

Commission on Aging

NEWSLETTER

Did You Know...

Orange County is Florida's 5th most populous county with 5.9% of Florida's population. In 2008, there were an estimated 1,114,979 people living in Orange County and 18,807,219 in Florida.

Positive Ager...

Art Cross, PhD., serves Orange County communities and beyond by providing adult education in the workplace to improve organizational interaction. Owner of Cross Learning Associates, Inc., Dr. Cross consistently volunteers his services helping organizations improve teamwork and communication.

Recommended Reading

"What Matters Most"
by
James Hollis

News in Central Florida

March 2009

- **New Adult Day Care** – Share the Care is opening a new adult day care center in College Park. For information, visit www.helpforcaregivers.org or call 407.423.5311.
- **Caregivers** – The Alzheimer Resource Center is holding their Annual Caregiver Retreat in Sebring on April 17-19th. Enjoy a weekend of fun, fellowship, and "freedom." For information, call 407.843.1910 ext. 303 or visit www.alzheimerresourcecenter.org.
- **Health Fair** – Hispanic Health Initiatives' annual health fair, "Día de la Mujer Latina," is March 14th at the Dover Shores Community Center. Free health screenings will be provided. Call 407.339.2001 for more information.
- **New On-Line Degree** – Stetson University College of Law is starting an ON-LINE Master of Jurisprudence in Law and Aging. The deadline to apply is April 1st. For info call 727-562-7393 or e-mail elderlaw@law.stetson.edu.

News Elsewhere

- **Cool Website** – www.seniors.gov is a compilation of official information and services on elder issues from the U.S. Government.
- **Celebration** – March 10th is Ambassadors for Aging Day at the State Capital. It's an opportunity to showcase the special contributions of older adults. For information, visit <http://elderaffairs.state.fl.us/english/amb.php> or call 850.414.2000.
- **Civic Ventures** – If you know of an innovative elder, consider nominating them for The Purpose Prize and they might win \$100,000 for finding creative solutions to social issues. Visit www.purposeprize.org for info.
- **Online Education** – The American Society on Aging is offering FREE online presentations at www.asaging.org/webseminars/ on such topics as brain health, transportation and alcohol and substance abuse/misuse.
- **Survey** – The Florida Office on Disability & Health is conducting a Health Condition Survey for persons with disabilities. To take the survey, visit <http://fodh.websurvey.sgizmo.com>.
- **Emergencies** – The final report on Enhancing Emergency Response for Vulnerable Populations is available online at www.rand.org/pubs/working_papers/WR598/.
- **Health** – You can get a FREE copy of "Exercise & Physical Activity: Your Everyday Guide" by visiting www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/.



Orange County Office on Aging
2100 East Michigan Street, 2nd Floor; Orlando, FL 32806
Phone: (407) 836-7616 Fax: (407) 836-7583
Email: OfficeonAging@OCFL.net Web: www.ocfl.net/seniors

