

September 2020 Newsletter

Come "Shop and Drop" with ElderSource on Saturday, September 26

Donations to Help Elderly Residents Struggling During the COVID-19 Crisis

Helping Seniors During the Pandemic

**Saturday
September
26th**

9am-1pm

**10688 Old St.
Augustine Rd.**



ElderSource will host a community donation "Shop & Drop" event on Saturday, September 26 to benefit seniors in the community.

You're invited to purchase and drop off items for seniors. ElderSource staff will collect the donated items between 9am and 1pm. Items will be sorted, bagged and then delivered to local seniors in need.

Items that can be purchased and dropped off:

- Hand wipes, sanitizer
- Tissues
- Adult coloring books, colored pencils, crayons, pens
- Activities books --- word search, Sudoku, playing cards
- Toiletries -- soap, shampoo, toothpaste and toothbrush

No sweets, canned or boxed food or perishables

Please note donations are ONLY being accepted on September 26 from 9am to 1pm as ElderSource Staff continues to work remotely and office hours are limited.

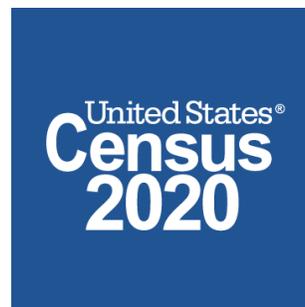
For more information please contact the Vice President of Communications, Andrea Spencer

Email: Andrea.Spencer@myeldersource.org

Taking Community Action



FLORIDASAFESURVEY.COM



Governor Ron DeSantis announced the release of an online survey to allow residents, especially older adults, to make important self-assessments on their COVID-19 behaviors through the Florida Department of Elder Affairs (DOEA). The survey asks Floridians to review their decisions with respect to COVID-19 situations, to see how different actions affect their own health, and the health of others. The Florida Safe Survey allows individuals to have a tool at their disposal that fully engages them in the outcomes of their actions.

[Click here to take the survey](#)

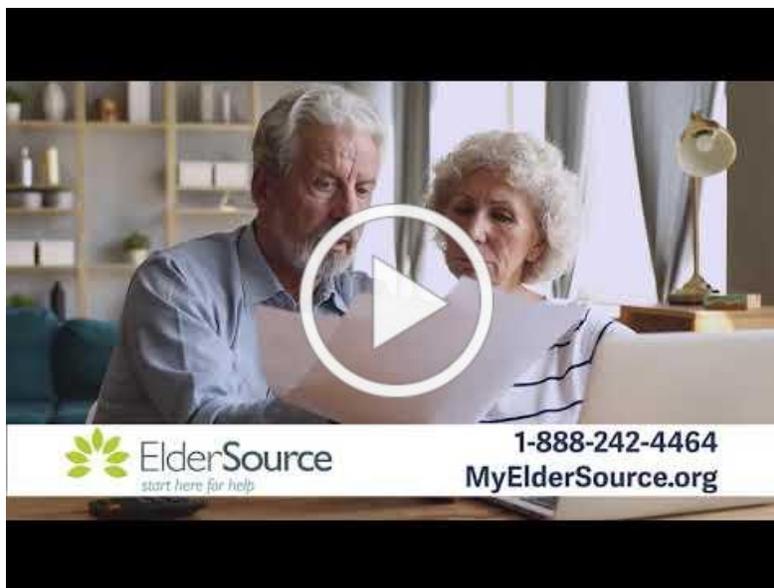
It's not too late to submit your answers to the 2020 census. Your answers can help shape your community.

Did you know census results help determine how billions of dollars in federal funding flow into states and communities each year. This includes vital programs and services used by many seniors and caregivers.

Take the census and make sure your answers count in helping to shape your community. **The deadline to submit your answers to the census is September 30.**

[Click here to submit your answers](#)

Navigate Through Medicare Open Enrollment with a SHINE Counselor



If you're having trouble navigating the complexities of Medicare, don't worry. You're not alone. ElderSource's SHINE program is here to help so you don't have to walk through it alone, especially during Medicare Open Enrollment starting October 15.

SHINE (Serving the Health Insurance Needs of Elders) offers FREE and unbiased Medicare counseling to seniors and their caregivers to help them understand their Medicare choices and help them feel confident in maximizing their benefits.

Now is the time to start preparing for Open Enrollment so that you're able to plan ahead and get the assistance you need. Call our Helpline today 1-888-242-4464 to schedule your appointment with a SHINE counselor.

Please note, due to the pandemic and the safety of our staff and clients, counseling sessions are being offered virtually or over-the-phone only until further notice.

[Click here to visit the ElderSource website and learn more about SHINE.](#)

[Click here to visit the ElderSource YouTube page to see previous](#)



Employee of the Month: August 2020



Congratulations to Kim Pitts for being awarded the Employee of the Month award for August.

As the Receptionist and Front Office Assistant, Kim assists multiple departments at ElderSource. This includes helping with incoming and outgoing mail, scanning and faxing documents for various departments, working with office vendors and more.

She is always willing to help when called upon and she does it with a smile. Kim has also been a great help in packaging supply bags for seniors. She has been one of the many employees who volunteer their time consistently and work diligently to pack the supplies for seniors in need. Keep up the good work! ElderSource appreciates you!

Agency Updates

Submit Your Caregiver Hero



Honor a professional caregiver for their dedication in serving seniors in the community.

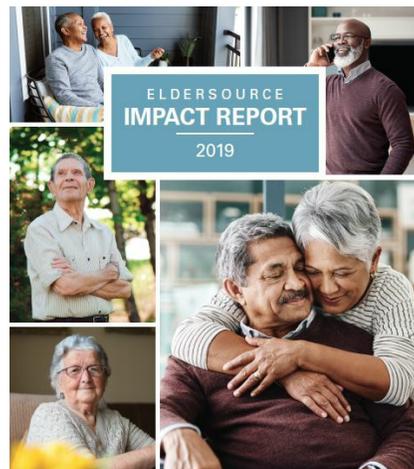
Visit MyElderSource.org to submit your caregiver hero today!



[Submit Your Caregiver Hero](#)

ElderSource is still accepting Caregiver Heroes. If you have a professional caregiver you want to honor for their outstanding leadership and commitment to serve seniors, then visit our website and submit their name and their picture.

[Click here to submit your caregiver hero](#)



[2019 ElderSource Impact Report](#)

In the 2019 Impact report, we explore how the agency's guiding principles are the foundation of the service we provide to the seniors and caregivers in the Northeast Florida Community.

[Click here to view the PDF version](#)

Caring for the Veteran Caregiver



A FREE Virtual Workshop Hosted by Caregiver Coalition of Northeast Florida

Friday, September 25 from 9 am - 2 pm EST

Join the Caregiver Coalition of Northeast Florida to explore the rewards and the challenges unique to those who care for men and women who have served our country. Tune in virtually to receive information, resources, support and encouragement that will leave you feeling more hopeful and confident in your caregiving journey.

The event will feature a presentation from keynote speaker, Deborah Grassman, founder of the nonprofit *Opus Peace* and the Veterans Affairs Outpatient Clinic along with several speakers: Kathryn Thomas, Executive Director of *Yoga-4-Change*; and Peter Rosenberger, author and radio host of *Hope for the Caregiver* and More about the speakers is featured below.

To register for this event and for more details [click here](#).

September is Falls Prevention Month



Did you know one in four older adults aged 65 and older fall every year? Falls can lead to fatal and non-fatal injuries in older adults. These injuries can cost them both money and an unexpected sacrifice in the quality of their life.

Falls Prevention month is a great time to focus on how to keep seniors healthy and

thriving so that they are less likely to suffer an injury from falling. By making a few simple adjustments to habits of their everyday routines the risk for falling can be reduced significantly.

[Click here for more tools and tips on Falls Prevention Month from the National Council on Aging](#)

[Click here to learn more about the Matter of Balance class offered by Northeast Florida AHEC](#)



Grandparents Day is September 13

Grandparents Day is a great opportunity for different generations to connect and learn from one another. We encourage you to celebrate an older adult in your life.

Check out the Generations United tool kit on how to stay connected all year long in multi generational relationships:

Grandparentsday.org

Support ElderSource



When you shop with Amazon Smile, you not only find good deals for the things you love, but you can help support ElderSource.

A percent of your purchase goes toward programs and services that support our seniors and caregivers. Click the link to learn more about giving back while you shop on [Amazon Smile](#).



Cards for A Cause has greeting cards for every occasion. From birthdays, Holidays to Thank You's shop with Cards for A Cause to find the perfect messages to share with your friends and loved one. When you purchase cards from Cards for A Cause a percent of your purchase is donated to ElderSource.

[Click here to purchase your cards now](#)



Stay social with ElderSource

[Make a Donation to ElderSource](#)

[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