

# Commission on Aging

## NEWSLETTER

### Did You Know...

According to the 2008 AOA profile, half of older women (49%) age 75+ live alone. And, another 450,000 grandparents aged 65 or more had the primary responsibility for their grandchildren who lived with them.

### Partner Profile

RSVP matches people age 55+ with volunteer opportunities. From volunteering at the new UCF medical school to mentoring children of incarcerated parents to volunteering for the arts, more than 1,200 people donated 230,700 hours to making Orange County a community of a lifetime last year!

### Recommended Reading

*"A Place Called Canterbury"*  
by Dudley Clendinen

### News in Central Florida

July 2009

- **New Parks Database** – Now you can quickly see what's happening at the Renaissance Senior Center and the Marks Street Senior Recreation Complex by visiting the [parks database](#).
- **Former COA Chair is Honored** – Veteran Bill Coleman was recently awarded France's highest award, the medal of the Legion of Honor, for his sacrifices and service during World War II. Click [HERE](#) for the Orlando Sentinel article. Mr. Coleman was the Chair of the Interim Commission on Aging, which led to the creation of the Orange County Commission on Aging.
- **Personal Safety Class** – The Orange County Sheriff's Office will offer a free Senior Personal Safety class at the Renaissance Senior Center on July 15<sup>th</sup>, 12:30 – 2:30 pm. Call 407.254.9070 to register.
- **Nursing Association** – The Florida Gerontological Nurses Association is based in Orlando and is focused on improving the quality of nursing care given to older adults. For more info, contact Patti at 407.234.7354 or visit [www.flgeronurse.org](http://www.flgeronurse.org).

### News Elsewhere

- **Older Hispanic Workers** – AARP has just released a report that focuses on the important role that Hispanic older adults play in the workforce. Click [HERE](#) to get the full report.
- **Employment Status** – AARP has released a bulletin that looks at how the economy is impacting people age 45+. Click [HERE](#) to get the full report.
- **Doing Good** – Research indicates volunteers have higher levels of self-esteem and life satisfaction than those who do not give their time and energy. For info on how volunteering can enhance your life, visit [www.civicventures.org](http://www.civicventures.org). For local volunteer opportunities, contact Orange County's RSVP agency at 407.422.1535 or email Hedy at [rsvp11@earthlink.net](mailto:rsvp11@earthlink.net). Other volunteer sites include [www.networkforgood.org](http://www.networkforgood.org) or [www.volunteermatch.org](http://www.volunteermatch.org).
- **Aging Profile** – The 2008 electronic version of the latest key statistics on older Americans is available online at [www.aoa.gov/AoARoot/Aging\\_Statistics/Profile](http://www.aoa.gov/AoARoot/Aging_Statistics/Profile).
- **Medical Decision Making** – The American Bar Association has published a "how to" guide on medical decision making that can help you understand the decisions that you might have to make for a loved one. Visit [www.abanet.org/aging/pdfs/genlproxyguide2009.pdf](http://www.abanet.org/aging/pdfs/genlproxyguide2009.pdf).



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