



May 2019 Newsletter



Celebrate Older American Month with ElderSource!



CONNECT, CREATE, CONTRIBUTE MAY 2019

May is Older Americans Month. This year's theme is *Connect, Contribute and Create!*

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

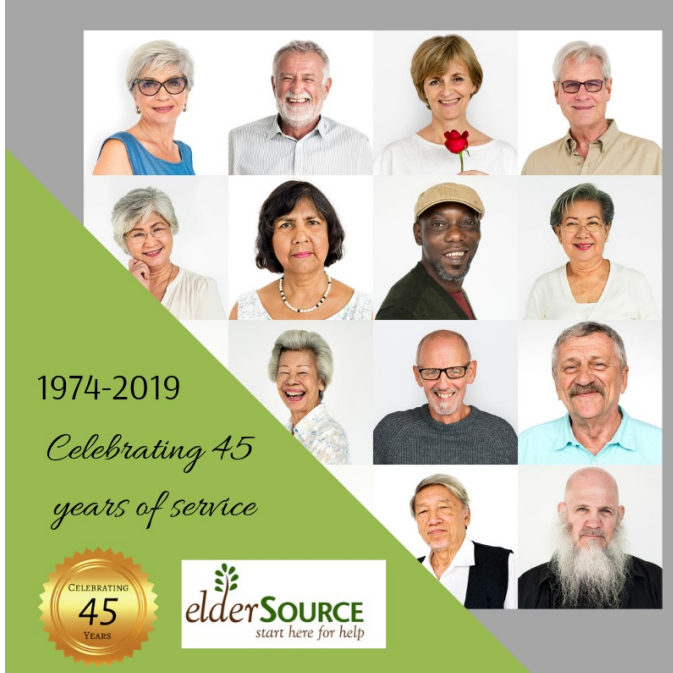
You're invited to join in the celebration. [Click here to see how you can celebrate in your community.](#)

45 Years of Impacting the Community

ElderSource is celebrating 45 years of service to seniors and caregivers in Northeast Florida.

Over the years we have helped countless seniors, caregivers and families with information and resources so they can live their lives with more independence and dignity.

We're thankful that we have not only been able to help people in the community, but that we've had the



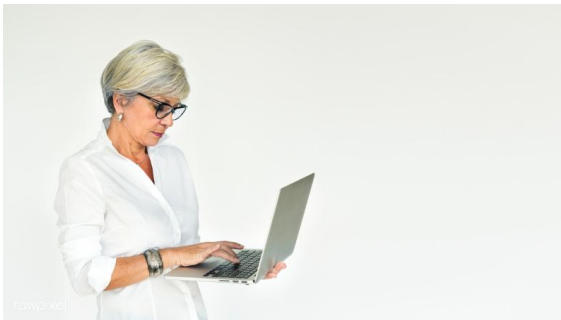
support of great community partners and friends to fulfill our mission. We know we could not have done it without your kindness, support and belief in our mission.

Thank you!

[Click here to see a list of ElderSource community partners.](#)

[Click here to see our 45 year anniversary timeline.](#)

The Virtual Caregiver Support Group



This spring ElderSource is launching a Virtual Caregiver Support Group giving caregivers a safe place to share information, ask questions, voice personal feelings and stories. The support group will make it possible for caregivers to connect face-to-face in real time with other caregivers using today's technology. A skilled moderator will guide the participants through their conversations. The groups

will last six to eight weeks (once a week) with each session lasting 60 to 90 minutes.

Program coordinators are inviting any caregiver to sign up; however the group will be focused on those who feel they cannot leave their loved one to attend a support group but would benefit from participating in one. Caregivers need to have Internet access and some form of technology to participate such as a smart phone, tablet, iPad, desk top computer or laptop computer. A video conferencing app will be used and the facilitator will instruct the caregiver on how to use the app.

The Virtual Caregiver Support Group is funded from the proceeds of the annual ElderSource fundraising event, A Night with the Stars.

For more information on how to participate in the Virtual Caregiver Support Group, please email [Louise Starmann at louise.starmann@eldersourceinstitute.org](mailto:louise.starmann@eldersourceinstitute.org) or call Linda Levin at 904-391-6610

Join ElderSource on Tuesday, June 11 for World Elder Abuse Awareness Day

In recognition of World Elder Abuse Awareness Day (June 15), ElderSource is hosting a **free** workshop, "Empower Yourself: Learn How Not to be

Scammed.”

**Tuesday, June 11
12:30 to 2:30 pm
St. John’s County Council on Aging River
House
179 Marine St., St. Augustine, FL 32084**



The workshop will help participants identify and protect themselves from scams, fraud, financial exploitation and elder abuse.

Guest speakers include:

- Ken Amaro, First Coast News Consumer Advocate
- Alicia Somers, Financial Wellness Manager, Regions Bank
- Octavius Holiday Jr., Division Chief Human Rights Section, State Attorney’s Office

Approximately one in 10 Americans aged 60 and over have experienced some form of elder abuse. Some estimates range as high as five million elders who are abused each year. Estimates of elder financial abuse and fraud costs to older Americans range from \$2.9 billion to \$36.5 billion annually. It is also estimated that only one in 14 cases of abuse are reported to authorities*. (*National Council on Aging)

Abuse and neglect of elders comes in many forms. If a person suspects that an elder is being financially exploited, neglected or abused, call the Florida Abuse Hotline at 1-800-962-2873. Calls can be placed anonymously with the agency.

Register today. The first 100 people to RSVP receive a free boxed lunch!

**[Click here for more information and to RSVP](#)
Or call 904-391-6664.**

Celebrity Server is Back on Tuesday, June 25!

**CELEBRITY SERVER
IS BACK!**

Save the date and join ElderSource
Tuesday, June 25 at 5:30- 8:30pm
Whiskey Jax 950 Marsh Landing Parkway Jacksonville, FL 32250

All tips collected help benefit ElderSource in serving seniors of Northeast Florida.

Local “celebrities” take on new roles as servers at Whiskey Jax where all of their tips are donated back to ElderSource. The celebrity servers will compete against each other to see who can collect the most tips! All proceeds support ElderSource and our mission to serve seniors and caregivers in the community.

Come out to enjoy a nice evening of dinner with family and friends, while also meeting local “celebrities” and bringing a little extra to tip them for their service towards a great community organization.

[Click here for more information and updates!](#)

LGBT Elder Cultural Competency Training: Wednesday, August 14

ElderSource Institute recently had its first



of three **free** LGBT Elder Cultural Competency training sessions. Thank you to everyone who was a part of the training and a special thank you to AARP Jacksonville for partnering with ElderSource Institute to provide the free training to area professionals.

The LGBT Elder Cultural Competency Training is 90-minute training designed for professionals who work with older adults, helping them better understand key concepts, vocabulary and many barriers

faced by older adults in the LGBT community.

If you missed the first training session on May 8th, no worries. **The next training session will be on Wednesday August 14th.** Be sure to visit the website to register and save your spot now!

[Click here for more information](#)

Ways to Give



Donate through Amazon Smile

Amazon Smile is the perfect place to shop all-year long and give back to our agency. It's a great place to save on all your gifts throughout the year. When you shop with Amazon Smile, a percentage of your purchase comes back to ElderSource. It's the gift that keeps giving!

[Click here to shop NOW!](#)



Support Dining with Dignity

Many seniors have difficulty eating for a variety of reasons: tremors from Parkinson's Disease, paralysis or weakness from stroke or pain from arthritis etc. Often, they cannot prepare their own food or feed themselves. Assistive eating devices allow seniors to eat with dignity, thereby increasing their nutritional intake, independence and quality of life. Support a senior through this program!

[Click here to give a donation now!](#)

[**General ElderSource Donation**](#)

[**Visit our website**](#)

ElderSource values all people – including but not limited to all nationalities, socio-economic backgrounds, abilities, races, genders, religious perspectives, sexual orientations and gender identities – in everything we do. We welcome the unique insights and perspectives of all persons in our quest to fulfill our mission.

