

# Commission on Aging

## NEWSLETTER

### Did You Know...

2009 projections show that 23.1% of Floridians are age 60+ with 17.3% age 65+.

### Partner Profile

If you've experienced a problem with a business in Orange County, the County's Consumer Fraud Unit might be your answer! This Unit gathers, processes & investigates consumer complaints on transactions occurring within the County. Staff helps resolve complaints, attempts to resolve them, refers them to other agencies or for criminal prosecution by the Office of the State Attorney. Services are FREE. For info call 407-836-2490.

### Recommended Reading

"Caresharing: A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging Illness or Disability" by Marty Richards.

### News in Central Florida

October 2009

- **Counsel for Caregivers Seminar** – The October 15<sup>th</sup> speaker is Mable Jackson, Senior Resource Alliance, who will focus on "where do I go for senior services". It's from 12:10 to 12:50 at the Orange County Library-3<sup>rd</sup> Floor, Albertson Room, 101 E. Central Blvd, downtown Orlando. It's FREE and lunch is provided to the first 50 people who RSVP to 407.836.7446 or [officeonaging@ocfl.net](mailto:officeonaging@ocfl.net).
- **Flu Shots** – For info on free seasonal flu shots or on the H1N1 (swine) flu, visit the Orange County Health Dept's website at [www.orchd.com](http://www.orchd.com) or call 407-836-2517.
- **Aging in Place Event** – You're invited to the annual aging in place seminar on October 15<sup>th</sup> at the Home Builders Assoc. in Maitland. This year's focus is home designs and community designs that help you stay at home longer. For info, call 407-629-9242 or visit [www.sraflorida.org/EventsandNews.aspx](http://www.sraflorida.org/EventsandNews.aspx).
- **End of Life Seminar** – *Peaceful Passages: Making Death a Part of Life*, which is set for October 23<sup>rd</sup> – 25<sup>th</sup> at the Hospice of the Comforter, will examine death, grief and loss. Open to the public, CEU's are available for nursing and mental health professionals. For info, call 407.682.0808 or visit [www.sage-inguild.org/calendar](http://www.sage-inguild.org/calendar).
- **Caregiver Event** - Honoring your mother and father without "losing your mind" is an afternoon seminar and exhibit hall at the Jewish Community Center of Maitland scheduled for October 25<sup>th</sup>. For info, call 407.678.9363 or visit [www.jewishpavilion.org](http://www.jewishpavilion.org).
- **New Statistics** - The 2009 elder estimates for Florida and it's counties are available at [http://elderaffairs.state.fl.us/english/pubs\\_stats.php](http://elderaffairs.state.fl.us/english/pubs_stats.php).

### News Elsewhere

- **Cool Website** – Your online accounts, computer files, and personal info are more secure when you use strong passwords to help protect them. Visit [www.microsoft.com/protect/yourself/password/checker.msp](http://www.microsoft.com/protect/yourself/password/checker.msp) to test the strength of your passwords.
- **Consumer Complaints?** – Florida Division of Consumer Services offers a quick way to respond to questions, concerns, problems or complaints that have gone unresolved. Check out this A - Z Resource Guide at <http://csapp.800helpfla.com/CSPublicApp/AZGuide/AZGuideSearch.aspx>.
- **Smart Growth** – U.S. Environmental Protection Agency offers *A Guide For Smart Growth & Active Aging* at <http://www.epa.gov/aging/bhc/guide>.



Orange County Office on Aging  
 2100 East Michigan Street, 2nd Floor; Orlando, FL 32806  
 Phone: (407) 836-6581 Fax: (407) 836-7583 Web: [www.ocfl.net/seniors](http://www.ocfl.net/seniors)  
 Email: [OfficeonAging@OCFL.net](mailto:OfficeonAging@OCFL.net) to subscribe

