



LAKE COUNTY
FLORIDA

Elder Affairs the ELDER COUNCIL ledger

Elder Affairs

Volume No. 3

Issue No. 1

May 2006

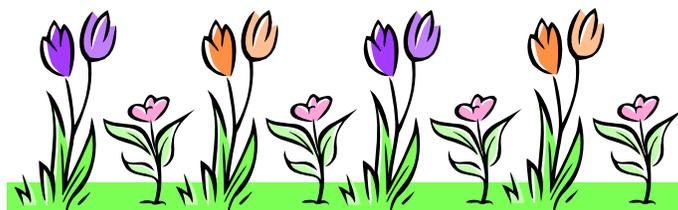
The Council FORUM



From Representative Hugh Gibson...

GREETINGS FROM TALLAHASSEE!

The 2006 Legislative Session is in full swing. I have been working on many exciting issues in the Elder and Long Term Care Committee, which I chair. Nursing home diversion is a big issue this year. One of my bills extends the moratorium on approval of Certificates of Need for Nursing Homes which started in 2001. Since the moratorium was put in place, Florida's nursing homes have experienced a slow decline in occupancy rates from 89.25% in 2001, to 87.4% in 2005. This is increasing the quality of life for all seniors in Florida. I will continue to work for a better future for Florida's seniors.



From the Chair - Kathy Haviland...

Spring greetings to everyone! It is my pleasure to serve as the chairwoman of the Elder Affairs Coordinating Council. The growth of this newsletter is amazing. Let's continue to spread the word on how active we are in making a positive difference. Listening is the beginning. Tell us your concerns. We will listen and actively help find a solution. Our meetings are public. If you can't attend the meeting, please email, call or write to us. We can bring your concerns to the table and work together to find a resolution. You may call me personally at my office (Brookdale Senior Living/Alterra Division (352- 728-6666)



May 5, 2006: Arthritis Foundation, National Training Center, Clermont. 12:00 p.m. – 1:00 p.m. Cost: FREE. *For more information please call Meg King at 352-243-2098*

Welcome individuals affected by arthritis, family members, friends, and anyone interested. Every first Friday of each month meeting.

May 8, 2006: TRIAD Meeting, 12:00 noon Hospice of Lake & Sumter, 12300 Lane Park Road, Tavares. *For more information please call Linda Harville at 352-343-9500*

Triad is a partnership of law enforcement agencies in a county (sheriff's office, police departments, etc.) and older or retired persons working to address crime issues which affect older citizens. They work together to reduce the criminal victimization of the elderly.

May 18, 2006: Lake County Elder Affairs Coordinating Council Meeting, 9:00 a.m., Agriculture and Extension Center, 1951 Woodlea Road, Tavares (Hwy 19) *For more information please call Allison Thall at 352-343-2810*

Meetings of the Lake County Elder Affairs Coordinating Council are open to the public and are advertised as such. Mark your calendars for the 3rd Thursday of every month as we encourage public attendance and participation. If you would like to become a member or would like further information please give us a call at 343-2810.



Steps To A Healthier You

In 2005, the USDA replaced the Food Guide Pyramid with the new MyPyramid. MyPyramid is based on the Dietary Guidelines for Americans 2005. The Dietary Guidelines are a science and research based guide to help us meet nutritional needs, promote health, support active lifestyles and reduce risks of chronic diseases.

MyPyramid is not a diet. It is a suggested pattern of eating and physical activity to promote a healthy lifestyle. It has six main parts and recognizes that one size does not fit all. MyPyramid has twelve different calorie guides based on age and activity.

The parts are:

1. Activity is represented by the person climbing the steps. Aim for at least 30 minutes a day of physical activity. Sixty to 90 minutes may be needed for weight loss or to maintain weight as we age.

2. Moderation is represented by the narrowing of each food groups from the bottom to the top. The wider base stands for foods with little or no solid fats or added sugars. Select these foods more often.

3. Personalization is shown by the person on the steps, the slogan and the URL. Find the kinds and amounts of food you should eat at MyPyramid.gov.

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Programs and RESOURCES

New Vision for Independence, Inc

New Vision for Independence, Inc. (NVI) will begin providing instructions for visually impaired persons and their families in 2006. Classes will be at times and locations in Lake and Sumter counties as required by individuals needing such instructions. Please call 352-787-8795 to discuss your needs.

NVI was established by a group of concerned community citizens who wanted to assure that the rehabilitation and education needs of blind and visually impaired adults of Lake, Sumter and South Marion Counties would be met.

President of NVI, Colleen Kollmann said "Lake, Sumter and South Marion Counties require a full-time community-based agency in order to properly provide rehabilitation and education services to residents with blindness and visual impairment. As of the 2001 census, Lake County had over eight thousand blind or visually impaired residents fifteen years old to over eighty years old, and Sumter County had over two thousand individuals from a similar population. The only agency providing vision rehabilitation services to Lake and Sumter Counties had a center-based office in Leesburg, but closed this office in April 2005."

Instructions will be provided at various locations, including senior facilities, churches and community centers to provide as much accommodation as possible to individual needs.

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calendar COUNCIL

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4. Proportionality is represented by the different widths of the food group bands. The widths are a general guide, not exact proportions. Check the website to find out what is right for you.

5. Variety is symbolized by the 6 color bands representing the 5 food groups and oils. This shows that foods from all groups are needed each day for good health. These colors are:

- Orange** for grains
- Green** for vegetables
- Red** for fruits
- Blue** for milk
- Purple** for meat and beans
- Yellow** for oils

Grains - Make half your grains whole

Add whole grains to recipes where possible. Try whole wheat pasta and brown rice.

Vegetables – Vary Your Veggies

Include dark green and orange vegetables, legumes and starchy vegetables several times a week.

Fruits – Focus on Fruits

Eat your fruits fresh, frozen, canned and dried. Choose fruit more often than fruit juice.

Milk – Get Your Calcium Rich Foods

Choose fat free and low fat milk, yogurt and cheeses. Select lactose-free products and non-dairy high-calcium foods if desired

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“Reduction or loss of vision is a life-altering event causing, at the very least, the necessity to learn how to successfully complete daily living dills that were previously performed with vision,” says Ron Paladini, acting Executive Director of NVI. “Pouring a cup of coffee, dialing the telephone, writing checks, cooking, handling money, and reading mail are just a few of the numerous daily living skills that most people must complete for their basic independence and survival. Additionally, loss of vision can be accompanied by loss of independence, loss of self-esteem, fear and frustration, and even depression.”

Visually impaired and blind individuals who learn to overcome blindness and retain their independence lead more productive lives, are more likely to live in a least restrictive environment, and are far less likely to become dependent on financial assistance and add to the drain on government resources.

This success can be accomplished with a full-time agency such as NVI, which has a well-trained staff, a comprehensive program, and a service that is cost effective while maintaining the highest level of training for its students.

Submitted by: Colleen Kollmann



RULE OF THUMB

There's a reason nothing rhymes with
wisdom.

Even a simpleton knows *conventional wisdom* is an oxymoron.



On Board.....

Greetings from Allison Thall, the new Director of Elder Affairs. It is with great pleasure and excitement that I introduce myself. It has been 4 months since I began this quest and what a marvelous and busy time it has been. The Elder Affairs Coordinating Council has been hard at work sponsoring Medicare Part D public forums, coordinating programs with the Sheriff's Office, and planning for the 3rd Annual Elder Symposium. My door is always open for input and suggestions so feel free to call or email with ideas, questions or issues. I can be reached at 352-343-2810 or at eldersvcs@co.lake.fl.us

Please join us at the Elder Affairs Coordinating Council meeting the 3rd Thursday of each month. See the Calendar section for details.