



Hillsborough County
Florida

Senior LIFESTYLE

A Publication by Hillsborough County Department of Family and Aging Services

WINTER 2010

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From the Division Director, Mr. Bart Banks

During the winter months, there is much to celebrate. Spending time with family over the holidays can offer a source of comfort, but can sometimes also cause increased stress. If you experience extra stress during the holidays, remember that it is okay to ask for help. Focus on what brings you joy, accept that everything may not go as you hope, and be willing to adapt and be flexible.

From all of us here at Aging Services, we wish you a healthy, safe and happy holiday season.

Bart Banks

Home Repair - Senior Home Improvement Program (SHIP)

The Center for Women administers the Senior Home Improvement Program (SHIP), which provides home repair services for low-income, older adults who are homeowners in the City of Tampa and Hillsborough County. Eligibility is prioritized by risk, such as if the property has been assessed with code violations or if the home has other safety or health hazards.

If you are 60 years or older, SHIP may be able to help you with:

- Major or minor Home repairs
- Carpentry repairs
- Minor plumbing repairs
- Roof repairs and replacement
- Environmental modification—including wheelchair ramps, walker steps (widening the steps to accommodate both you and your walker), door widening, bathroom modification such as grab bars and hand held showers.
- Caregiver programs—retrofit home accessibility for older adults who are moving in with their caregiver.



To see if you qualify for assistance or for more information, call (813) 232-3200.

How to Report Elder Abuse

Florida Law requires that any person who knows or suspects that a vulnerable adult has been or is being **abused, neglected or exploited** shall immediately report such knowledge or suspicion to the **Florida Abuse Hotline** on the toll-free phone number, **1-800-96-ABUSE (1-800-962-2873)**. Calls are accepted 24 hours a day, seven days a week. The Abuse Hotline counselor is required to let the person calling know if an investigation will be conducted by Adult Protective Services.

Vulnerable adults are persons 18 years or older who, because of their age or disability, may be unable to adequately provide for their own care or protection.

Abuse can be physical, mental, emotional or sexual.

Neglect can be self-neglect or neglect by a caregiver. A caregiver may be a family member, an in-home paid worker, a staff person of a program or facility providing care, or another person.

Exploitation means that a person in a position of trust knowingly, by deception or intimidation, obtains and uses or tries to obtain and use a vulnerable person's funds, assets or property. This includes failure to use the vulnerable person's income and assets to provide for the necessities required for that person's care.

Five Things to Know About the 2010-2011 Flu Season

(ARA) - Last year's flu season turned out to be less severe than initially feared, perhaps because the H1N1 scare made people more vigilant about flu vaccinations. Still, according to the Centers for Disease Control (CDC) and Prevention, an average of 24,000 people in the U.S. die from the flu each year, and more than 275,000 were hospitalized from just the H1N1 virus last season. And while the World Health Organization has declared an end to the H1N1 pandemic, the organization expects the virus to circulate for years to come. That means getting vaccinated against the flu is just as important as ever.

Here are five things you should know about this year's flu vaccine that could help keep you and your family healthy throughout the season:



- 1. One shot** - Last season, millions of people were vaccinated twice - first for seasonal flu starting in September and later for the H1N1 virus. This year, only one shot is needed for protection against both seasonal flu and H1N1.
- 2. Everyone 6 months and older** - For the first time, the CDC is recommending universal flu vaccination - with everyone older than 6 months recommended to get a shot, including pregnant women.
- 3. Never too early (or too late)** - A shot now will protect you all season long. Most retailers will offer shots through the spring, or while supplies last. Health experts agree: It's best to get the shot early and be protected for the duration of the flu season, especially because flu season is unpredictable and no one knows when viruses will begin to circulate or when flu activity will peak.
- 4. More convenient than you think** - Many local pharmacies offer flu shots. You can also visit your primary care physician to receive your annual flu shot.
- 5. Plentiful supply** - According to the CDC, more than 160 million doses of flu vaccine have been produced. That's more than ever before and a 40 percent increase over last year's vaccine production, when shortages made it challenging for many to get a flu shot.

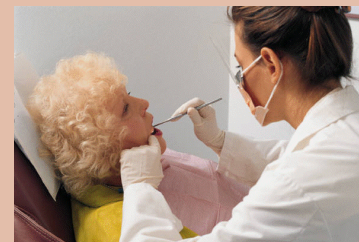
Courtesy of ARA Content

Why is Oral Health Important to You?

Oral health problems, such as dental cavities or gum disease, can result in pain and discomfort when eating your meals. Multiple medications can have side effects, such as dry mouth, which in turn leads to difficulty chewing, swallowing and speaking. Dry mouth also increases risk of developing cavities and gum disease. Oral health problems can develop into worse case scenarios, such as tooth loss and oral cancers.

How does oral health impact your nutrition?

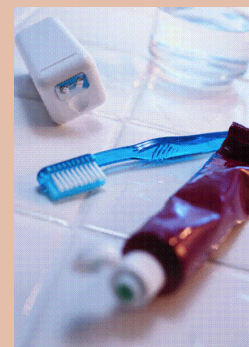
- You might be inclined to eat less raw fruits, vegetables and whole grains if you feel pain when chewing or swallowing.
- Frequently drinking sugary beverages (sodas, fruit drinks, etc.) causes bacteria to accumulate and may lead to dental cavities.
- Lack of saliva may increase discomfort when chewing, slow nutrient absorption, and make you prone to dental cavities.
- Your thirst sensation might decrease over time and prevent you from drinking enough water.



When do you need professional help?

See a dentist if you experience:

- Pain when eating
- Missing teeth and/or your dentures do not fit
- Inflamed gums
- Frequent dry mouth
- You haven't seen a dentist for a year or more



For local resources from Hillsborough County Dental Association call (813) 541-4056 or visit their Web site, at www.hcdafla.com

Adult Day Services Centers Increasing Nationwide, According to New MetLife Mature Market Institute Study

35% Increase in Number of Centers; Participant Number Doubles

Westport, CT – October 12, 2010 – There has been significant growth in the number of Adult Day Services (ADS) centers in the U.S. over the past eight years, according to a new study by the MetLife Mature Market Institute. As reported in *The MetLife National Study of Adult Day Services: Providing Support to Individuals and Their Family Caregivers*, there are more than 4,600 Adult Day Services centers nationwide, a 35 percent increase since 2002.

The study, accompanied by a consumer guide, *The Essentials: Adult Day Services*, also found that centers have significantly upgraded the level of services they provide; 80 percent now have a professional nursing staff and 50 percent have a social work professional. Half provide physical, occupational or speech therapy.

Approximately 90 percent of centers offer cognitive stimulation programs, while 80 percent have memory training. Most centers provide programs for caregivers, including education, support groups and individual counseling. The ratio of direct care worker-to-participant is now 1:6.

“We’re seeing that more and more Adult Day Services centers have become a staple in communities in recent years,” said Dr. Sandra Timmermann, director of the MetLife Mature Market Institute. “Older Americans, people with disabilities, and family caregivers rely on them for the services they provide. ADS centers make it possible for people to continue to live in their homes and receive affordable care in a supportive, professionally staffed, community-based setting. They also benefit family caregivers by enabling them to remain in the workforce or receive needed respite and support services. The passage of the Patient Protection and Affordable Care Act (the health care reform bill), and an increasing focus on managing chronic illness within the Medicare program, speaks to the importance of developing care models such as Adult Day Services to meet the needs of a growing population of older Americans.”



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cont.

According to Dr. Holly Dabelko-Schoeny of The Ohio State University College of Social Work, in addition to providing needed long-term care services, Adult Day Services centers serve as an emerging provider of transitional care from the hospital to home, providing short-term rehabilitation following discharge from the hospital. “Centers are also offering disease-specific programs to address chronic conditions and meet the needs of participants who have higher levels of chronic conditions and increasing physical disability,” said Dr. Dabelko-Schoeny.

For more information on Hillsborough County’s Adult Day Services Centers call **(813) 272-6261** or visit www.hillsboroughcounty.org/aging

Mature Market Institute. “Adult Day Services Centers Increasing Nationwide, According to New MetLife Mature Market Institute Study.” MetLife. October 14, 2010. Web. <http://www.metlife.com/about/press-room/>

Volunteer Station Spotlight— TRINITY CAFÉ

The Retired and Senior Volunteer Program (RSVP) helps connect seniors with volunteer opportunities at more than 100 local non-profit agencies. We are highlighting the Trinity Café, which offers an opportunity to make a difference by volunteering with homeless and hungry people in our community.

Trinity Café is a non-denominational charity whose mission is to restore a sense of dignity to our homeless and hungry neighbors and nourish the human spirit through acts of acceptance, compassion, love and respect. A well-balanced meal in a restaurant-like setting restores some of the dignity they have lost weathering tough times, and a kind word is just as important as the good food that eases hunger. Guests are greeted, seated and served a hot, nutritious meal prepared by a five-star chef. Guests are served in courses at tables decorated with tablecloths, floral arrangements, silverware and dishes. Since 2001, Trinity Café has served more than 627,000 meals to hungry men, women and children. For many of the guests, this is the only meal they receive in a restaurant-type setting. For most, it will be their only meal of the day.



Trinity Café is located inside the Salvation Army building at 1603 N. Florida Ave. in Tampa.

For more information on how to become an RSVP volunteer and to receive a list of placement opportunities, call **(813) 307-3625**.



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Bart Banks, Division Director

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20th Annual Community Workshop

On September 24, 2010, the Division of Aging Services held the 20th Annual Community Workshop *New Pathways to Brain Health & Caregiving*. The workshop provided the latest information on Alzheimer's Research and practical tips for professionals and family caregivers.

"After twenty years of providing this valuable resource to the community, we were able to provide this year's workshop at no cost to the community due to our generous sponsor, The Bridges Retirement Community in Riverview," says Mary Jo McKay, Senior Adult Day Services Section Manager.

Speakers included: Dr. Amanda Smith, Medical Director for the USF Health/Byrd Alzheimer's Institute; Nancy Teten, LCSW with USF Health; Sgt. Jeff Massaro, Hillsborough County Sheriff's Office; Megan Lambert, Sr. Recreational Therapist with Hillsborough County Division of Aging Services; Slade Dukes, Esq. with the Elder Consumer Protection Program with Stetson Law; Christopher Garrison, MSN, ARNP and nurse educator with USF College of Nursing; and Jerri Edwards, PhD., Assistant Professor with USF School of Aging Studies.

Comments from attendants included, "This was excellent! I learned a vast amount of information!"; "It was awesome!"; and "Enjoyed all the subject matter, networking, meeting people I have read about, and spending a day with people who care so much."

Animal Services Salutes Seniors Everyday

Did you know that seniors age 62 and up enjoy discounts at the County animal shelter all year long? It's true! From adoption fees to rabies tags – seniors get reduced rates.

Registering your pet and getting a County license tag is required by law. Residents of Hillsborough County currently receiving any form of public assistance are eligible to receive a voucher for spay/neutering pet surgery from over two dozen veterinarians. The cost: a mere \$10 co-pay, and as a bonus, animals receiving the spay/neuter surgery not currently vaccinated will receive a free shot and County license tag.

Voucher applications, participating clinics, and other information about the Hillsborough County Spay/Neuter Voucher Program may be found online at www.hillsboroughcounty.org/animalservices

*\$10 co-pay may not cover all medical costs, Ask veterinarian about additional fees if required.

**Income may not exceed 185% of the Federal Poverty Income Guidelines.