Neurobic Exercises" by Lawrence Katz & Manning Rubin

News in Central Florida

February 2009

- **New Newsletter**—Orange County's Consumer Fraud Office is starting a new consumer protection newsletter. To sign up for this quarterly publication, email fraudenews@listserv.ocfl.net or call 407.836.2490.
- **Green Expo** – You're invited to the *2nd Annual Orange County Saves: Eco-Nomic Living Expo* on February 7th, 10 a.m. & 2 p.m. at the Conroy Road Education Center. Learn ways to live "green", save money, and improve the indoor air quality of your home. To RSVP to the FREE expo, call 407.254.9200 or click on <http://ocextension.ifas.ufl.edu>.
- **Nonprofit Conference** – The 8th Annual Community Partners Nonprofit Conference is scheduled for February 6th at UCF's Rosen College of Hospitality Management. For more information, visit http://www.ce.ucf.edu/pc_course.asp?prog=1103. This year's theme is "thriving through creativity."
- **Caregiving Seminar** – A FREE "how to communicate when logic doesn't work" seminar is scheduled for February 14th from 9:30 to noon at St. Mary Magdalen Church. Call the Alzheimer's Resource Center at 843-1910, ext. 304 to register.
- **Caregiving Website** - Florida's Cooperative Extension Office has a great website on aging and caregiving. Visit http://solutionsforyourlife.ufl.edu/families_and_consumers/aging_and_caregiving. Or call Orange County's Extension Office at 407.254.9200.
- **Crime Alert** – According to law enforcement, "gypsies" are back in Central Florida. Elders are often targeted. The "gypsies" impersonate public utility workers and distract the victim in the front yard while an accomplice enters through the back yard.

News Elsewhere

- **Cool Website!** – [Www.floridahousingsearch.org](http://www.floridahousingsearch.org) helps you find traditional housing and assisted housing options. There's even a toll-free, bilingual call center 1.877.428.8844 and TTD/TTY: 7-1-1.
- **Healthy Aging** – The FREE booklet *Healthy Aging: Lessons from the Baltimore Longitudinal Study of Aging* has great tips for staying healthy. Visit www.nia.nih.gov/HealthInformation/Publications/BLSA/ to order this free booklet or to download a pdf copy.
- **Alzheimer's Research** - The *2007 Progress Report on Alzheimer's Disease* summarizes recent Alzheimer's Disease research conducted or supported by National Institute on Aging and National Institute on Health. Visit www.nia.nih.gov/Alzheimers to order or download.



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