



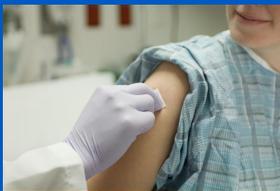
Commission on Aging NEWSLETTER

**August 2017
Issue**

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Did you know...

Older adults have a greater susceptibility to and complications from diseases? Yet, according to the *Vaccination Coverage Among Adults Aged 65 and Over: United States 2015* report by the Centers for Disease Control and Prevention, vaccination rates for older adults lag. [Read report.](#)



Quick Facts

- 31 percent of older adults age 65+ had not received an influenza vaccine (flu shot) in the past 12 months
- 43.1 percent had not

Feature of the Month

Reframing Aging



Frameworks' *Aging Toolkit* is focused on teaching elder services providers and other stakeholders how to reframe their communication message and style. Media content should avoid typecasting aging as decline. Instead, organizations should reaffirm that aging is a normal process during which older adults can remain healthy, independent, connected and productive. In testing, the messages in the toolkit were shown to reduce ageist attitudes by 30 percent!

The toolkit includes a quick start guide which outlines concepts to emphasis and sample forms of communication. It also includes a link to the *Framing Strategies to Advance Aging and Address Ageism as Policy Issues* report that lays out strategies to increase public support for policies and practices that create an age-integrated society. [See toolkit](#) or [read the brief.](#)

Local News & Events [\(go to top\)](#)

Dementia Outreach in West Orange

The Alzheimer and Dementia Resource Center has opened an outreach clinic in West Orange at Golden Pond Communities, 402 Lakeview Road, Winter Garden every Thursday from 1 - 4 p.m.



Appointments are strongly recommended. Individuals supporting a loved one with Alzheimer's disease or other form of dementia can obtain care coaching, comprehensive information on providing care and referral services. [See flyer.](#) For more information, call 407-843-1910.

Free Legal Services

Low-income adults age 55+ living in Seminole County can obtain a free living will, health care surrogate and/or durable power of attorney document on the 2nd Monday of the month at 1:30 p.m. at the Winter Springs Senior Center, 400 N. Edgemon Ave., Winter Springs. Offered by the Seminole County Bar Association's Legal Aid Society, the next event is

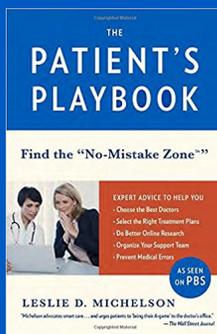
received a tetanus vaccine in the last ten years

- 65.8 percent had never had a shingles vaccine

- 36.4 percent had never had a pneumococcal vaccine

Book of the Month

The Patient's Playbook



by Leslie D. Michelson

Article of Month



Helping Those Who Hoard

Hoarding is a clinical disorder that impedes a person's ability to discard things, regardless of value. Because it is an illness that manifests behind closed doors, it can be difficult to diagnose and treat. Hoarding is particularly challenging in multifamily

August 14 at 1:30 p.m. [See flyer](#) for income requirements and information to bring or call 407-834-1660 x108 for questions.

Statewide Conference on Aging



Imprint Aging on Florida
August 28-30, 2017 | Orlando, FL
www.fcoa.org

Orlando is host to the 2017 annual Florida Conference on Aging, August 28-30, at the Caribe Royale Hotel, 8101 World Center Drive, Orlando. Presentations will be on dementia, care management, public policy, senior centers and more. Visit www.fcoa.org for details on seminars and registration.

State & National Information [\(go to top\)](#)

Medicare Spending

The Facts on Medicare Spending and Financing report by Kaiser Family Foundation provides a snapshot on Medicare, the federal health insurance program that covers 57 million people ages 65+ and younger people with permanent disabilities. The report details historical and projected Medicare spending data and assesses the financial condition of the three primary sources of Medicare funding. [Read report.](#)

Medicare Enrollment Dashboard

According to the New Medicare Enrollment Dashboard, there were 178,260 individuals enrolled in Medicare in Orange County Florida in May 2017. This includes 93,861 individuals with Original Medicare and 84,399 individuals with either a Medicare Advantage or other Medicare health plan. [Access dashboard!](#)

Orange County	Medicare Enrollment
2012	145,586
2013	152,961
2014	160,407
2015	167,687
2016	174,279

Nursing Home Report

The 1.7 million certified nursing facility beds in the United States are part of the long-term care delivery system that also includes home and community-based services. *The Nursing Facilities, Staffing, Residents and Facility Deficiencies, 2009 Through 2015* report by Kaiser Family Foundation explores the trends in nursing facilities, including staffing levels, facility deficiencies and facility characteristics. [Read report.](#)

Housing Policy Solutions



AARP's new report, *Housing Policy Solutions to Support Aging with Options*, identifies five primary challenges to addressing the housing and service needs of older adults. A solution is recommended for each challenge. [Read report](#) or learn more at AARP's [Livable Communities](#) webpage.

Value of Financial Advice

A new research report published by the International Longevity Centre United Kingdom sought to quantify the

complexes, where it can affect routine maintenance schedules and lead to safety concerns. [Read more](#) in this *New York Times* article.

Additional Articles

NY Times

[110 N.F.L. Brains. All but One Had Brain Damage](#)

[Plan on Growing Old? Then the Medicaid Debate Affects You](#)

[You Don't Have to be College-Bound to Take a Gap Year](#)

[The Ethics of Adjusting Your Assets to Qualify for Medicaid](#)

[How to Build Resilience in Midlife](#)

[The Subtle Signs of a Thyroid Disorder](#)

[With Cancer Screenings, Better Safe Than Sorry?](#)

Washington Post

[PET scans show many Alzheimer's patients may not actually have the disease](#)

LA Times

[Worried about dementia? Hearing and language problems could be forerunners of cognitive decline](#)

impact of advice on asset accumulation and retirement planning in Great Britain. *The Value of Financial Advice* report is based on results from a broad reaching Wealth and Assets Survey. [Read report.](#)

Employment at Older Ages

The Educational Differences in Employment at Older Ages report by the Urban Institute focuses on four labor market outcomes - labor force participation (defined as working or actively looking for work), full-time employment, self-employment and earnings. Data by age, sex and education from 1970 to 2016 is provided. [Read report.](#)

Commission on Aging Activities [\(go to top\)](#)

[LIFE Information for Elders Seminar Series - FREE](#)

Where to Travel? What to

See? Thursday, August 17, 12:10 - 1 p.m., Downtown Orlando Library, 101 E. Central Blvd., 3rd Fl., Palm / Magnolia

Rooms., Orlando. Lunch for first 50 who RSVP either by [email](#) or call 407-836-7446. See full [fall schedule](#) (July - Dec.)



Tip From July's Seminar: Ten Pieces of Technology Seniors Should Embrace - "The website

[www.GCFLearnFree.com](#) is a free service that provides computer users with online tutorials on technology and Microsoft Office. Tutorials are kept simple so they are easy to follow. Users can learn how to use a computer mouse or how to use features in Microsoft Excel or Word." - *Delliah McKay, Volunteers for Community Impact*

[Orange TV Senior Programs](#)



Orange TV has an entire senior webpage dedicated to covering informative topics on health and wellness, medical, caregiver information and more! Watch the Vital Living Forum at [www.orangetvfl.net](#). For shows prior to May 2015, visit [www.orangetv1.net](#).

Featured Shows

Just Thinking You're Slacking On Exercise Could Boost Risk Of Death



Angus Chen from *All Things Considered* talks with Octavia Zahrt who just completed a research study that concluded just feeling less fit in comparison to others might trim away years of life. [Listen now.](#) (3:53 mins)

More Than Memory: Coping With The Other Ills Of Alzheimer's

Rebecca Hersher from *All Things Considered* talks with Greg

Bloomberg

[Retirement Dread Is Replacing the American Dream](#)

Next Avenue

[10 Things to Locate Before Your Parent Has a Health Crisis](#)

Join Our Mailing List!

O'Brien and his wife, Mary Catherine, about his journey with early onset dementia and the other health symptoms that are affecting his daily living. [Listen now](#). (3:56 mins)

Nursing Homes Worry Proposed Medicaid Cuts Will Force Cuts, Closures

Ina Jaffe from *All Things Considered* explores how the Senate health care bill, which proposes more than \$770 billion in cuts over the next decade is worrying elders and the nursing home industry. [Listen now](#). (3:33 mins)

Stress And Poverty May Explain High Rates Of Dementia In African-Americans

Jon Hamilton from *Weekend Edition Sunday* discusses new research findings that African Americans who grow up in harsh environments and endure stressful experiences are much more likely to develop Alzheimer's or some other form of dementia. [Listen now](#). (3:32 mins)



Orange County Office on Aging

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