



# 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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## Aging Services Supports Alzheimer's Disease Awareness

Hillsborough County's Aging Services Department is dedicated to providing programs for individuals and their caregivers who have a memory loss disease interfering with their daily living activities.

As part of the Alzheimer's Disease Initiative, Aging Services' Senior Center Section provides Respite Care to 24-hour caregivers. This program offers care for your family members while you run errands.

In addition, support groups are available for families to share common personal experiences with others in similar situations. Residents can also take part in conferences and workshops held annually to provide caregivers and health care providers resources regarding Alzheimer's and dementia-related issues.



Additionally, the Johnny B. Byrd Sr. Alzheimer's Center & Research Institute awarded Aging Services several grants to increase public awareness of Alzheimer's disease and stress the importance of early detection and screening. In partnership with the Byrd Institute, Aging Services produced an informational brochure themed *You Are Not Alone*. This guide educates the public about the disease and county services offered for those diagnosed with Alzheimer's and other related dementias. The brochures can be found at Hillsborough County Libraries, Neighborhood Senior Centers, Neighborhood Service Centers and local civic organizations.

## Wimauma Seniors and Children Teaming Up

They have more in common than you might think. Children from the Bethune Park Recreation Center visit seniors at the Wimauma Senior Center every Wednesday as part of an intergenerational program. The *Hope Fund for Children* sponsors the gathering where seniors serve as mentors. Carla Miles created the program more than ten years ago to help underprivileged school children enjoy an array of activities. Some seniors and children play games, while others participate in arts and crafts. There are also shared story times for avid readers.



## Hillsborough County's senior discounts:

- Solid Waste
- Water Department
- Property Appraiser's Office
- Animal Services Pet Adoptions
- Hunting and Fishing License (Tax Collector's)
- HARTline Bus Services

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



## Striding into Springtime

Just 30 minutes a day of physical activity will help improve your health and quality of life. Here are a few suggestions to help improve your physical fitness:

- Clean up
- Take a Walk
- Grab a Health Book
- Laugh a Lot
- Attend a Meeting
- Think Young
- Get Gardening

## Hillsborough County's On Its Way To Healthy Living

Seniors from the Westshore and Riverside Senior Centers attended the 3rd Annual Step Up - Florida Kick-off Celebration at the Curtis Hixon Park Riverwalk in downtown Tampa. The Florida Department of Health sponsored the event. Attendees were able to walk the trail, participate in group activities and dance to the sounds of the Boogie Bear Productions.

Step Up - Florida is a statewide initiative to promote healthy lifestyles among Floridians. This initiative was created in response to the Governor's 2004 Task Force on the Obesity Epidemic.

Step Up activities were held throughout Hillsborough County at local parks, health centers, elementary schools and the University of South Florida.



The Aging Services Department is partnering with the Hillsborough County Health Department to offer a series of chronic disease prevention workshops focusing on diabetes, poor nutrition, tobacco use, obesity, asthma and its related risk factors. Other community partners include the YMCA, American Heart Association, the University of South Florida College of Public Health, Asthma and Allergy Foundation of America, Publix grocery stores, the Hillsborough County School District and the Hillsborough County Health and Social Services Department. For more information on this initiative, contact Douglas Holt, M.D. at (813) 307-8000 or visit [www.mysteps.org](http://www.mysteps.org).

## Aging Services Values Its Volunteers

It's our way of saying thank you. Aging Services recently hosted its annual Volunteer Recognition Breakfast to acknowledge the tireless efforts and commitment of its volunteers in the Senior Center Section. These amazing individuals rendered an astonishing 7,500 hours of volunteerism this year. Whether teaching arts and crafts, providing computer training, entertainment or serving on advisory councils, our volunteers truly go the extra mile to assist the department.

While breakfast was being served, Caribbean rhythms filled the air as musician Johnny Lowery from the Hillsborough

County Arts Council performed on the steel drums. Guest speaker Nicole Hargraves, State Volunteer & Intergenerational Coordinator for the Florida Department of Elder Affairs, spoke on the importance of volunteerism. Assistant County Administrator Manus J. O'Donnell and Aging Services' Director Myra Price joined section manager Mary Jo McKay and staff in presenting volunteers with certificates of appreciation and oven mitts provided by the Florida Department of Elder Affairs. The event concluded with door prizes and a group photo.

Aging Services thanks Pfizer Pharmaceuticals for sponsoring the



**Nicole Hargraves speaks to volunteers**

event, the Kiwanis Club for donating meals and goody bags, guest speaker Nicole Hargraves, and an "anonymous donor" for their financial contribution.

## Beware of Fraud Scams

It's that time of year again. Fraud crimes tend to increase during the Spring. Listed below are some helpful tips to safeguard you and your property.



- Get all work estimates in writing.
- Avoid large payments up front.
- Get a second opinion.
- Be suspicious of door-to-door solicitors.
- Check ID before letting a worker in your home.
- Walk away from offers that sound too good to be true.
- Make payments only when the work completed meets the terms of your contract.

## Aging in Place

Aging Services is partnering with the National Association of Area Agencies and Partners for Livable Communities to launch a national Aging in Place Initiative. This initiative is designed to facilitate dialogue among local leaders in Hillsborough County on developing programs and services that will allow people to age in their communities. This initiative is meant to improve livable communities by promoting quality of life, economic development, and social equity, while preserving independence and dignity.

## Seffner Community Center Gets Face-lift

It's a new look for an old building. Hillsborough County Commissioners and other community members participated in a ribbon cutting ceremony at the Seffner Community Center for the rededication of the Seffner School Building, playground, and park. Commissioner Ken Hagan, who represents the Seffner area, spoke and helped plant a millennium tree. Commissioners selected the tree, which will blossom into a lovely shade area for the seniors. The County condemned the community center and surrounding property 12 years ago, but the area has recently undergone extensive renovation. It now has a new drainage system, parking lot, walking trail, and playground with park benches.



1209 Kingsway Road

The building originally opened in 1914, and has been a dining site for seniors since 1976. The Aging Services Department has served nearly 1 million meals at the center and currently serves more than 150 seniors in the area.

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

May 2006		June 2006	
Westshore	May 6	Lutz	June 3
Lutz	May 6	Plant City	June 3
Plant City	May 20	Westshore	June 10
Brandon	May 20	Ruskin	June 17
Ruskin	May 20	Brandon	June 17
		Plant City	June 24

**For a list of Hillsborough County Senior Center locations, please call 272-6630.**

There are currently eight counties across the United States taking measures to create a plan on how to bring communities together to discuss issues ranging from housing, transportation, public safety and wellness, among others.

**For more information on the Aging in Place Initiative, visit the website at [www.aipi.n4a.org](http://www.aipi.n4a.org).**



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Myra E. Price, Director  
We welcome your comments and letters to the editor.

## Celebrate Older Americans Month

May is *Older Americans Month*, and Hillsborough County's Department of Aging Services has planned a variety of activities to celebrate the life and achievements of senior citizens.

### Celebration activities include:

- **Seniors' Day in the Park**

May 5, 9:30 a.m. - 3 p.m.  
MacFarlane Park,  
1700 N. MacDill Ave.

- **Annual Affairs Day  
Celebration**

May 10, 11:30 a.m. - 4 p.m.  
JL Young Apartment  
8220 N. Florida Ave.

- **Seniors' Prom**

May 12, 10 a.m. - 1:30 p.m.  
Brandon Recreation Center  
8510 E. Sadie, Brandon



- **32nd Annual Seniors  
Recognition Ceremony**

May 18, 9 a.m. - 2 p.m.  
Doubletree Hotel  
4500 W. Cypress St.

- **Seniors' Painting Festival**

May 25, 9 a.m. - 2 p.m.  
MOSI, 4801 E. Fowler Ave.

- **National Senior Health &  
Fitness Day**

May 31, 10 a.m. - 2 p.m.  
Brandon, Wimauma, Riverside  
and Westshore Senior Centers