



# Commission on Aging

## NEWSLETTER

**June 2019  
Issue**

### Did You Know...

In 2029, it is projected there will be 14.4 million middle-income seniors in the United States. Of these middle-income seniors, 60 percent will have mobility limitations and 20 percent will have high health care and functional needs.



Many of these seniors will likely need assistive residential care: however, 54 percent of these middle-income seniors will not have sufficient financial resources to pay for this care. Read [Health Affairs summary](#).

### Book of the Month

[\*Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End\*](#)

### Feature of the Month

#### National Online Dementia Toolbox

The National Institute on Aging has launched an online toolbox designed to help engage, recruit and retain participants in clinical trials



and studies for the prevention and treatment of Alzheimer's disease and related dementias. Called the Alzheimer's and Dementia Outreach, Recruitment and Engagement Resources (ADORE) toolbox, this online resource brings together hundreds of resources, including journal articles, medical research and clinical trial finder. Visit [ADORE toolbox](#).

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

#### Elder Abuse and Guardianship Symposium



The public is invited to attend the 13th annual World Elder Abuse Awareness Day Symposium being held June 14 at the Community Methodist Church, 4921 S. U.S. Highway 17-92, Casselberry. Doors

open at 8:15 a.m. and the program runs from 8:40 a.m. to 1 p.m. This year's focus is on "what you need to know: the legal aspects of elder abuse and guardianship." See [symposium flier](#) or call 407-254-9277 for more information, including a list of pending CEUs and CLEs for professionals.

#### Hurricane Season Starts June 1

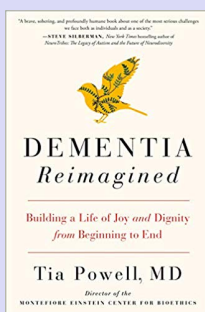
Orange County kicks off hurricane season with its annual Hurricane Expo on June 1 from 9 a.m. to 1 p.m. at Cypress Creek High School Gym, 1101 Bear Crossing Drive, Orlando. See [hurricane expo flier](#) or call 407-836-9140 for



more information. Additional disaster resources and information can be found on the Florida Division of Emergency Management's website - [www.floridadisaster.org](#), including information about the statewide special needs registry.

#### Medical Equipment

Starting June 4, the Rotary Club of Winter Garden Medical Equipment Bank will be open on Tuesdays and Thursdays from noon to 5 p.m. Individuals with short-term needs for non-medical equipment can borrow items for free. Typical items that are available include wheelchairs, knee scooters, canes and crutches. Call 407-457-7561 or visit the equipment bank at Lift Disability Network, 611 Business Park Boulevard, Suite



By Dr. Tia Powell

Read the [Next Avenue interview](#) with Dr. Powell.

## Article of the Month

### How To Find And Use New Federal Ratings For Rehab Services At Nursing Homes



Medicare's Nursing Home Compare website now includes a "star rating" (a composite measure of quality) for rehab services - skilled nursing care and physical, occupational or speech therapy for people recovering from a hospitalization. The site also breaks out 13 measures of the quality of rehab care, offering a more robust view of facilities' performance. Read [Kaiser Health News](#) article.

## Additional Articles

[Kaiser Health News](#)

105, Winter Garden. Donations of gentle used non-motorized equipment are appreciated.

## Estranged Grandparent Information

Alienated Grandparents Anonymous (AGA) has started a local support group in Central Florida. AGA provides support, information and coping skills to grandparents suffering some degree of estrangement, alienation or isolation. The local support group meets monthly on the first Wednesday (June 5) from 12:45 to 3 p.m. at the Renaissance Senior Center, 3800 S. Econlockhatchee Trail, Orlando. Visit [www.aga-fl.org](http://www.aga-fl.org) or email [AGA.OrlandoFL@gmail.com](mailto:AGA.OrlandoFL@gmail.com) to learn more.

## Online Resource Book

The "Little Black Book" of Resources, which lists services and programs, is now available online at the nonprofit [50+ Resource Network](#). Individuals can sign up to stay current of changes in this resource book and receive notices about other community programming. Sign up for [local residents](#) or for [elder services professionals](#).



## State & National News

### World Health Organization Dementia Guidelines

The World Health Organization (WHO) has published the *Risk Reduction of Cognitive Decline and Dementia* report that gives health-care providers a knowledge base so that they are better able to advise patients on how to prevent cognitive decline and dementia. These guidelines are also useful for governments, policy-makers and planning authorities as they begin to develop policies and programs that encourage healthy lifestyles. Read [WHO dementia report](#).



### Life Tables

According to the 2016 United States life tables, overall life expectancy at birth in 2016 was 78.7 years. Data also indicates the probability that a person will survive from birth to age 80 is 57.8% given the 2016 age-specific mortality rates. Read [Centers for Disease Control's life tables](#).

### Trends in Nursing Home Deficiencies



The Office of Inspector General for the U.S. Department of Health and Human Services has issued a data brief that analyzed nursing home deficiencies in the United States from 2013 to 2017. Data shows Florida had an average of 3.87 deficiencies per survey conducted by the state of Florida. Read [deficiencies report](#).

### Adult Protective Services Report

Twenty-six states have a statewide registry for perpetrators of elder and vulnerable adult abuse. The National Adult Protective Services Association (NAPSA) studied data from 21 of these states from 2016-2017. The study examined the structure of each state registry, the perpetrator placement process and how data on the registry is utilized. Read [abuse registry report](#)

[Researchers Seek Sage Advice Of Elders On Aging Issues](#)

### **Next Avenue**

[The No. 1 Question Americans Ask About Retirement](#)

[Doughnut Hole Closed, But Many Still Struggle With Medicare Drug Costs](#)

[The Lesser-Known Symptoms of Depression](#)

### **PBS NewsHour**

[Column: Are Americans overconfident about paying for retirement?](#)

### **New York Times**

[Why Your Doctor's White Coat Can Be a Threat to Your Health](#)

[Why Working Till Whenever Is a Risky Retirement Strategy](#)

### **CNN**

[Hip fractures are deadly for many seniors](#)

### **The Washington Post**

[Eliminating Social Security caps has some serious risks](#)

### **The Hill**

[Social Security just ran a \\$9 trillion deficit, and nobody noticed](#)

[Older Americans Month: It's time to support family caregivers](#)

or visit the [NAPSA website](#).

### **Social Security's Financial Outlook**

The Center for Retirement Research has evaluated the 2019 *Trustees Report* by the Social Security Administration and has published a nine-page brief. Read [Social Security brief](#).

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

### **LIFE Information for Elders Seminar Series - FREE**



### **Cultural Classes and Opportunities for Elders**

**Elders** - Thursday, June 20, 12:10 - 1 p.m., Downtown Orlando Library, 101 E. Central Blvd., 3rd Floor, Albertson Room, Orlando. Lunch is provided for the first 70 who RSVP by [email](#) or by calling 407-836-7446. See the full [Spring 2019](#) schedule from January through June.

### **Tip From May's Seminar: Tai Chi for Improving Balance**

"Achieving balance involves physical balance (how well you walk), postural balance (how well your body is aligned) and mental balance (how well you process your thoughts). Tai Chi can help all three types of balance." - *Jim Moltzan, Mind and Body Exercises*

- Jim has posted his entire presentation online - watch [part one](#) or watch [part two](#).

### **[Orange TV Videos in Espanol](#)**

[Leyes de tutleje Tutor Privado](#) - (4:08 mins)

[Leyes de tutleje en Florida](#) - (4:41 mins)

[Leyes de tutleje Capacidad](#) - (5:44 mins)



## **Local Highlight**



Neighbors Network is a local membership nonprofit with a mission to connect, support and engage adults age 55+ living at

home. Background-checked volunteers provide varied services: fix-it tasks, home organizing, friendly visits, help with pets, home technology support, occasional ride services, help with groceries and preparing for visitors. New members and volunteers are most welcome! Group activities include dining out, museum visits, book club, attending live theater and neighborhood walks.

Service area map and application details are available at [www.neighborsnetworkfl.org](http://www.neighborsnetworkfl.org) or call 321-209-2775.

## **Featured Shows**

[Neglected: Many of Florida's best nursing homes lose under new funding plan](#)

**EurekaAlert!**

[The mobile game that can detect Alzheimer's risk](#)

**Star Tribune**

[Liz Weston: Let's get real about health costs in retirement](#)

**MarketWatch**

[The money in your 401\(k\) and IRA accounts doesn't belong entirely to you](#)

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**'Dementia Reimagined' Asks: Can There Be Happiness For Those With Memory Loss?**

Terry Gross with *Fresh Air* talks with Tia Powell, the Director of the Montefiore Einstein Center for Bioethics and a professor of psychiatry and bioethics. Dr. Powell shares her personal and professional experiences that have change her attitudes toward and interactions with people living with dementia. Listen to [NPR interview](#). (36:27 mins)

**'It's Just Life': An Aging Nashville Couple Takes Turns Being The Caregiver**

Blake Farmer with WPLN talks with Steve and Silver Kilgore about how the prospect of becoming your partner's caregiver can become reality very quickly. Listen to [WPLN interview](#). (4:55 mins)



**Parkinson's results beyond researcher' wildest dreams**

A new study by Canadian researchers found that electrical stimulation treatment can help restore movement in patients with chronic Parkinson's disease. Professor Mandar Jog with Western University Hospital in Ontario states "So all this time we have thought that it is the signal going out of the brain that has been the problem. However, what we've shown, which is a radically different idea, that it's the signal going in that can actually be retrained." Watch this [Parkinson's video](#) by the BBC.

**From Gloom To Gratitude: 8 Skills To Cultivate Joy**

Allison Aubrey from *Morning Edition* talks with Judith Moskowitz from Northwestern University about her five-week skills class that teaches people who are experiencing significant stress, how to destress and reframe their challenges. Listen to [NPR interview](#). (2:44 mins)



**Orange County Office on Aging**

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