



April is National Volunteer Month

Volunteering and Your Health

April is National Volunteer month. What better way to stay active and engaged than to get out and volunteer in your community?

Much can be gained from a valuable volunteer experience. Volunteering is especially important to older Americans because it has many health benefits such as:

- A decrease in anxiety, depression, loneliness and social isolation
- Higher life satisfaction
- Improved social connections
- Improved physical and emotional health
- Just to name a few...



For detailed information on volunteering and health benefits for older Americans, feel free to visit the links listed below:

- [Senior Volunteers Reap Health Benefits - AARP](#)
- [Health Benefits of Volunteering for Older Americans - CNCS](#)

Volunteers That SHINE

The ElderSource SHINE program volunteers light the way for many seniors and caregivers who need help navigating through the complex process of accessing Medicare benefits.

SHINE – Serving Health Insurance Need of Elders – offers free and unbiased counseling to

seniors and caregivers on their Medicare benefits. It is a vital community program that relies heavily on active senior volunteers to help clients understand their healthcare choices to make the best decisions for them.

Volunteers are trained and equipped with knowledge that they share to help seniors and caregivers make informed decisions regarding their Medicare and health insurance needs. SHINE volunteers are not only trained well, but they each have a heart to serve in their community. SHINE is a program of the Department of Elder Affairs and is operated through ElderSource.



"Our volunteers are extremely committed," said SHINE Liaison, Carrie Gonzalez, who leads the program at ElderSource. "When I see how dedicated they are, this is what keeps the SHINE program going."

SHINE volunteers are often a good reflection of the agency's dedication to serving seniors in the community. Without the SHINE program, many seniors and caregivers would not be able to access the resources available to them about Medicare and health insurance. SHINE volunteers are devoted to helping meet the needs of more seniors in the community.

"People are appreciative of the resources and help we give them," said Carol Sarni, Local Lead Coordinator for Flagler County volunteers. She has served seven years with the SHINE program in her community.

"Many seniors aren't aware of what's out there, so we are able to truly shed light on valuable resources," said Virene Garrett who has served with SHINE for six years. "I truly enjoy serving the community and getting the resources to those who need it most," she said.

"There is such a great need for these resources," said Vivian Rowe who has served seven years with the program. "It's a rewarding experience overall," she said. "We do it because we want to, not because we have to."

With a current roster of 46 SHINE volunteers, you can find them immersed in their communities, looking to make an impact while spreading information to help seniors and caregivers age with dignity and independence.

[Click here for more information on SHINE](#) | [Click here to become a SHINE Volunteer](#)

In Good Spirits: A Client Success Story

After a devastating car crash in the fall of 2016, Ms. Young, who is 63-years old, had no idea the emotional turmoil she would experience for the next year and a half while trying to put her life back together.

Ms. Young suffered a traumatic brain injury from the car accident and spent several months in the hospital recovering. While in the hospital, a close family member took advantage of Ms. Young's weak state and misled her into signing over power of attorney to them. It wasn't until after Ms. Young had been released from the hospital that she realized, she had been left with almost nothing – no home, nothing in the bank and a small amount of personal belongings in storage. Sadly, Ms. Young did not remember signing any legal documents.



She needed help to start again. "I never would've thought I would be homeless or without," she said. With the help of friends, church members and ElderSource, Ms. Young was given support to get her life back on track. While her friends and church members were able to offer assistance to find an affordable apartment, because of her limited income and medical bills, Ms. Young was unable to move her things out of storage.

The ElderSource's Senior to Senior Fund paid the expenses needed to have her things removed from storage and taken to her apartment. The Senior to Senior Fund is an endowment created by the Delores Barr Weaver Fund coordinated through the Community Foundation of Northeast Florida designed to assist senior citizens in Duval, Nassau, Baker, Clay and St. Johns Counties facing short-term financial crises. The program is intended to resolve the present crisis, as well as the underlying causes ensuring the person does not become dependent on the assistance and can maintain living independently. Additionally, The Jim Moran Foundation

awarded a multi-year grant to supplement the Senior to Senior Fund in Duval County.

"It was a great relief," she said. "There was no way I could've done it all on my own without help from ElderSource." Ms. Young describes her experience as wonderful and she is grateful for the kindness. Now that all of her things are out of storage, little by little Ms. Young has been able to move forward in rebuilding her life. "I was just happy that when I was at my lowest, ElderSource was there to help and that's a good feeling," she said.



and



present:

Gen Silent Screening Event



Date: Thursday, May 10

Time: 6 to 8 pm

Location: Mayo Clinic - Walker Auditorium, 4500 San Pablo Road South

Join us in viewing *Gen Silent* as insights are shared into how oppression through the years affects lesbian, gay, bisexual and transgender seniors as they grow older and are faced with decisions of care in their later years. Following the documentary, a panel of experts will discuss what it means to be an LGBT elder in today's society, discuss what progress has been made and what more is needed to ensure that LGBT elders receive care in environments that are safe and welcoming.

eldersourceinstitute.org or contact Info@eldersourceinstitute.org



Venue Sponsor

Event supported by



Outstanding Employees



Congratulations to employees Sherry Holmes, Administrative Assistant and Ann Rollason, Fiscal Specialist, on being awarded Employees of the Months for February and March, respectively.

Both Sherry and Ann were nominated for their ability to make adjustments when faced with unexpected change in their departments. They each have been willing to take initiative in being true team players.

Congratulations and we appreciate all your hard work at ElderSource!

Support ElderSource on Thursday, April 19th for Give Out Day

Mark your calendars for Thursday, April 19 to help support ElderSource and ElderSource Institute during **Give OUT Day!**

Give OUT Day was created by The Horizon Foundation to help raise funds to support and spread awareness for the LGBT

community. For our agency this means helping spread awareness for the needs and concerns of LGBT elders. We know that many elders choose to not access the resources they need later in life because they fear how they might be treated. This leaves many LGBT elders at an increased risk for social isolation and depression.

Help support ElderSource and ElderSource Institute by making a donation in honor of **Give OUT Day**. Let's work together to help LGBT elders feel safe in accessing needed resources as they age.

[Click here for more information on Give OUT Day](#) | [Click here to join us in supporting LGBT elders](#)



Community Health Needs Assessment



The Jacksonville Nonprofit Hospital Partnership (Baptist Health, Brooks Rehabilitation, Mayo Clinic Florida, St. Vincent's Healthcare and UF Health Jacksonville) has contracted with Conduent Healthy Communities Institute to conduct the next Community Health Needs Assessment.

Conduent has developed a survey (link below) to capture information from community members on our health needs. Please share the survey with your staff, volunteers and patients/dients and ask them to complete it. We would like to hear from as many people as possible. If you need a paper version of the survey, let us know.

Thanks for helping us assess the health needs of the community.

[Click here to take the survey](#)

Upcoming Community Events Near You!



National Center for Victims of Crime is bringing two important workshops to our area next month. Check them out! Each session is free.

Taking Action: Assisting Victims of Financial Fraud

Attendees will receive a foundational background on these four major fraud types and discuss specific and concrete action steps that can be taken, along with a



Senior Expo at Prime Osborn Convention Center

Wednesday and Thursday, May 2-3, 2018
9-3pm

multitude of resources available to victims.

Prime Osborn Convention Center
1000 Water St, Jacksonville, FL 32204

Tuesday, May 8, 2018

9:00 am to 12:30 pm
Florida Coastal School of Law
8787 Baypine Road
Jacksonville, Florida 32256

[Click here to register](#)

Civil Justice for Victims of Crime in Florida

The program will cover resources and strategies for victims considering civil lawsuits, and will include a panel of attorneys to answer specific questions of Florida law. This session offers a complimentary breakfast, lunch and afternoon snack.

Jacksonville Senior Show provides an excellent ground for the senior citizens of Jacksonville and the neighborhood areas to meet and interact about various issues that take a center stage during this part of their life. Jacksonville Senior Show has a high reach among the senior adults of the surrounding region owing to the variety in the topics dealt with that includes health matters, entertainment options available, library services and wellness programs.

[Click here for more information about this event](#)

Wednesday, May 9, 2018

9:00 am to 4:30 pm
Florida Coastal School of Law
8787 Baypine Road
Jacksonville, Florida 32256

[Click here to register](#)

[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.



ElderSource | 10688 Old St. Augustine Rd. | Jacksonville, FL 32257 | myeldersource.org