

August 2016 - In This Issue:

Food for Seniors' Pets

Job Opportunity

July Employee of the Month

Area Plan Almost Complete

Yoga Good for You!



GIVE THROUGH



**BUY GREETING CARDS
AND SUPPORT
ELDERSOURCE**



GET HELP

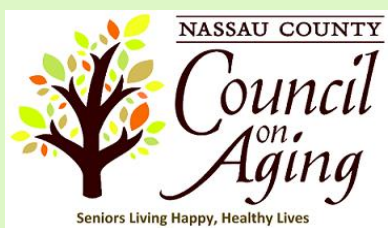
Upcoming Events!

**Feeding Pets Through Home
Delivered Meals Program**

Many of ElderSource's partner agencies recognize that seniors with pets struggle with the choice of feeding themselves or their furry friends. Fortunately, the partner agencies try to offer pet food to clients being served through the home-delivered meals program. According to the St. Johns County Council on Aging Executive Director



Becky Yanni, the Council currently serves 71 pet owners. "Through the support of a grant from Meals on Wheels Association of America, and the kindness of community partners we provide one four-pound bag of pet food monthly to each client. However, many clients are still not able to provide for the beloved pet's complete nutritional needs and overall well-being," she said. Additional donations would allow the COA to not only increase the



TODAY!!

Nassau County Council on Aging Senior Expo

Friday, August 19

9 a.m. - 2 p.m.

2500 Atlantic Avenue
Fernandina Beach, FL
Info: 904.261.0701

Clay County Veterans Appreciation Day

Saturday, Sept. 10

9 a.m. to 3 p.m.

Clay County Fairgrounds

Info: [Click here!](#)



Comunidad Wellness Expo 2016

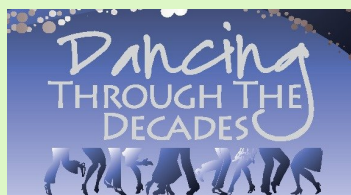
Saturday, September 17

10 a.m. to 3 p.m.

Volusia County Fairgrounds

Info: 386.801.5779

Sponsored by the Volusia Hispanic Chamber and Hispanidad Foundation



Dancing Through the Decades - an event by Volusia County Council on Aging

Friday, Sept. 23 - 6 to 10 p.m.

The Ocean Center - Daytona Beach

Tickets: \$20 per person; tables also available.

More info: 386.253.4700 x211

amount of food provided, but also enable to stretch the Council's funding to provide veterinary care and flea and tick medication. "By improving a pet's health we can indirectly improve the health of our clients," Yanni said.

Aging True has a pet food program for isolated seniors in need. This program began in 2011 through a small grant from the Banfield Charitable Trust. They continue to receive small funds from them as well as donations from our local community for the project. Aging True currently has about 100 clients with pets that benefit from their Pet MOW donations.

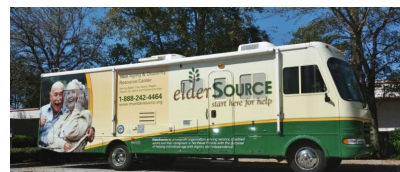
Volusia County Council on Aging currently has approximately 150 pets that are supplied with food, and when possible, flea treatment. The Agency relies on the grants and pet food drives through local partners.

Both **Clay County Council on Aging** and the **Nassau County Council on Aging** work with home-delivered meals clients to provide pet food to them as well.

Interested in making a donation to support a senior with a pet? Click here for a list of provider agencies to find out if a donation can be made in your area. [List of Provider Agencies](#)

Part-time Job Opening!

Do you have RV driving experience? Looking for a fun, part-time job getting out into the community?



ElderSource needs a driver for its 32-foot Mobile Resource Center. The Mobile Resource Center (MaRCy) helps us reach our seven county region letting people know about what community resources are available through our agency and our partners. The driver for MaRCy would take the vehicle to and from various community events, assist the outreach coordinator with setting up table and information materials, and be responsible for monitoring the maintenance of the vehicle. The number of events per month range from 6 to 10. For a complete job description or to apply, call 904.391.6670 or online at resumes@myeldersource.org.

A Great Team Player -- Our July Employee of the Month

Every month an ElderSource staff member is recognized for the great work he or she does on behalf of the agency. Employees are nominated by their peers and criteria for nomination is based on the agency's guiding principals:

[Tickets click here.](#)

Yoga Providing Seniors Some Relief



As people age, it is not uncommon for seniors to move less, making them more susceptible to ailments. Yoga is a great way for seniors stay active. Consider looking into a class! Call your senior center or Council on Aging for more information. Click here for a cool example! **[Check out this inspiring video!](#)**

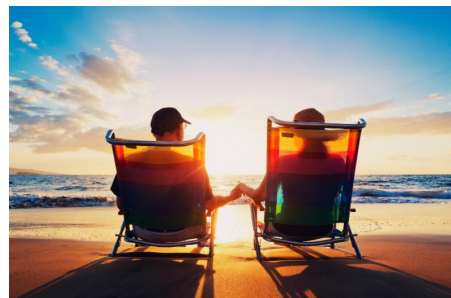
excellent and responsive service; honesty, integrity and professional behavior; results and accountability; proactive, innovative and visionary efforts; community collaboration; and the knowledge, loyalty, commitment and unselfish team spirit of staff, volunteers and providers.



The July Employee of the Month was **Michele Bennett**, Fiscal Accountant. A great team player, Michele was recognized for her fiscal acumen that supports the contract managers, her willingness to step up whenever she is needed and how she works diligently to ensure efficiency and accuracy of the operations of the Finance Department. Thank you Michele and congratulations!

ElderSource Area Plan Almost Complete

Every three years the Area Agencies on Aging are required by the federal government under the Older Americans Act (Sec. 306) to update their Service Area Plan, a document which is used to implement programs



and services to meet the growing needs of the aging population. The Area Plan for ElderSource is almost complete. Here are a few tidbits of information about our service area (Baker,

Clay, Duval, Flagler, Nassau, St Johns and Volusia counties) that will be included in the upcoming report. Stay tuned for a link to review the entire plan. T

Take note:

- 24 percent of adults 60+ live alone.
- 22 percent of adults age 65+ are considered medically under-served.
- The National Foundation to End Senior Hunger (NFESH) estimates that 8.8 percent of older adults in Florida faced senior hunger in 2014. Using this percentage as a baseline, it is projected that approximately 41,293 older adults within northeast Florida will face hunger every day.



ElderSource

Toll free: 888.242.4464

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ElderSource is a private, not for profit agency designated by the state as the Area Agency on Aging and Aging & Disability Resource Center for Northeast Florida. ElderSource serves as the focal point to which elders, adults with disabilities, caregivers, Northeast Florida seniors and the general public can receive information, referral, assistance and answers on all aging issues.



STAY CONNECTED



Friends of ElderSource is a registered 501(c)3 private nonprofit organization. A copy of the official registration and financial information may be obtained from the division of consumer services by calling, toll-free within the state, 1-800-HELP-FLA or visiting the website www.800helpfla.com. Registration does not imply endorsement, approval or recommendations by the state. REG: CH31757