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**Caregiver Coalition  
Event February 13**

"Caring for the Caregiver" is a conference that can help you take better care of yourself and those you care for by connecting you to a network of fellow caregivers and some of the best community resources and thought leaders in aging services.

**Saturday, Feb. 13, 2016  
Legends Center  
5054 Soutel Drive  
Jacksonville, FL 32208**

**Registration at 8:30 a.m.  
Program 9 a.m. to 2 p.m.**

Complimentary Breakfast & Lunch,  
Professional Speakers, Prizes and  
Giveaways.

To request complimentary respite care

**FEBRUARY IS SOCKUARY!**

**Warming Feet and Hearts of Seniors**

Looking for an easy way to help out a senior? Donate some socks through ElderSource's "February is Sockuary" project. ElderSource, the Area Agency on Aging and Aging & Disability Resource Center for Northeast Florida, is encouraging the community to donate new socks throughout the month of February for seniors in need.

"There is a lot of love going around in the month of February," said Linda Levin, ElderSource Executive Director. "A simple pair of new, comfy socks given to a senior is a tender gesture. It will warm their feet and their hearts!"

Individuals, companies, places of worship or social clubs are invited to collect socks - knee socks, ankle socks, white, black, colors or patterned socks - as long as they are new, adult-sized socks.

Don't forget to snap a photo of the socks you are collecting and donating and post them on social media. Make sure you tag the photos with the hashtags **#Sockuary** and **#socks4seniors**.

**Click here to get involved.** The following companies are designated

**Sockuary**  
SOCKS FOR SENIORS

FRIENDS OF  
elderSOURCE

#Sockuary www.myeldersource.org/sockuary #socks4seniors

for your loved one, call AgingTrue Senior Services at 904.807.1319 by Friday, Feb. 5.

Registration is free! To register, call 904.407.6790 or visit <http://bit.ly/northjaxcaregivers>



## Heart Health for Seniors

Click on the links below for heart healthy resources for seniors.

[7 Heart Healthy Shopping Tips for Seniors](#)

[Heart-Healthy Habits for Seniors.](#)

[5 Reasons Senior Heart Patients Need Exercise.](#)

[Young at Heart: Tips for Older Adults.](#)

[Caring for Parents, Keeping Them Healthy.](#)

[People with Disabilities and High Blood Pressure.](#)

## Your Aging and Disability Resource Center HelpLine

The Aging and Disability Resource Center (ADRC) HelpLine is the place to start for help if you are a senior, an adult living with a disability or a caregiver. ElderSource Customer Service Specialists are available to listen to your concerns and are trained to help you access local agencies, services and programs. They will work with you to explain what resources are available, help you enroll in the programs for which you are eligible and also advocate on your behalf.

ElderSource ADRC HelpLine assistance is available to persons living in our seven county service area

drop-off points for donations:

**ElderSource**  
10688 Old St.  
Augustine Road.  
Jacksonville 32257

**Tom Bush BMW**  
Orange Park  
6914 Blanding Blvd,  
Jacksonville 32244

**Tom Bush BMW**  
**Regency**  
9876 Atlantic Blvd,  
Jacksonville 32225

**Riverside**  
**Presbyterian House**  
2020 Park Street  
Jacksonville 32204

**Allegro Senior**  
**Living**  
3651 US-17  
Fleming Island 32003

**Allegro Senior Living**  
1101 Plantation Island  
Drive South Street  
St. Augustine 32080

**Underhill Staffing**  
**and Home Health**  
3515 Hendricks Ave  
Jacksonville 32207

**Tutoring Club of**  
**Jacksonville**  
10131 San Jose Blvd  
Jacksonville 32257

**RezLegal, LLC**  
4230 Pablo  
Professional Court,  
Suite 200  
Jacksonville 32224

***More sites to be announced soon!***

## ElderSource Offering LGBT Elder Cultural Competency Training

**Certified educational units (CEUs) are available**

ElderSource Institute, the newly-formed educational arm of ElderSource, is now offering LGBT Elder Cultural Competency Training, a class designed for healthcare professionals on how to sensitively care for the needs of aging lesbian, gay, bisexual and transgender (LGBT) seniors.



"LGBT seniors are five times less likely to access care than non-LGBT seniors because of their fear of discrimination," said Linda Levin, ElderSource Executive Director. "This means all too often LGBT seniors are deprived of receiving the health care and the support and the assistance they need and and deserve."

The training opportunity is ideal for registered and licensed nurses, social workers, psychologists, nursing home administrators and occupational therapists. The training is currently grant-funded, so it is offered at no cost. However, to earn certified educational units (CEUs), the cost is \$20 for 1.5 CEU hours.

The LGBT Elder Cultural Competency Training is supported by a grant from the LGBT Community Fund at The Community Foundation of Northeast Florida.

For questions and information on how to schedule a training, call Heidi Katz, Director of Business Innovation and Development for the ElderSource Institute, at 904.391.6682 or email [Heidi.katz@eldersourceinstitute.org](mailto:Heidi.katz@eldersourceinstitute.org).



- Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia.

ADRC HelpLine Hours:  
Monday through Friday:  
8 a.m. to 6 p.m.  
Call: Local: 904.391.6699 Toll Free:  
888.242.4464  
Hearing or visually impaired call  
Florida Relay Services at 7-1-1

[Click here for more information.](#)

## Are you sending flowers this Valentine's Day?



Valentine's Day is right around the corner. Don't wait until the last minute—send flowers to your honey, loved one, family and friends! Click here to order your flowers and a portion of your purchase will go to **Friends of ElderSource**. [CLICK ON THE IMAGE BELOW:](#)

Share  
**LOVE**  
with Flowers!

Save the link for flowers for any occasion: anniversary, new baby, congratulations, condolences, new job, graduation, and an unexpected surprise.

## Speaking of love...

We received this lovely card from one of our families we were able to assist. With your help, ElderSource is able to assist older adults, adults with disabilities and caregivers in need. Thank you for your support!

## ON THE ROAD WITH MaRCy

### Mobile Resource Center (MaRCy) coming to a community near you!

Looking for an opportunity to meet with an ElderSource staff member to talk about available programs and services, but can't make it to our office? Our staff will be on the road in the Mobile Resource Center (MaRCy) attending many health fairs and community events. You'll find us at these locations in the coming weeks:

- **Feb. 5** - Access Flagler at Cattleman's Hall at the Flagler County Fairgrounds from 1 to 4 pm.
- **Feb. 9** - Palm Coast VFW #8696, 47 Old Kings Road North, from 9 am to 4 pm
- **Feb. 16 - 19** - St. Vincent's Dental Clinic, Lakeshore Baptist Church on 2365 Blanding Boulevard. Times vary; call ElderSource for schedule.
- **Feb. 20** - Active Boomers Senior Expo in St. Augustine, Technical College on 2980 Collins Avenue, from 10 am to 2 pm
- **Feb. 23** - Walgreens in Fernandina Beach, 2101 Sadler Road, from 10 am to 1 pm.
- **March 5** - St. Vincent's Medical Mission at FSCJ Downtown Campus from 9 am to 3 pm.

For more information about scheduling MaRCy to visit your community health event, call 904.391.6692.



## SAVE THE DATE: A NIGHT WITH THE STARS!

### Join Friends of ElderSource for Crooners, Cars and Cocktails on Saturday, June 4th

The event with the theme *Crooners, Cars & Cocktails*, transports guests to the Rat Pack era with an elegant '50s twist, big band music from the Crescendo Amelia Big Band, dancing, signature cocktails, and heavy hors d'oeuvres, all staged in an elegant night club atmosphere at the WJCT Studios. During the evening ElderSource will present the **Delores Barr-Weaver Elder Advocate Award** to a deserving community member for their



*Crooners, Cars & Cocktails*

commitment and dedication to the aging community on the First Coast.

**A Night with the Stars** Gala raises much-needed funds for ElderSource to continue providing resources and services to families and the community. Join us on Saturday, June 4, 2016. Sponsorship opportunities are available. [Click here to learn more!](#)

## The Benefits of Charitable Lead Trusts

**Have you thought about Friends of ElderSource in your will or estate?**

"Charitable lead trusts have become more attractive as an estate and income tax planning tool. The reason for this is the historically low Section 7520 rates (Applicable Federal Rates or AFRs). In recent years, the AFR has hovered between 1.0% and 2.4% and hasn't been above 3.0% since June 2010. With lead trusts, the lower the AFR, the higher the deduction. As a result, shorter term or lower payout lead trusts can produce a benefit far greater today than was possible in the past. Therefore, high net worth individuals will find the lead trust to be an attractive component of their estate, income and charitable planning."



This article is an excerpt from Giftplanning.com. [Please click here to view the full article.](#)



Toll free: 888.242.4464  
Local: 904.391.6600  
Fax: 904.391.6693

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](http://www.800helpfla.com). Registration does not imply endorsement, approval or recommendations by the state. REG: CH31757