



Caring Together Newsletter

Honoring the Contributions of Older Americans

And, check out the next in-person Caregiver Coalition event!

Spring 2023

Dear Caregiver,

Each May is observed across the nation as Older Americans Month, a time to celebrate the contributions older adults make to their communities. This special observance was established in 1963 to acknowledge the contributions of past and present older citizens. Every President since Kennedy has issued a formal proclamation during or before the month of May asking the entire nation to pay tribute in some way to older persons in their communities.



The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging -- and how we all benefit when older adults remain engaged, independent, and included.

This issue of *Caring Together* offers you community resources, upcoming events, and articles you might find relevant and helpful and recognizes the the value and contributions older adults have in our lives.

At ElderSource, and within the Caregiver Coalition, we honor older adults, caregivers, and adults living with a disability. We see you. We thank you. We care.

Rachel Weinstein, M.S. Ed
Community Outreach and Coalition Coordinator



**OLDER
AMERICANS
MONTH**

AGING UNBOUND: MAY 2023



Avoiding Ageism in Communication



QUICK GUIDE TO
AVOID AGEISM
IN COMMUNICATION

Language and images convey meaning, which feed assumptions and judgements that can lead to ageism. The way we frame communications also affects how people think, feel and act towards different age groups. This short guide, produced as a part of the Global Campaign to Combat Ageism, aims to help you improve your communication efforts by avoiding ageism in the messages and images you use.

Take a look at the guide, talk about it with friends and family, share it with others. Be part of the "Aging Unbound" theme as we honor older Americans.

[Click here to download the guide](#)

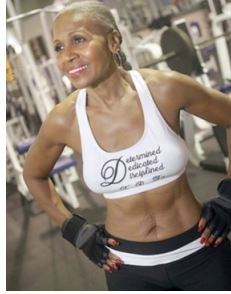


Did you know that the oldest Nobel Laureate Prize winner was Leonid Hurwicz at the age of 90? Or that Dorothy Davenhill Hirsch broke a record when she visited the North Pole at the age of 89? Every day, older adults are challenging the notion that life's biggest accomplishments are reserved for the young, which gives us inspirational stories for senior citizens to feel empowered and encouraged.

From breaking records to award-winning achievements, older adults are proving that there is truth in the saying, "Age is just a number." Whether you're practicing a lifelong hobby or learning something new, your retirement can be the time in your life to make

your dreams come true just like these inspirational stories for senior citizens. Below are a few older adults who are an inspiration!

ERNESTINE SHEPHERD



This 87 year old woman is an American bodybuilder who is best known for being, at one point, the oldest competitive female bodybuilder in the world, as declared by the Guinness Book of World Records in 2010 and 2011. She is still an active, albeit no longer competitive, bodybuilder.

IRIS APFEL



This 101-year-old New York native worked her way from the ground up in the fashion, design and textile industries for decades. Her impressive career includes working as an interior designer lecturing as a visiting professor, writing a novel, and far beyond.

In 2019, she signed a modeling contract with world renowned agency IMG models, one of their oldest signees ever.

Our next Caregiver Coalition event will be in-person!



Join Us for the Next Caregiver Coalition Event!

**Supporting Your Mental Health
As You Care for Someone with Dementia**

Tuesday, June 21, 2023

**Presenting speakers:
10:30 AM to 12:00 PM**

**(Complimentary lunch & resource table visits)
12:00 PM to 1 PM**

Location:

St. Johns County Council on Aging
351 Town Plaza Ave Suite 205
Ponte Vedra, FL 32081

May is recognized as Alzheimer's and Brain Awareness Month. This event will offer attendees important information on how the mental health of a caregiver is just as important as caring for your loved one.

Come and Learn:

- *How caring for someone with Alzheimer's and other forms of dementia sometimes activates the grief process and how to cope if this happens.*
- *Why building a support system matters and how to do it.*
- *Local resources available to you for support, because you don't have to go through it alone.*

Registration is required. Get your ticket below!

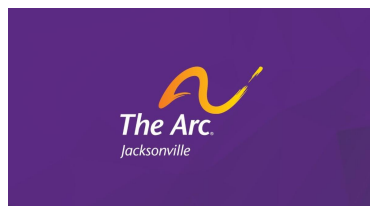
[Click here to register on Eventbrite](#)

Community Events & Resources



ElderSource is always here for caregivers. Whether you're looking to gain support from a virtual support group, prevent caregiver burnout through Powerful Tools for Caregivers' virtual classes, or work with an expert one-on-one through TCARE, our caregiver support offerings can't be beat.

For more information, call 904-391-6690.



From The Arc Jacksonville:

From The St. Johns County

Dementia Services for Individuals with Intellectual and Developmental Differences

The Arc Jacksonville is excited to share its new Specialized Aging Support program to support individuals with intellectual and developmental differences who are at risk of or living with Alzheimer's related dementia, as well as their caregivers.

This program aims to extend independence through proven intervention methods and provide respite and education for family and caretakers, providing improved well-being and understanding of care.

[Click here to learn more](#)

Council on Aging:

Has your loved one been diagnosed with dementia? Facing problems and need someone to talk to? Not sure what to do next? The St. Johns County Council on Aging has a program, Community Caregiving, to help you. It's a FREE, confidential service for St. Johns County residents and their families.

Make an appointment with a Certified Dementia Practitioner who will:

- Develop an individualized education and needs assessment.
- Support, guide, and empower you to find solutions to those needs.

For appointments in northern St. Johns County (Nocatee area) call (904) 814-9407 or email pbrunell@stjohnscoa.com

To educate the public on ways to improve brain health and reduce the risk of memory loss, Mayo Clinic and the Bethel Baptist Church will hold a community event titled "Pathways 2 Brain Health."

Saturday, May 6

10 AM - 1 PM

Bethel Baptist Church

215 Bethel Baptist Street, Jacksonville, FL 32202



- Receive information on the latest research and treatments for Alzheimer's disease and related memory disorders.
- Learn from leading experts in brain health, aging, and caring for a loved one with memory loss.

Topics include: • Proactive brain health for all ages • Strategies for maintaining brain health and reducing the risk of memory loss • Understanding brain health • What is dementia, and is it reversible? • Risk factors for memory loss and Alzheimer's disease • Caregiving techniques for those living with memory loss.

[Click here for the Pathways to Brain Health Flyer](#)



A unique, free event worth checking out!

My Changing Brain

An awareness event dedicated to those living with Parkinson's and/or Alzheimer's Disease



Experts in Neurology
Home Instead Virtual Dementia Tour
Brooks Rehabilitation / Parkinson's Wellness
Program Jax Hope

Click here for the My
Changing Brain Flyer &
Details

Are you caring for someone with dementia?

Sign Up for the Free Savvy Caregiver Program
offered by the Northeast Florida Area Health
Education Center (AHEC).



This interactive program will help you:

- Develop strategies and master skills to help in your personal caregiving situation.
- Find ways to reduce the effects of stress through planning and self-care.
- Increase the contented involvement of the person receiving care.

Join us for the six once weekly sessions.

Location: Virtual Live Webinar

Date: Fridays, May 12 - June 16, 2023

Time: 2:00 pm - 4:00 pm

Registration and additional information:

Please contact **Northeast Florida AHEC** at
904-482-0189 or Toll-Free **1-877-784-8486**



Did you know?



10 Myths About Aging

Many people make assumptions about aging, what it is like to grow "old", and how older age will affect them. But as we are getting older, it is important to understand the positive aspects of aging. Research has shown that you can help preserve...

[Read more](#)

www.nia.nih.gov

For more information,
or if you're interested in
joining the Caregiver Coalition as an community
organizational member, please contact:
rachel.weinstein@myeldersource.org
904-391-6603



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The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Partners include: ElderSource; Alzheimer's Association Central & North Florida Chapter; Baptist Health AgeWell Center for Senior Health; AARP; Community Hospice and Palliative Care; Aging True; City of Jacksonville, Senior Services Division; Brooks Rehabilitation; YMCA of Florida's First Coast; St. Johns Council on Aging; Jewish Family and Community Services; Mayo Clinic Florida; Berg Bryant Elder Law Group PLLC.. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.



If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.