



elderSOURCE
start here for help

September 2016 - In This Issue:

Free CarFit Program

Partners Working for Seniors

Premier of Gen-All Video

August Employee of the Month

Yoga Good for You!



GIVE THROUGH

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You shop. Amazon gives.

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Cards for Causes
because people care

GET HELP

Upcoming Events!

**Discover Your Perfect "Fit."
Attend a FREE CarFit Checkup!**

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road. The next CarFit event is scheduled for



Wednesday, September 14 from 9 to 11:30 a.m. at the Mandarin Road Senior Center at 3848 Hartley Road. During the 20 minute check-up trained volunteers will review 12 key areas within your car in order to ensure that car settings are suited to the driver, such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints. Participants will also learn how to use and adjust safety devices. Please note that this is not a driving test or mechanical inspection.

To schedule a free appointment, please call The

Comunidad Wellness Expo 2016

Saturday, September 17
10 a.m. to 3 p.m.

Volusia County Fairgrounds
Info: 386.801.5779

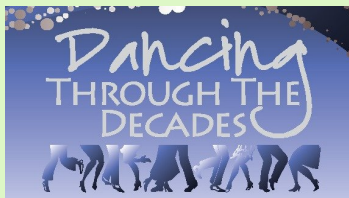
*Sponsored by the Volusia
Hispanic Chamber and
Hispanidad Foundation*

Caregiver Coalition Event for Veterans

Friday, Sept. 23
8:30 am to 3
pm

WJCT Studios

Click [HERE](#) for
more information and to RSVP.



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

Tickets click here.

First Coast YMCA Active Aging Week

September 25 - October 1
Experience a week of free
workshops, guest speakers,
events and more as we create
awareness of the importance of
living an active life at every age.

Visit FirstCoastYMCA.org for
details.

Jacksonville Pride Festival

Sunday, October 2

11 a.m. to 8 p.m.

Riverside Arts Market - 715

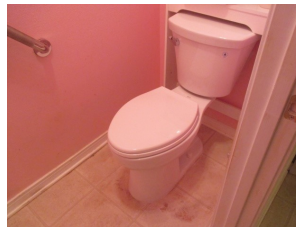
Riverside Avenue, downtown

Mandarin Senior Center at 904-262-7033 or for more
information, visit www.car-fit.org. CarFit Event is an
educational program developed by AAA, AARP, and the
American Occupational Therapy Association.

Please share this with the older drivers in your life. It can
make a real difference.

St Johns Housing Partnership and ElderSource Make It Happen

It's great when a plan comes together to help someone in
need. The plan: help two seniors make adjustments in
their homes so they can live more independently. The
team members: The St. Johns Housing Partnership,
ElderSource, St. Vincent De Paul Society, Home Depot
and volunteers worked collaboratively to build a
wheelchair ramp and retrofit a bathroom to help two
seniors live in a safe environment.



Ms. Veronica of St. Augustine really needed help making
her bathroom safe. The Team installed a new, higher
handicap accessible commode and grab bars. Hastings
resident, Mr. Harry, had just been released from rehab
and needed a wheelchair ramp installed immediately,
providing support not only to him, but also to his wife who
is his caregiver.

For more information about how you can support seniors
in your community, contact Andrea Spencer, Director of
Communications at ElderSource, 904.391.6692.

First Coast YMCA Gen-ALL Video Premier -- Join Us



ElderSource is pleased to be a supporter
of First Coast YMCA's premier of its video
project, Gen-All that captures a glimpse of
individuals' perspectives on aging from
ages 8 to 98. You Are Invited to the Y
Generation Video Project

Premier Monday, September 26 from 6 to 8 pm at the
Jessie Ball DuPont Center Lecture Hall, 40 East Adams
Street in downtown.

The event will feature great entertainment, food and is free and open to the public.

Save the Date! Make A Difference Day

Saturday, Oct. 22 - All day



St. Johns

Housing Partnership is looking for individuals and teams to tackle community projects in St. Johns County. For more information call 904.824.0902.

PBS Next Avenue Offers Artful Aging Program



For too long, old age has been associated with negative images, words and ideas. The PBS Next Avenue website examines what happens to those who connect aging and art. Through creative expression, vitality, excitement and joy are released. Follow this page as we look at those who are making, studying and learning about artful aging. Download great materials and information. However, don't forget to think local! Find out how to connect to art programs near you!

Cultural Council of Greater Jacksonville

Volusia County Activities

Flagler County Art League

St. Johns County Council on Aging

After the premier, guests will enjoy an open dialogue on how our community grows from the enrichment of all ages and how we can change society's view of aging. To learn more and RSVP, please visit www.firstcoastymca.org/gen-all-premier-party or call 904.265.1775.

August Employee of the Month is Real Champ

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 – 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.



Debbie Crawford, Medicaid Waiver Specialist, was recognized for her "above and beyond" team spirit and outstanding work ethic. Outside of her regular, very busy workload, Debbie took the lead in organizing an ElderSource Olympics to coincide and celebrate the 2016 Summer Olympics. She carried the torch bringing our team together for friendly competition. Debbie's efforts made everyone feel we are all a part of a winning team! Congratulations Debbie!



ElderSource

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



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