

AGEWISE

OFFICIAL PUBLICATION OF THE FLORIDA COUNCIL ON AGING

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FCOA/FASP Regional Advocacy Summits

VISION STATEMENT

To be the premier organization advancing Florida's diverse aging interests



MISSION

The Florida Council on Aging is committed to serving Florida's diverse aging interests through education, information-sharing and advocacy

The Florida Council on Aging and the Florida Association of Aging Services Providers were the statewide sponsors of six regional advocacy summits. The major topics covered in the summits included: General Revenue Funding for Aging Services; Medicaid Reform; Volunteer Background Screening and TABOR (Taxpayer's Bill of Rights; also now called "Smart Cap").

While the summit conversation focused a lot on state funding for community-based and in-home services, FCOA strongly supports funding for quality in nursing homes and other long term care programs, as well.

Couldn't attend the summits? Many of the handouts can be found on the FCOA website at <http://www.fcoa.org/advocacy.html> and in the FCOA Advocacy Alerts that are sent by email.

FCOA and FASP would like to thank the following local sponsors of the summits: AARP; Lee Memorial Health Systems; Senior Friendship Centers; AAA of Southwest Florida; AAA of Pinellas - Pasco; Hillsborough County; Meals on Wheels PLUS of Manatee; CARES of Pasco; West Central Florida AAA; Senior Resource Alliance; Community Services Council of Brevard

County; Meals on Wheels Etc.; Seniors First; Share the Care; Aging and Disability Center of Broward County; Alliance for Aging; Broward Health; Daniel D. Cantor Senior Center; Council on Aging of West Florida; Northwest Florida AAA ; AAA Palm Beach/Treasure Coast; Council on Aging of Martin County; Senior Resource Association; and WellMed.



(above) FCOA President Bob Carter welcomes participants to the first of six Advocacy Summits.



(above) Advocacy Summit Participants in Ft. Myers

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Message From the President

FCOA has definitely been living the mission lately: serving Florida's diverse aging interests through **education, information sharing and advocacy**. We can all be proud of our group efforts to preserve and re-tool the Florida Aging Network. My message this month will touch on themes I've mentioned before, but I think worth reframing as the **new economics of aging**.

From my perspective, the handwriting has been on the wall for years. I've seen it though funding, services and volume at Senior Friendship Centers since my service began in 1987. Twenty years ago, there was enough government funding for all those over 60 who needed home and community-based care assistance in their homes. Now, funding unable to keep up with the growing demographic demand leaves many unable to access needed services. Going forward, it's going to be even more difficult to get such support. Basically, **future older adults will have much less access to government-funded support services than current and past older adults**. Meanwhile, the longevity revolution will add more and more of those in need of such services.

Another trend is that by necessity, **many unemployed older adults are taking early (and forever reduced) Social Security benefits**. Some will face decades of financial challenge in the future. And for many still fortunate to be working, **70 will be the new 65** regardless of their physical or cognitive condition. The inadequacy of boomers' retirement savings has been well documented. Just a few years ago we were worried about a vast retiring workforce of boomers, now we worry about whether there are enough good jobs to go around for all age groups.

It doesn't need to be as grim as this might read, but we really need to react quickly and more creatively. Inadequate government support will require **more charity, more volunteerism, and more civic concern** if we want to protect quality of life for the older adults in our state. And from my biased view, the Florida Council on Aging and the entire Florida Aging Network will need to have a major role in supporting this.

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A Timeless Message on Advocacy

By: Robert Beck, Aging Advocate & Managing Partner, PinPoint Results, LLC

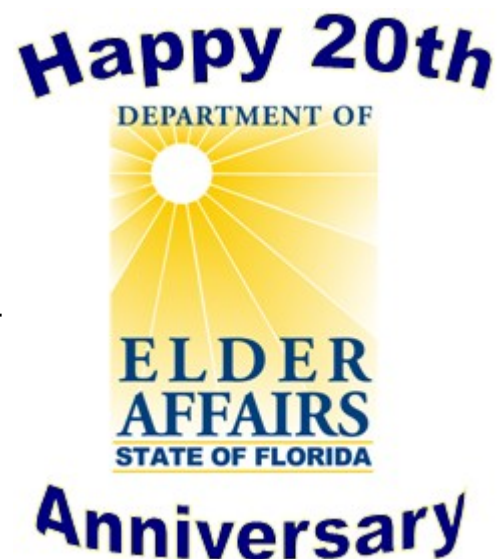
Twenty years ago, in 1991, the Florida Legislature passed a bill creating the Department of Elderly Affairs. Advocates for Florida's elders strongly believed that a department focused on the needs and well-being of what was then, Florida's nearly 2 million seniors, would ensure their safety, dignity, and ability to remain at home and in their communities for as long as possible.

In just a mere twenty years, our elder population has more than doubled to over 4.2 million seniors with Florida's economy significantly boosted, in large part today, by the retirement income and purchasing power of our retirees. The overwhelming majority of our seniors are active, independent members of their community, volunteering hundreds of thousands of hours of time each year by helping others and making Florida a better place to live.

A small percentage of our seniors, however, depend on the help of others to live and to get through each day. Much of this care is provided by the families of seniors, the husband, the wife, the son, the daughter, the brother, the sister. Care is also provided by friends and neighbors. For those with no families present or when only minimal support from others exists, Florida's visionary and compassionate elected officials years ago created a system of long term care, a 'continuum of care' providing home and community care to help seniors remain at home safely and with dignity as well as funding assisted living programs and nursing home care for seniors no longer able to remain at home.

Our long term care 'system' often referred to as 'Florida's Aging Network' helps about 200,000 seniors each year, about 1 percent of our total state population. Said another way, less than 5 percent of the total elder population of Florida requires assistance through Florida's publically funded long term care system. Our continuum of care consists of programs such as Community Care for the Elderly, Home Care for the Elderly, the Aging & Disabled Adult Medicaid Waiver Program, Alzheimer's Respite Care and Projects, Older American's Act – meals on wheels, congregate meals, senior center funding, and supportive services, local service programs, and assisted living. Without these programs, many seniors who live in the community today would no longer be able to do so and would be faced with a single option – leaving their home for care provided in an institution. Many of these community care programs have rigorous eligibility requirements, frailty, income, dementia, and other medical/social needs must exist before a senior can receive help and those who can afford to contribute to the cost of their care do so through a co-payment assessment based on a sliding fee scale.

Everyone reading this column who is a member of the Florida Council on Aging or a part of Florida's Aging Network already knows about all I have written here and because of your focused advocacy efforts these past 3 years, many of our newly elected state officials – our State Senators and our State Representatives now also know something about Florida's home and community care programs for seniors. We've laid a foundation with a new state legislature whose total membership by 2012 will have completely turned over, due to term limits. Please continue to share the message above, encourage your agency's board and advisory committee members to share this 'history' and information with our elected officials for at no other time has it been more important for us to build new relationships with Florida's elected leaders, many of whom just a few years ago, did not even know Florida's Community Care for the Elderly Program existed.



The Changing Face of Senior Centers

By Jay Morgan - Office on Aging Manager - City of St. Petersburg

I was asked to write an article on the changing face of senior centers, but senior centers, more accurately, have been facing change since their movement began in 1943 in New York and their face has been in a constant state of change since.

By 1961, approximately 218 senior centers were operating across the nation. The 1960's and 1970's were frequently referred to as the "golden age" of the senior center movement, because it experienced its greatest growth during that time through Older Americans Act funding and today it is estimated that there are over 15,000 senior centers across the country.

Initially, senior centers were social gathering points, then evolved into community focal points as they expanded programs to access more of the aging services network to meet the more diverse and increased needs of their participants. Today they are preparing for another sea change, as the first Baby Boomer turns 65 in 2011, by offering more health and wellness activities, lifelong learning classes, fee-based activities, cafes, civic engagement projects and cultural arts programs.



(above) Bistro Lunch at the Renaissance on 9th.
Bradenton, FL

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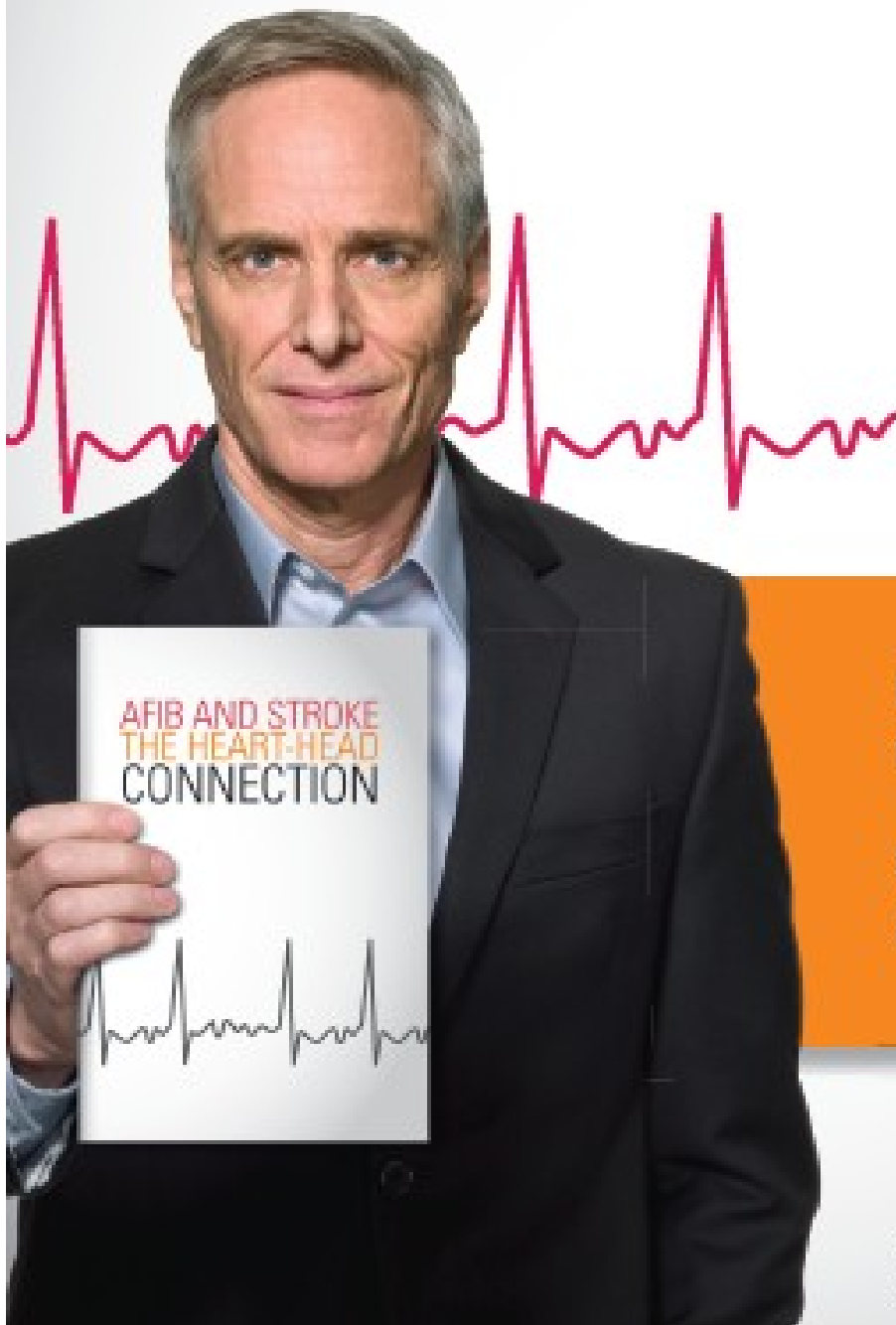
Our local communities are in many respects woefully unprepared for the volume of older adults wanting and needing some basic support to age effectively and safely in their own homes. Many will need a supportive community infrastructure to avoid being at-risk, or face the need for pre-mature institutional care. For decades locally, we've relied on older adults in Florida to fund our school systems & local governments. Now in their later, frailer years, we shouldn't deny them the societal reciprocity they need, and deserve.

Aging isn't the problem - not planning for it is. This "denial" factor is a major impediment to moving forward as individuals and as a society. Aging is the most natural aspect of life. We all need to understand the importance and value of healthy aging and the fact that government-sponsored programs won't be there to help the vast majority of us. We need to engage and empower people to take more personal responsibility for healthy aging. We also need to attract more people in our community to the rewarding world of *giving back* and *giving forward*.

It doesn't need to be as grim as this might read, but we really need to react quickly and more creatively. Inadequate government support will require **more charity, more volunteerism, and more civic concern** if we want to protect quality of life for the older adults in our state. And from my biased view, the Florida Council on Aging and the entire Florida Aging Network will need to have a major role in supporting this.

Bob Cato

If you have atrial fibrillation (AFib),
a clot can form in your heart,
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In 1978, the National Council on the Aging (NCOA) and the National Institute of Senior Centers (NISC) published the first edition of *Senior Center Standards and Self Assessment Workbook - Guidelines for Practice* with an update in 1990.

The first accreditation of seven senior centers did not occur until 1996. In 2004, a Colorado senior center became the 100th to achieve accreditation and NISC expects to exceed 200 centers in early 2011. Florida currently has ten senior centers of excellence that have been nationally accredited.

Although accreditation highlights the commonalities of purpose for most senior centers, this field has one of the most diverse collections of administration, funding sources, staff make-up, programming, community connections, creative facility utilization and aging network relationships than any other accredited body in the nation.

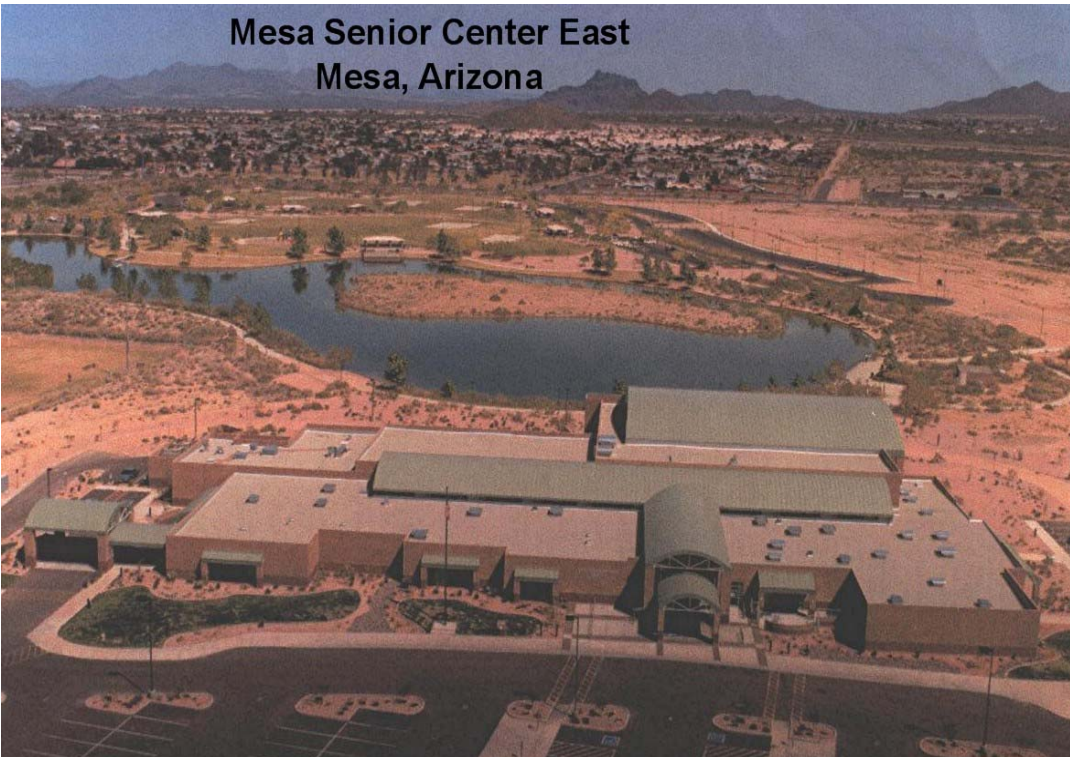
There are senior centers connected to hospitals, colleges and universities, city and county recreation or human services departments, faith-based organizations, private foundations, area agencies on aging, city and county councils on aging, aging service providers, private and governmental housing facilities, collaborative partnerships with other nonprofit agencies, as well as many others. Some are rural, suburban or metropolitan; have paid staff or run by volunteers; have organizational support while others survive on donations; and a operate in donated, renovated, shared, or new facilities.

My favorite phrase is “When you have seen one senior center, you have seen one senior center”, because most senior centers focus on the specific needs of older residents within their immediate community.



(above) River House
St. Augustine, FL

Mesa Senior Center East Mesa, Arizona



Another emerging challenge is that there is the spirited debate to improve our field's image and the use of the term *senior center*.

While some recommend the use of another name to better describe senior centers and attract younger participants, opponents argue that moving away from the term may confuse the public, dilute its common purpose and no other alternative name recommended has the same level of universal recognition.

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**North Shore Senior Center
Northfield, Illinois**



In 2006, NISC initiated a New Models of Senior Centers Task Force made up of two senior center directors and a social service researcher from their delegate council.

They investigated the evolution of senior centers, research in the field, rationale for this study, and defined the methodology to identify emerging types of new models for senior centers.

In March 2009 they submitted their final report to the NISC and a summary of that report has been presented to several senior center state associations, webinars, intensives and aging network confer-

ences. They surveyed 147 senior centers from 35 states and eight emerging models were revealed, but the task force clarified that these models may not be representative of the field across the nation because of the limited sampling. These models include: Centers of Excellence, Community Center, Wellness Center, Centers for Lifelong Learning/Arts, Continuum of Care/Transitions, Next Chapter, Entrepreneurial, and Café.

This research yielded some common themes that unify forward-thinking senior center directors and administrators which include collaboration with the community for a sustainable future, responsiveness to community needs through assessment and strategic planning, accountability to the community they serve, creativity in resource development, and a passion for adapting to the difficult transitions of change through reinvention.

So, as you can see, the most sustainable senior centers continue to change their face in the midst of facing change.

Note: The New Models of Senior Centers Task Force webinar can be found at ncoa.org and NISC members can download the entire final report from the same website.

Save the Date!

2011 FLORIDA CONFERENCE ON AGING

Aging: Through a New Lens

AUGUST 22-24 | TradeWinds Hotel | St. Pete Beach
<http://www.fcoa.org>

The following workshop tracks will be offered in 2011: Senior Centers, Case Management, Civic Engagement/Volunteerism, Mental Health, Nutrition, and Adult Day Services

Welcome, New Members!

The following individuals, organizations and corporations joined FCOA during the months of February 2011 and March 2011.

Sam Boone, The Law Office of Sam W. Boone, Jr., Gainesville
 Ilene DeRemer, United Behavioral Health, Clearwater
 Slade Dukes, Stetson University College of Law, Gulfport
 Jodi Earle, Granny Nannies, St. Petersburg
 Donna Fell, Port St. Lucie
 Christine Horan, Tampa
 Ruby James, City of Jacksonville, Jacksonville
 Erin McLeod, Senior Friendship Centers, Sarasota
 Linda Murphy, Mederi Caretenders, Gainesville
 Uloma Onubogu, PhD, Florida A&M University, Tallahassee
 Nan Park, University of South Florida, Tampa
 John Robarts, Greenacres
 Dana Shreve, Boynton Beach
 Vesta Wilhoite, Ft. Lauderdale



The Greatest Compliment is when you refer a new member to FCOA!

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Don't like pesky renewal notices cluttering up your in box? Click on <http://tinyurl.com/FCOA-RENEW> and you will be directed to FCOA's online renewal page.

# Renew Today!



**Older Americans Month 2011 Materials Now Available**

The Older Americans Month 2011 theme is "Older Americans: Connecting the Community". The theme pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. The Administration on Aging is pleased to provide materials to assist partners at the national, state, and local levels plan for activities in commemoration of Older Americans Month. Information on upcoming Administration on Aging activities to celebrate Older Americans Month will be coming soon. To view and download the Older Americans Month 2011 logo and poster in both English and Spanish, as well as other materials, please visit: <http://www.aoa.gov/AoARoot/PressRoom/Observances/2011/OlderAmericans.aspx>



**Make every online purchase count.**

When you make a purchase at [Amazon.com](http://Amazon.com), a percentage of every sale will be donated to FCOA. Just go to [www.fcoa.org](http://www.fcoa.org), click on the Amazon.com logo or here—<http://tinyurl.com/FCOA-AMAZON>—and start shopping!

There's no easier way to support FCOA. Please spread the word!

## RESOURCES & REPORTS

U.S. National Center For Health Statistics  
Compendium: Health, United States, 2010. The special segment in this year's compendium is on 'Death and Dying'. <http://www.cdc.gov/nchs/hus.htm>

Enhancing Use of Clinical Preventive Services Among Older Adults: Closing the Gap.

This report calls attention to the use of potentially lifesaving preventive services by adults aged 65 years and older. These services include vaccinations, various types of screenings for cancers, diabetes, lipid disorder, and osteoporosis, as well as smoking cessation counseling, among others. The report demonstrates, through analysis of state and national data sources, that these services are underused among the older population. [http://www.cdc.gov/Features/PreventiveServices/Clinical\\_Preventive\\_Services\\_Closing\\_the\\_Gap\\_Report.pdf](http://www.cdc.gov/Features/PreventiveServices/Clinical_Preventive_Services_Closing_the_Gap_Report.pdf)

AARP REPORT: "How Recent Changes in Reverse Mortgages Impact Older Homeowners," by Donald L. Redfoot (February 2011, .pdf format, 4p.). <http://www.aarp.org/money/credit-loans-debt/info-02-2011/fs211-reverse-mortgage.html>

According to the U.S. Census Bureau, the Latino population is projected to more than double by the year 2050. Similarly, between 2008 and 2030 the Latino population aged 65 years and older will increase by 224 percent compared to a 65 percent increase for the white population aged 65 and older. Realizing the impact these trends will bear on Latino communities and philanthropy, Hispanics in Philanthropy (HIP) established the HIP Aging Program (HAP) in 2009 with the aim of increasing awareness and mobilization of philanthropic resources to strengthen the leadership and infrastructure that will support the growing needs of older Latinos. In late 2010 HIP reached its first major Aging Program milestone by completing *The Latino Age Wave*, a study commissioned by the organization to learn more about the societal implications of an aging Latino population for the U.S. [http://www.hiponline.org/downloads/HIP\\_LatinoAgeWave\\_FullReport\\_Web.pdf](http://www.hiponline.org/downloads/HIP_LatinoAgeWave_FullReport_Web.pdf)

U.S. Department Of Health And Human Services, Substance Abuse And Mental Health Services Administration Report: "Emergency Department Visits Involving Adverse Reactions to Medications among Older Adults," (February 2011, HTML and .pdf format, 4p.). <http://oas.samhsa.gov/2k11/DAWN013/AdverseReactionsOlderAdults.cfm>

The Alzheimer's Association recently released the 2011 report on Alzheimer's Disease Facts and Figures. This report contains data on the impact of this disease in every state across the nation as well as national data on unpaid caregivers and deaths from Alzheimer's disease. Please view the full report here [http://www.alz.org/downloads/Facts\\_Figures\\_2011.pdf](http://www.alz.org/downloads/Facts_Figures_2011.pdf)

### Vision and Aging Toolkit

The National Eye Institute's recently launched "See Well for a Lifetime Program," has developed a toolkit for professionals who work with older adults. Use of the toolkit will help in conveying science-based, easy-to-understand information about general eye health, age-related eye diseases and conditions, and the importance of comprehensive dilated eye exams. To learn more about the "See Well for a Lifetime Program Toolkit" and to download a copy, please go to <http://www.nei.nih.gov/nehep/programs/visionandaging/index.asp>

### HIV and Aging

In July 2010 the White House published the National HIV/AIDS Strategy with three primary goals: to reduce HIV infection; increase access to care for people living with HIV; and reduce HIV-related health disparities. The National HIV/AIDS Strategy is intended to serve as a catalyst for all levels of government and other stakeholders to develop their own plans for achieving the goals of the National Strategy. Towards this end, the Administration on Aging (AoA) is pleased to announce a new web page devoted to Older Adults and HIV/AIDS. This web page is intended to provide resources useful to aging services providers and others interested in HIV and aging issues. This page will be periodically updated as new resources become available. The new page can be found at [http://www.aoa.gov/AoARoot/AoA\\_Programs/Special\\_Projects/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/Special_Projects/index.aspx)



<http://www.facebook.com/pages/Florida-Council-on-Aging/74320166787>

Email FCOA at [moreinfo@fcoa.org](mailto:moreinfo@fcoa.org) to let us know what resources you would like to share with the Aging Network!

## Grant & Award Opportunities

### Retirement Research Foundation Offers Funding to Improve Lives of Older Adults Through Core Grants Program

Grants will be awarded to nonprofits working to improve the quality of life for older adults in the United States, especially those who are vulnerable due to advanced age, economic disadvantage, or disparity related to race and ethnicity. RRF's or Core Grants are awarded to efforts that improve access to and quality of community-based and residential health and long-term care; promote economic security for all older adults by strengthening social insurance, pension, and personal savings programs; and support adequate training of those working directly with older persons and their families to bring higher-quality care to larger numbers of older adults.

Deadline: May 1, 2011; August 1, and February 1, annually

[http://foundationcenter.org/pnd/rfp/rfp\\_item.jhtml?id=328200026](http://foundationcenter.org/pnd/rfp/rfp_item.jhtml?id=328200026)

### Funding Solicitation for the National Center on Elder Abuse, U.S. Administration on Aging

Established in Section 202(d) of the Older Americans Act (OAA) in 1992, the National Center on Elder Abuse (NCEA) serves as a national resource center dedicated to the prevention of elder mistreatment. NCEA is operated as a grant program and provides relevant information, materials and support to enhance state and local efforts to prevent and address elder mistreatment. NCEA makes available news and resources; collaborates on research; provides consultation, education, and training; identifies and provides information about promising practices and interventions; answers inquiries and requests for information; and operates a listserv forum for professionals. Additional information, including the Program Announcement and Grant Application Instructions, is available online at: <http://aoa.gov/AoARoot/Grants/Funding/index.aspx>

Deadline for application submission: May 9, 2011

### 5th Annual Excellence in Building Healthy Communities for Active Aging Award

This award recognizes communities for their outstanding comprehensive approaches to implementing principles of smart growth, as well as strategies that support active aging. This award will be presented to communities with the best and most inclusive overall approach to implementing smart growth and active aging on a variety of fronts, at the neighborhood, tribe, city, county, and/or regional level. Two types of awards will be made—the Commitment Award and the Achievement Award. The Commitment Award recognizes communities that have developed and begun to initiate a specific plan to implement smart growth and active aging principles. The Achievement Award will be given for overall excellence in building healthy communities for active aging. Applicants must be public-sector entities in the United States and coordinate with their local Area Agency on Aging. *Deadline: July 11, 2011*

<http://www.epa.gov/aging/bhc/awards/index.htm>



## Books/Research of Interest

Gerontology in the Era of the Third Age: Implications and Next Steps, by Dawn C. Carr and Kathrin S. Komp (2011, ISBN: 9780826105967, 296p.).

Aging, Society, and the Life Course, Fourth Edition, by Leslie A. Morgan and Suzanne R. Kunkel (March 2011, ISBN-13: 9780826119377, 384p.).

*Depression, Age, Other Factors Linked to Dependence After Stroke.* “People who have a stroke are more likely to be dependent if they are depressed, older or have other medical problems”. (By Rachel Seroka, American Academy of Neurology, March 14, 2011) [http://www.eurekalert.org/pub\\_releases/2011-03/aaon-dao030811.php](http://www.eurekalert.org/pub_releases/2011-03/aaon-dao030811.php)

*Crossing Street While on Cell Phone Risky for Seniors.* “Study found this kind of multitasking more dangerous for older adults”. (By Maureen Salamon, HealthDay, March 15, 2011). <http://consumer.healthday.com/Article.asp?AID=650903>

*Guided Care Reduces the Use of Health Services by Chronically Ill Older Adults.* “A new report shows that older people who receive Guided Care, a new form of primary care, use fewer expensive health services compared to older people who receive regular primary care”. (By Tim Parsons, Johns Hopkins University Bloomberg School of Public Health, March 14, 2011). [http://www.eurekalert.org/pub\\_releases/2011-03/jhub-gcr031411.php](http://www.eurekalert.org/pub_releases/2011-03/jhub-gcr031411.php)



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## 2011 Aging Education Calendar



FCOA Online at:  
[www.FCOA.org](http://www.FCOA.org)

### April 2011

April 14-17, 2011: Raleigh, NC. *The New Aging Enterprise*. Southern Gerontological Society Annual Conference. For more information please visit <http://www.southerngerontologicalsociety.org/sqs/index.asp>

April 26-30, 2011: San Francisco, CA. *Aging in America Conference (ASA/NCOA)*. For more information please visit <http://www.agingconference.org/AiA11/index.cfm>

### August 2011

August 15-18, 2011: Hilton Orlando Bonnet Creek, Orlando, FL. Florida Health Care Association Conference - *Timeless Elegance. A Celebration of Caregiving*. For more information please visit [www.fhca.org](http://www.fhca.org)

August 22-24, 2011: TradeWinds Hotel, St. Pete Beach, FL. Florida Conference on Aging. *Aging: Through a New Lens*. For more information please call 850-222-8877

**To submit a calendar item (statewide, regional, or national), fax info to (850) 222-2575 or e-mail to [moreinfo@fcoa.org](mailto:moreinfo@fcoa.org)**

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