



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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Designing A New Strategy For Dementia Care

Hillsborough County's Aging Services Department recently hosted its "Design & Technology Conference--The Perfect Strategy for Successful Dementia Care Environments," in partnership with the Johnnie B. Byrd Sr. Alzheimer's Center & Research Institute. This unique conference involved the integration of art, science and technology in forging a platform that will soon revolutionize the concept of "aging." Architects, interior designers, caregivers and healthcare professionals

convened at the Hilton Tampa Airport Westshore to discuss emerging technologies and the need to help seniors age comfortably at home versus placing them in a nursing home.

Dr. Gary Arendash, from the Byrd Institute, spoke on protection, therapeutics and the importance of environmental design. Dr. William Mann, from the University of Florida, spoke about UF's Smart House and how technology is allowing them to aid seniors and

monitor behavior in detecting the onset of aging related conditions. Dr. Meredith Rowe spoke on elopement prevention strategies and

Jack Bowersox, Vice President of Welsh Senior Homes, spoke on the models his company utilizes in designing facilities. David Green

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Jack Bowersox shares floor plans designed specifically for seniors.



Inside This Issue:

- How to Protect Yourself After the Storm
- Volunteers Honored
- Hundreds Celebrate Older Americans Month
- A Message From the Director

Hillsborough County's Senior Discounts:

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

For more information call 272-6630.

Ready... Set... Paint

Easels out and brushes ready. This year's annual painting festival was held at the Museum of Science & Industry (MOSI) in Kid's World on May 25th. The festival featured 30 artists and more than 100 paintings. Winners in the category of *Honorable Mention* were

Rosamond Buehl, Carol Foster, Mary Hood, and Thomas Waterman. The *Award of Excellence* winners were Roberta Snyder for her painting, *Alpha & Omega*, and James Goldie for his painting *Peggy's Cove*. The *Best in Show* award went to Frank Pupello for his painting, *I Scream*.



Frank Pupello's award winning painting, *I Scream*.

Take Precaution, Even After the Storm

Natural disasters occur more than high winds and destruction. They produce a flurry of unlicensed contractors attempting to make a quick buck.

Contractors typically target the elderly, the uninformed or the young and inexperienced. These criminals often arrive at your home in unmarked vehicles soliciting work. Typically, they offer to fix your roof or make repairs to other visible damage. They ask you to obtain the necessary building permits, want money up front, and only provide a P.O. Box address for their "business."

Always ask a contractor for their state contractor's license. Get several written, detailed estimates that include an exact description of the work to be done, quality and

type of materials, how long the job will take and the total cost. Be suspicious of a contractor offering the fastest, cheapest job or pressuring you to make an immediate decision.

Never sign a contract before reading it carefully and filling in all the spaces. Make sure there is verbiage regarding the job site clean-up and that no debris will remain after the job is completed. You may want an attorney to review the contract before you sign. Preliminary precautions may take more time than you are willing to spend, but your ultimate reward will come when the work is completed to your satisfaction.



Additional tips include:

- Avoid paying in cash
 - Avoid any contractor who requires advance payment
 - Don't sign the completion certificate until all work is completed to your satisfaction.
 - If your contract exceeds \$2,500, become familiar with the Florida Construction Lien Law.
- For more information, call the Hillsborough County Consumer Protection Agency at (813) 903-3430.**

It's Park Time



Aging Services, in partnership with the City of Tampa Parks & Recreation, hosted the Annual Seniors Day in the Park on May 8th. More than 300 senior citizens throughout Hillsborough County gathered at MacFarlane Park to enjoy a day of fun, music, health and wellness information.

It's Prom Time

Dozens of local seniors from various seniors centers gathered at the Brandon Recreation Center for the Annual Seniors Prom. The event included the traditional crowning of the prom king and queen, as well as a special appearance by Elvis!



(Dementia Care Continued from Page 1)

of SAGE (Society for the Advancement of Gerontological Environments), spoke on the need to create a collaborative environment through this organization. The event also sparked an evening session surrounding the possibility of chartering a SAGE chapter in Florida.

A Month Worth Celebrating

May 10th marked a three-year partnership between Aging Services and the City of Tampa Housing Authority to host the *Annual Elderly Affairs Day Celebration*. This is one of the many activities planned each year to commemorate Older Americans Month. The *Annual Elderly Affairs Day Celebration* is designed to honor seniors who live in public housing for their life and contributions.

Seniors had the opportunity to visit local vendors such as HARTline, Superior Pharmacy, Moffit Cancer Center, the YMCA and the American Cancer Society. Agencies were also on hand to conduct blood pressure checks and

glucose tests. Carole Green, Secretary for the Florida Department of Elder Affairs, was the guest speaker, and Commissioner Mark Sharpe presented a proclamation on



Commissioner Mark Sharpe names *May Older Americans Month*.

behalf of the County Commission. Assistant County Administrator Manus J. O'Donnell honored James Carter for his more than twenty years of participation in various Aging Services programs. In

addition, Senator Leslie "Les" Miller, Tampa Housing Authority Commissioners Alvarez, Shimborg, Dr. Harvey and Gerald White were in attendance.

The event also included a luncheon for seniors and performances by the Buddi Verde Band, Diana Worrell and the Caribbean dancers.

And the Winners Are.....

On May 18th, the Aging Services Department hosted its 32nd Annual Recognition Luncheon at the Westshore DoubleTree Hotel in Tampa. More than 400 senior citizens and local businesses came together to recognize the more than 700 volunteers who provide invaluable services to Hillsborough County.

Commissioner Ronda Storms presents Jesus Lantiaco the *Leadership Award*



Commissioner Thomas Scott presents Pearl Moss with the *Congeniality Award*



Dedication Award

- Mary Wallace, Brandon Nativity Food Bank

Ingenuity Award

- Joyce Taunt, Tampa Bay Performing Arts Center

Leadership Award

- Jesus Lantiaco, Brandon Nativity Food Bank

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, Hillsborough County can assist.



The centers below are open on Saturdays to help care for your family member while you're temporarily away.

August 2006

Westshore	Aug. 5
Plant City	Aug. 5
Brandon	Aug. 19
Ruskin	Aug. 19
Plant City	Aug. 22
Lutz	Aug. 26

September 2006

Brandon	Sept. 16
Plant City	Sept. 16
Westshore	Sept. 16
Ruskin	Sept. 23
Lutz	Sept. 23

October 2006

Westshore	Oct. 7
Plant City	Oct. 7
Ruskin	Oct. 7
Westshore	Oct. 14
Lutz	Oct. 14
Brandon	Oct. 21
Plant City	Oct. 21

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

Congeniality Award

- Pearl Moss, Ruskin Library Services

Volunteer of the Year Award

- Helen Gelvin, James A. Haley Veterans Hospital

Friends of Aging Services Award

- Osher - Lifelong Learning Institute



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Myra E. Price, Director

We welcome your comments and letters to the editor.

Creating Hope By Answering Questions... A Message from the Director, Myra E. Price



On September 22nd, the Aging Services Department will host its 16th Annual Alzheimer's Community Workshop, "Caregiver's Crossroads - Hope, Encouragement, Answers." This event will focus on raising awareness and education surrounding Alzheimers. The workshop will be held at the Clarion Hotel, 2701 E. Fowler Ave. in Tampa. Speakers will include Dr. Marguerite Poreda, M.D., Assistant Professor, the University of Florida Department of Psychiatry and Behavioral Medicine; Karen Stobbes, a certified Professional Alzheimer's Trainer of the Alzheimer's Association and Timeslips National Trainer; and Mary Kaplan, Licensed Clinical Social Worker and professor at the School of Aging with USF. Ms. Kaplan will discuss "Working Caregivers:

The Balancing Act." In addition, Karen Karle, Ph.D, the President and Founder of Dementia Caregiver Resources, Inc., and an advisor for the Area Agency on Aging, will address "The Family Dynamics of Alzheimer's Care", and Cathy Emmett, clinical nurse specialist with LifePath Hospice and Palliative Care, will address the topic, "Alzheimer's and End of Life Issues."

I encourage you to join us. Alzheimers education and awareness is important because this disease affects everyone in one way or another. This workshop will provide caregivers the necessary tools they need to deal with sensitive Alzheimer's issues.

For more information or to register, please call Mary Jo McKay, (813) 272-6261.