



Hillsborough County
Florida

Senior LIFESTYLE

A Publication by Hillsborough County Department of Aging Services

FALL 2009

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From the Director, Mr. Bart Banks



We are at the height of hurricane season, which ends November 30. It is important, especially for elders and their caregivers, to be prepared. I hope our Senior Lifestyle newsletter has been beneficial to you or a loved one this past year. This will be the last *Senior Lifestyle* issue for this year. On behalf of all of our staff, I want to wish you a safe and happy holiday.

Bart Banks

Senior Discounts in Hillsborough County

HARTline Bus Services offers a discount fare for seniors 65 and over. A Senior Permit can be purchased for \$2.50. It is valid for five years and entitles the holder to fare discounts. For more information, call Hillsborough Area Regional Transit Authority at (813) 254-4278.

Department of Animal Services offers seniors a discount on adoption fees and rabies registration for senior citizens age 62 and over. For more information, call Animal Services at (813) 744-5660.

Hunting & Fishing Licenses are available free to seniors age 65 and over. For more information, call the Tax Collector's Office at (813) 635-5200.



Property Appraiser's Office offers Senior residents with a homestead exemption and limited household income may qualify for an additional exemption. This exemption must be renewed each year. For more information, call the Property Appraiser's Office at (813) 272-6100.

Solid Waste Management Department offers a discount on the Solid Waste Disposal Assessment to homeowners over age 65. For more information, or to request an application, call the Solid Waste Department at (813) 272-5680.

Consumer Resources

The Hillsborough County Consumer Protection Agency is dedicated to helping individuals resolve problems and become more informed consumers. The free services they provide include: Advice and Tips; Complaint Evaluation and Investigation; Mediation and Referral; and Outreach and Education. The Consumer Protection Agency can assist with issues such as automotive, landlord-tenant, avoiding foreclosure, credit and finance, and more. For more information, call (813) 903-3430 or visit their web page at www.hillsboroughcounty.org/consumerprotection.

The Federal Trade Commission, the nation's consumer protection agency, is a resource for free information to help protect you from fraud.

Report a Rip-Off
www.FTCcomplaintassistant.gov
or call 877-FTC-HELP

Sign up for the National Do Not Call Registry
www.DoNotCall.gov
or call 888-382-1222

Get a free copy of your credit report
www.annualcreditreport.com
or call 877-322-8228

Report ID theft
www.ftc.gov/idtheft
or call 877-ID THEFT 877-438-4338

Project Lifesaver Will Help Locate Wanderers With Alzheimer's

Hillsborough County is now participating in a program that utilizes electronic tracking equipment to quickly locate at risk people who have wandered away from home. Project Lifesaver offers a service that will help locate people with dementia, autism and other cognitive impairments, using a radio-tracking device manufactured by Lo Jack. This program could be especially helpful for people with Alzheimer's disease who have a history of wandering or exit seeking.



According to the Alzheimer's Association, more than 5.3 million people in the U.S. have Alzheimer's disease and 60% of those with dementia will wander. Historically, law enforcement search and rescue missions could last for several days and are very difficult because people with dementia tend to hide. Even though resources spent on a typical search could total more than \$60,000, with up to 100 people searching, some people who wandered were never found.

The average search time is 30 minutes with Project Lifesaver. Since its inception in 1999, in Chesapeake, VA, the program has a 100% success rate, with more than 1,800 searches conducted. Search costs have also decreased to a fraction of the former expense since only three deputies, and possibly a helicopter, conduct the search.

Transmitters, worn on the wrist or ankle, use an FM tracking signal—a frequency that works anywhere. Local law enforcement officers use an antenna and receiver to track the transmitter, within up to a seven-mile radius. Maintenance for the transmitter is simple. The client's caregiver must check the transmitter's battery every day to ensure that it is working properly. Once a month, a County employee will change the transmitter's battery during routine care visits. Clients of Aging Services can bring their loved one in to a Senior Center to have the monthly battery change.

The Sheriff's office coordinates enrollment for Project Lifesaver in Hillsborough County. People with dementia who have a history of wandering can register to be screened for participation in the program. The cost of the program is \$99 to enroll, which covers the cost of the transmitter, and there is a \$30 monthly program fee.

Project Lifesaver has set up an account in Hillsborough County's name to accept donations to sponsor those who cannot afford the fees. If you are looking for a meaningful way to pay tribute to a loved one, please consider making a donation "in memory of" so that someone in need is able to receive this protective service.

For more information about this program and to register, call 2-1-1.

Flu Shots

Flu season is just around the corner. It is especially important for older adults to consider getting a flu shot every year. While most people will easily get over a cold, the flu can be a much more serious illness to overcome. Older adults and people with chronic medical problems are at a higher risk of developing pneumonia if they have the flu.

Seasonal flu is different from the H1N1 virus, commonly known as "swine flu." According to the Centers for Disease Control, persons age 65 or older are at less risk of infection of the H1N1 virus than younger age groups. The at risk groups that the CDC recommends should receive priority vaccination for swine flu include: pregnant women; people who live with or care for children younger than 6 months of age; health care professionals with direct patient contact; children 6 months through 4 years of age; and children 5 years through 18 years of age with chronic medical conditions.



The flu can be a much more serious illness to overcome, especially since older adults and people with chronic medical problems are at a higher risk of developing pneumonia infection from other people coughing and sneezing and spreading it to others; if you do not wash your hands often enough.

NOTE: The annual flu shot will not protect against the H1N1 flu. You will need a separate flu vaccine for this.

Things You Can Do to Avoid the Flu

- One of the simplest and most effective ways to prevent getting sick is by washing your hands.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth—infection is spread this way.
- Always cover your nose and mouth with a tissue when you cough or sneeze. Or cough into your shoulder—not into your hands! Be sure to immediately toss tissue and wash your hands.
- Talk to your physician about getting vaccinated.

For more information regarding the Flu Shots, contact the Hillsborough County Health Department at (813) 307-8000 or www.hillscountyhealth.org/.

Nutrition Tips: Folate and Vitamin B12

Folate and Vitamin B12 are both B vitamins that are essential to good health that work together to make DNA. Folate is an important vitamin for older adults, and is linked to lowering the risk of heart disease, stroke, cancer or developing dementia. Vitamin B12 protects nerve cells from damage. You could develop anemia (reduced number of red blood cells) if you do not get enough Folate or B12. Symptoms of anemia include tiredness, dizziness, lack of appetite, tingling in hands and feet, headache, and pale skin color. Consult with your physician before you make changes to diet or start taking a supplement.

Our bodies use Folate to build proteins and make new cells. Older adults need 400 micrograms of Folate each day. If you do not eat enough foods that contain Folate, you can take a vitamin supplement with folic acid.

Which foods contain folate?

- Green leafy vegetables, like spinach, collards and romaine lettuce
- Orange juice
- Beans, like lentils and kidney beans
- Peanuts
- Fortified breads and cereals

| FOOD (microgram/ per serving) | FOLATE |
|--|--------|
| Spinach, 1/2 cup cooked | 100 |
| Peanuts, 1/2 cup | 80 |
| Kidney beans, 1/2 cup cooked | 60 |
| Romaine, 1 cup shredded | 75 |
| Orange juice, 3/4 cup (from concentrate) | 55 |

Everyone needs Vitamin B12 in their diet. Animal products, such as meat, seafood, poultry, eggs and dairy, naturally contain this vitamin, and so do fortified foods. Seaweed also contains Vitamin B12. Adults need 2.4 micrograms of B12 each day. If you do not get enough Vitamin B12 in the foods you eat, you can take a multivitamin supplement.

| FOOD (microgram/per serving) | Vitamin B12 |
|---------------------------------------|-------------|
| Oysters, cooked, 3 oz | 30 |
| Ground beef, extra lean, cooked, 3 oz | 1.8 |
| Light Tuna, canned | 1.6 |
| Fortified cereal | 1.5 |
| Yogurt, plain, 8 oz | 1.3 |
| Chicken, roasted, 3 oz | 0.3 |

Reference – University of Florida IFAS Extension

Safe Disposal of Unwanted Prescription Medications

Keeping outdated and unused prescription medications in your home can be hazardous. In order to protect human safety as well as our water supply, it is very important to dispose of old medications properly. Flushing pills down the toilet or drain may seem like a reasonable way to dispose of them, but it threatens our water quality. Improperly disposed medications can accumulate and contaminate our ecosystem, eventually returning to us through water and food supplies.

Since the Federal Drug Enforcement Agency prohibits recycling medication, many of us forget to dispose of expired prescriptions or over-the-counter medications.



It is better to avoid the risk that children, someone with impaired vision or dementia, or anyone else might take outdated drugs left in the medicine cabinet. Proper disposal of outdated or unused medication can prevent accidental ingestion or drug abuse.

There are three Hillsborough County Regional Residential Household & Electronics

Collections sites where you can drop off old medicines, as well as other items and toxic substances. The Sheldon Road Facility, located at 9805 Sheldon Rd. N., is open the 1st Saturday of the month. The South County Facility, located at Powell Rd. 1/4 mile north of Big Bend Rd and US Hwy. 41, is open the 2nd Saturday of the month. The East County Facility, located at County Line Rd. 579 1/4 mile north of I-4 exit 10, is open the 3rd Saturday of the month. All three locations are open from 8 a.m. to 2 p.m. on the above dates.

For more information, call the Solid Waste Management Department at (813) 272-5680 or visit their website www.hillsboroughcounty.org/solidwaste.

Senior Lifestyle is published for the seniors of Hillsborough County. It aims to broaden the awareness and understanding of events, issues and opportunities for seniors in the community.

You will receive the next issue of the **Senior Lifestyle**, Winter 2010, in January.

Thank You!



Hillsborough County
Florida

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A Publication by Hillsborough County
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Bart Banks, Director

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Nutrition Services Receives Stimulus Money

The Hillsborough County Nutrition Services program has been allocated stimulus funding through the American Recovery and Reinvestment Act (ARRA). This additional funding will allow Aging Services to temporarily expand nutrition services to clients on the wait list and residents of Hillsborough County who are in the age group of 60 and over.

The ARRA funding is expected to last until September 2010; therefore, this service may not be permanent for clients who enroll in this program. This stimulus funding covers both home delivered meals and the congregate meal program. During the intake process, an Aging Services representative will meet with each interested person to assist in determining whether a potential participant is most appropriate for the congregate meal program or to receive home delivered meals.

There is no fee requirement to participate in this program. If you are age 60 or older and are interested in the Nutrition Services program, call now to register with Aging Services Central Intake at (813) 272-5250.

For more information, contact the Aging Resource Center (ARC) at 1-800-96-ELDER (1-800-963-5337).

Oaks at Riverview Senior Center Grand Opening

The Grand Opening for the Oaks at Riverview Senior Center and Community Center, held on August 6, was a beautiful celebration of community. The Oaks at Riverview Senior Center is the result of a partnership between Aging Services and the Tampa Housing Authority. The Senior Center and Community Center are co-located with the Tampa Housing Authority's Hope VI project, which features rental units, senior housing and single-family homes.



The new Senior Center, located near the Hillsborough River in the Seminole Heights neighborhood, has replaced the leased Riverside Senior Center. The Oaks at Riverview Senior Center provides an array of services that include adult day care, case management, congregate dining, computer training, educational and wellness classes, fitness programs, health assessments, information and referral, support groups, transportation, and other senior related activities and supportive services.

**Oaks at Riverview
Senior Center**
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