



# Senior Sentinel

A newsletter published by the Hillsborough County Board of County Commissioners: Brian Blair, Kathy Castor, Ken Hagan, Jim Norman, Thomas Scott, Mark Sharpe, Ronda Storms



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- **Bringing Seniors and Children Closer**
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## County's Partnership Offers Opportunities for Seniors

For many seniors, driving is an issue of independence and despite the "stereotype," many senior citizens are capable of driving. However, it's important for everyone to be reminded of the rules of the road in order to remain safe behind the wheel. In an effort to help local seniors drive safely longer, Hillsborough County is partnering with one of the nation's premier advocate organizations for older residents. The American Association of Retired Persons (AARP) offers driving safety review courses helping seniors learn about normal age-related physical changes, and how to adjust. Also, AARP graduates can obtain an insurance discount! Most classes are taught in two, four-hour sessions and the course cost is \$10. AARP uses some of Aging Services Senior Centers to conduct this training. For a schedule of AARP classes in your area, contact your local AARP office at 962-4600.

## Better Health Care Now at Your Fingertips

You may be eligible for a number of health benefiting programs, and not even know it. The National Council on the Aging (NCOA) announces its free BenefitsCheckUp Program for adults, ages 55 and over. This comprehensive online referral service will help you find out if you qualify for more than 1,300



programs now available to older residents. The programs vary from providing assistance in obtaining prescription drug discounts, to helping locate cataract surgery providers. BenefitsCheckUp also gives a detailed description of each program, local contacts for additional information, and materials to help

successfully apply for each program. To register, visit any Hillsborough County Senior Center, Monday – Friday, 8 a.m. – 4 p.m. or visit the website at [www.benefitscheckup.org](http://www.benefitscheckup.org). For a list of the County's Senior Centers visit the County's Web site at [www.hillsboroughcounty.org](http://www.hillsboroughcounty.org).



THE NATIONAL  
COUNCIL ON  
THE AGING

## Check out who's offering seniors discounts:

- Museum of Science & Industry (MOSI)
- HARTline Bus Services
- Animal Services Pet Adoptions
- Hunting and Fishing License (Tax Collector's)

**For more information, call 272-6630**

## Helping to Bridge the Generation Gap

Senior citizens and children may differ in age, but it's important to remember the numerous positive effects of bringing these two groups closer together. That's why Hillsborough County's Aging Services Department frequently sponsors ongoing intergenerational events to help "bridge the generation gap." The events are held at various Aging Services Senior Centers



Seniors at the Westshore Senior Center spending time with Dale Mabry Elementary students

throughout the year, and they provide an opportunity for the two generations to come together and exchange stories and experiences. Children learn to understand the aging process and gain wisdom, while seniors - who may not have family around - have a chance to bond with children. The department also partners with local Boys and Girls Clubs during

the summer to provide weekly intergenerational activities. Many of these events are focused around a holiday or special occasion, allowing local seniors to help make decorations and crafts.

## New Year - New Prescription Plan

The new year is now underway, which means everyone with Medicare, regardless of income, health status, or current prescription expenses, will have prescription drug usage for the first time ever! Medicare prescription drug coverage is insurance that covers both brand name and generic prescription drugs at participating pharmacies. This new coverage will help individuals save money.

Just like any other insurance plan, there are monthly premiums, yearly



deductibles, and co-payments that will vary from provider to provider. Medicare offers two types of plans. The major difference between the two is that one plan only offers prescription drug coverage, while the other offers health care coverage similar to that of an HMO or PPO, and prescription drug coverage.

Choosing a plan doesn't have to be complex. Medicare has representatives available to answer your questions. The important thing to do is learn more about each plan and then choose a plan that best meets



## Tell Us What You Think 272-5242

Whether it's a compliment or a concern, Hillsborough County's Aging Services wants to hear from you. In an ongoing effort to provide quality and efficient services, Aging Services has implemented a new Customer Care Line. It's available Monday - Friday, 8 a.m. - 5 p.m. at (813) 272-5242. A voicemail is available during off hours and bilingual speakers will be on hand.

The Customer Care Line is dedicated to listening to customers in order to enhance its spectrum of services, add value to its participants, caregivers, and the community.

your medical and prescription needs.

The enrollment period began November 15, 2005, and will run through May 15, 2006. If you don't enroll by May 15, 2006,

For more information about the plans in your area, call 1-800-Medicare (1-800-633-4227) TTY: 1-877-486-2048. Or visit the website at [www.medicare.gov](http://www.medicare.gov).

Need help understanding the Medicare Part D Plan?  
visit

[www.hillsboroughcounty.org/aging/home.cfm](http://www.hillsboroughcounty.org/aging/home.cfm)



## Aging Services Calendar of Events

- **April 21, 2006**  
Wacky Olympics  
Brandon Recreation Center  
510 E. Sadie St.  
Brandon, FL
- **May 5, 2006**  
Seniors' Day in the Park  
MacFarlane Park  
1700 N. MacDill Ave.  
Tampa, FL
- **May 26, 2006**  
Seniors' Prom  
Brandon Recreation Center  
510 E. Sadie St.  
Brandon, FL

### Saturday Respite Care Program

If you are struggling to cope with providing 24 hour care to an elderly family member who is unable to be left alone, we can help.

The centers are open on Saturdays to care for your frail family member while you run errands.



## Seniors Jive at Annual Fall Festival

Dozens of local seniors took a trip back in time as they jumped and jived to sounds of the 50's at Aging Services' Annual Fall Festival. The event was held at the Brandon Community Center and was themed *Lost in the 50's*. Seniors dressed in poodle skirts and cuffed blue jeans, and danced to a live band performing memorable 1950's tunes. Ms. Senior Sun Center, Liz Goldenberg, also made an appearance and graced the audience with some classic 50's melodies,



such as the crowd favorite *Crazy* by Pasty Cline. Among the highlights of the event was the sock hop costume contest. The first place winner was a gentleman dressed up as Little Richard, and second place went to another dressed up as 50's heartthrob Elvis Presley.

The seniors also listened to an enthusiastic speech given by Case Management Section Manager Bruce Dangremond and breakfast was provided by Sweet Tomatoes of Brandon.

### February 2006

Plant City	February 25
Ruskin	February 25
Lutz	February 25

### March 2006

Westshore	March 11
Ruskin	March 11
Plant City	March 18
Brandon	March 18
Lutz	March 18

### April 2006

Plant City	April 8
Lutz	April 8
Brandon	April 15
Westshore	April 22
Ruskin	April 22
Plant City	April 22

### May 2006

Westshore	May 6
Lutz	May 6
Plant City	May 20
Brandon	May 20
Ruskin	May 20

### Hillsborough County Senior Center locations:

#### Brandon Senior Center

612 N. Parsons Ave.  
635-8064

#### Lutz Senior Center

112 1st Ave. N.W.  
264-3803

#### Plant City Senior Center

1205 S. Waller St.  
757-3824

#### Riverside Senior Center

829 W. MLK Blvd.  
272-7108

#### Ruskin Senior Center

901 6th St. S.E.  
672-1106

#### Westshore Senior Center

4102 W. Spruce St.  
554-5156

#### Wimauma Senior Center

5714 North St.  
671-7672



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Department of Aging Services  
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Myra E. Price, Director  
We welcome your comments and letters to the editor.

## Reaching Out To Those Who Care... A Message from the Director, Myra E. Price

It's not easy deciding to take on the commitment of caring for someone who suffers from Alzheimer's or dementia. On April 7, 2006, the Aging Services Department will host its 2nd Annual Alzheimer's Design Conference for architects, professionals in aging and caregivers. This workshop will provide caregivers with a greater understanding of how environmental design affects behaviors associated with people with dementia. It will also provide information on cutting-edge approaches in the design and modification of facility and home dementia care environments. This year's conference is sponsored by the

Johnnie B. Byrd, Sr. Alzheimer's  
Center & Research Institute.

***Design & Technology  
Conference:  
The Perfect Strategy for  
Successful Dementia  
Care Environments***  
Friday, April 7, 2006  
Call 272-5165

