

# Commission on Aging

## NEWSLETTER

### Did You Know...

Money is the #1 reason why Americans continue to work – but this need declines with age. For adults age 45-54, 84% cited money as the main factor; it declined to 73% for adults age 55-61 & further declined to 56% for adults age 62-74. [http://assets.aarp.org/rgcenter/econ/work\\_career\\_08\\_2.pdf](http://assets.aarp.org/rgcenter/econ/work_career_08_2.pdf)

### Positive Ager...

Senior residents & Tai Chi Teachers, Phu & Dong Duthinh, regularly lead seniors through sessions at the Renaissance Senior Center. While many Tai Chi classes require a fee, the Duthinhs provide free instruction in order to give back to their community. They are much appreciated as evidenced by the number of returning participants.

### Recommended Reading

*“What Color Is Your Parachute? for Retirement”* by Richard Nelson Bolles

### News in Central Florida

December 2008

- **New & Quick** – Orange County Government has a quicker way to access information for older adults. Visit [www.orangecountyfl.net/seniors](http://www.orangecountyfl.net/seniors).
- **Veterans' Info** – U.S. Dept. of Veterans Affairs recently announced that Amyloidosis (AL) has been connected to Agent Orange exposure in Vietnam (1964-1975) and Korea (1968). Of the listed conditions for AL are Dementia and Alzheimer's. Lou Gehrig's Disease (ALS) has also been added as a service connected disability for individuals with 90+ days of service. ALSO, Orange County Veterans Services reminds you that they assist veterans and their dependents in filing claims to the U.S. Dept. of Veterans Affairs for compensation, medical treatment, and other benefits. Call 407.836.8990.
- **Earn Extra Money** – The U.S. Census Bureau is recruiting temporary part-time census takers for the 2010 Census. For info about the vacancies in Orlando call 678.500.9705 or visit [www.census.gov/2010censusjobs](http://www.census.gov/2010censusjobs).
- **Brain Seminar** – You're invited to a FREE seminar “What Every Family Needs to Know about the Brain” on December 2<sup>nd</sup> from 8 am to 4 pm at the Beardall Senior Center. Experts talk about strokes, Alzheimer's, epilepsy and Parkinson's. Free lunch. To register call 407.423.5311.
- **Faith Conference** – The Southeast Regional Faith Community Conference “Growing from Novice to Expert: Congregations Reclaiming their Role for Healing Communities” is scheduled for January 15, 2009 at the Florida Hospital Church, Orlando. Fee is \$85 (\$75 for Health Ministry Assoc. members). Email [grant.corrigan@baycare.org](mailto:grant.corrigan@baycare.org) or call 727.461.8792.
- **CAT Deters Stolen Vehicles** – If you never drive your car between 1 am – 5 am, consider registering your vehicle in the C.A.T. (Combat Auto Theft) program. The CAT decal lets law enforcement conduct an investigative stop during these pre-dawn hours to determine if the vehicle is stolen. For more information, call the Orange County Sheriff's Office at 407.254.7000.

### News Elsewhere

- **Cool Website!** – Check out the two new “Practical Tools and Resources” – for caregivers and professionals at <http://caregiver.org/caregiver>.
- **New Hispanic Caregiver Study** – This study found that one in every three Hispanic households has a family member caring for an older love one. Visit <http://evercarehealthplans.com/pdf/HispanicCaregiversStudy.pdf>.
- **CAPS** – A Certified Aging-in-Place Specialist is trained in the unique needs of the older adult population, aging-in-place home modifications, common remodeling projects and solutions to common barriers. Learn more at [www.nahb.org/default.aspx](http://www.nahb.org/default.aspx).



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