



LAKE COUNTY  
FLORIDA

# Elder Council Ledger

Elder Affairs

Volume No. 3

Issue No. 3

September 2006

## The Council FORUM



### **SPECIAL NEEDS SHELTERS**

Each year in March, hundreds of Lake County households receive letters asking residents to update their registration information regarding special needs shelters.

The Lake County Emergency Management Division undertakes the annual update of the special needs database because it is important to identify which residents will need assistance when evacuating for a disaster. In all, more than 600 residents are registered for the special needs shelter program in Lake County.

The process of keeping an accurate account of every resident listed in the database is especially important. The information is needed in the event it becomes necessary for residents to evacuate their homes, such as due to a hurricane.

According to House Bill 7121 passed during the 2006 State Legislature, special needs is defined as "persons who would need assistance during

evacuations and sheltering because of physical, mental, cognitive impairment, or sensory disabilities." The bill further states: "Each local emergency management agency in the state shall maintain a registry of persons with special needs located within the jurisdiction of the local agency."

To receive a special-needs application call the Emergency Management office at 352-343-9420. Return a completed application to the Emergency Management office at Room 441 of the Lake County Administration Building, located at 315 W. Main Street., Tavares, Florida 32778. A committee reviews each application and makes a determination of the applicant's special-needs category.

**Category I**—If the applicant chooses not to find alternative sheltering options, space is arranged for the applicant and caregiver at one of the County's special-needs shelters.

**Category II**—The applicant should find alternative sheltering locations in the event of an emergency as their particular medical condition requires more complex care than can be provided in the County's special-needs shelters.

**Category III**—The applicant is a registrant in the County's system. This alerts emergency management officials to their condition and allows them to check on them after a disaster.

*Continued on page 2...*



### **Thursday, September 28, 2006:**

Lake County Elder Affairs Coordinating Council's **3rd Annual Elder Symposium: *Aging Gracefully with Health and Wellness***. 9:00 a.m.—2:00 p.m., Lake Receptions, 4425 Hwy 19A, Mount Dora. Seats still available. For more information or to register call 352-742-6525. \$10 for individuals and \$20 for professionals, continental breakfast and lunch included.

### **Tuesday, October 3, 2006:**

Lake County Board of County Commissioners will formally proclaim the week of October 8—14, 2006 as National Aging in Place Week. Elder Affairs Coordinating Council members and staff will be available from 8:30 a.m.—11:30 a.m. to provide information to the public outside the Board Chambers at 315 West Main Street, Tavares, Florida

### **Friday, November 10, 2006:**

NOVEMBER is Diabetes Awareness Month!!!! The 55Plus Club of Orlando Regional Healthcare and the Lake County Elder Affairs Division in association with DIABETIC CHARITABLE SERVICES and Roche Diagnostics invite you to participate in a Health Screening. **Free** glucose and cholesterol screening. **Free** blood pressure check. **Free** meter upgrade. 9:00 a.m.—5:00 p.m. at The Lake Square Mall. Experts in the field of Diabetes Monitors, Podiatry, and Wound Care will be there to answer your questions.

### **Thursday, November 30, 2006:**

William Colby, author of *Unplugged* and *Long Goodbye* presents ***From Cruzan to Schiavo What Have We Learned?*** 9:00 a.m.—Noon at the Lake Sumter Community College, Leesburg campus. Sponsored by the Lake-Sumter End-of-Life Coalition. This event is **FREE**. To make early reservations please call 352-742-6783.

*Special Needs Shelters.....continued*

## **FAQS**

*How will I know if I meet the requirements for special needs?*

The Emergency Management office will mail out a letter to all applicants of the program based on their medical needs. If at any time changes occur to your health or if you happen to change residence or contact numbers, please call the Emergency Management office at 352-343-9420 to make appropriate changes to your special needs information.

*When should special needs individuals shelter at a County facility?*

If a resident with special needs lives in a manufactured home and has not made evacuation plans with family members or friends, sheltering at a County facility is recommended. Due to the lack of comfort at a County facility, special needs residents are encouraged to seek shelter at a site-built home of family or friend.

*When will Emergency Management officials contact me?*

After successfully completing the special needs registration process, you will be contacted in the event of an emergency. A prerecorded message will advise you to prepare and activate your family disaster plan. If you have not made personal evacuation measures or have not secured an alternate sheltering location with a family member or friend, sheltering in a County facility is a temporary safe haven. For those who need transportation, a number will be provided to call.

*Can I bring my pet to a County special needs shelter?*

All of Lake County's special needs shelters accept pets. Pets must be brought in a carrier that is marked with the owner's name.

# Programs and RESOURCES

The Lake County Sheriff's Office has several community based programs targeting Senior Safety. The following programs are **FREE** to Lake County residents.

**Vial of Life**— The **Vial of Life** Program is designed to speak for you when you are unable to speak for yourself. The information contained within the vial will provide pre-hospital and hospital providers with essential details that will aid in providing appropriate medical treatment. Here are the 5 life-saving steps you can take:

1. Place one **Vial of Life** Sticker on your front door or front window.
2. Place second **Vial of Life** sticker on the jar or bottle.
3. Fill out **Vial of Life** Information Sheet.
4. Insert Information Sheet into jar or bottle from step 2.
5. Place the **Vial of Life** bottle in the refrigerator, making certain is it obvious to anyone opening the refrigerator door.

To obtain your **FREE Vial of Life** call the Lake County Sheriff's Department Community Service Office at 343-9500

**Senior Watch Program**— If you are living alone or have medical problems, you can take advantage of the security provided by the **Senior Watch Program**.

- When you join, you will be assigned your own special identification number.
- Simply call the **Senior Watch** telephone operators each morning before 8:00 a.m. and tell them how you feel.
- If the **Senior Watch** operators do not hear from you, they will attempt to call you.

*Continued in next column.....*

- If you fail to answer the telephone, the **Senior Watch** will contact one of your neighbors or a relative, if possible, to check on you.
- If contact cannot be made with you in a timely manner, an officer will be dispatched to your home.

## HOW TO JOIN

Call the Lake County Sheriff's Community Services Office at 343-9500 and provide your name, address, telephone number and a few details about yourself such as your age, medical condition and friends and relatives who may live nearby.



## When should you call the Elder Helpline? 1-800-963-5337

- In-home Services for Frail Elders
- Nutrition and Meal Programs
- Adult Day Care
- Housing
- Legal Assistance Providers
- Recreation
- Education Opportunities
- Volunteer Opportunities
- Consumer Protection
- Health Care
- Transportation Providers
- Retirement
- Medicare and Medigap
- Employment

The Department of Elder Affairs' Elder Helpline is your Information and Referral Service. The Helpline exists to help you find answers to your questions about aging issues, services and opportunities in your community.



## MAY YOU LIVE A LONG LIFE...

A few tips adapted from the chapter on food from the new book, *Secrets of Longevity: Hundreds of Ways to Live to Be 100*. Author Maoshing Ni.

**Not just for the holidays.** Sweet potatoes and yams are packed with more beta carotene and vitamin C than carrots, more protein than wheat and rice and more fiber than oat brand. Eat them year round.

**Chew on this.** Each time you take a bite of food, chew at least 30 times before swallowing. Your stomach won't have to work so hard to digest the food, and important vitamins and nutrients will be absorbed more readily.

**Bad Bubbles.** Many beverages with bubbles such as sodas contain phosphoric acid, which diminishes bone mass and increases the risk for osteoporosis.

**The apricot advantage.** Apricots have high levels of carotenoids, antioxidants that help prevent heart disease, reduce "bad" cholesterol levels and protect against cancer.

**Tea Time.** Tea is the beverage most commonly enjoyed by centenarians. The free radical-inhibiting property of tea is more potent than that of vitamin E, and tea is a proven preventive and treatment for hardening of the arteries.

**Eat less, live longer.** Most centenarians around the world follow the "three-quarters" rule: They stop eating when they are three-quarters full. Studies have shown that a reduction in caloric intake can increase life expectancy in animals— why not humans?

## It's Time For...

### BrainAEROBICS



Supply the beginning words of each of the following proverbs.

1. \_\_\_\_\_ to tango.
2. \_\_\_\_\_ killed the cat.
3. \_\_\_\_\_ the doctor away.
4. \_\_\_\_\_ is another man's gain.
5. \_\_\_\_\_ louder than words.
6. \_\_\_\_\_ losers weepers.
7. \_\_\_\_\_ is golden.
8. \_\_\_\_\_ is human.
9. \_\_\_\_\_ those who help themselves.
10. \_\_\_\_\_ saves nine.
11. \_\_\_\_\_ is believing.
12. \_\_\_\_\_ but it pours.
13. \_\_\_\_\_ like son.
14. \_\_\_\_\_ to godliness.
15. \_\_\_\_\_ the heart is.
16. \_\_\_\_\_ in for a pound.

Solutions below.

### Become an Eons Member—It's FREE!

Eons.com is a free website celebrating the life that begins at 50. Check out an overview of each of the major areas within the Eons.com website:

- Games—Time to Play—Build Brain Strength with Brain Builders
- Entertainment—The 50+ Spin
- Longevity Calculator
- Search the Web with cRANKy—The age relevant search engine for 50+
- Obits—Remember loved ones and National Notables
- Love, Body, Money—Explore the latest topics

Solutions: 1. It takes two, 2. Curiosity, 3. An apple a day keeps, 4. One man's loss, 5. Actions speak, 6. Finders keepers, 7. Silence, 8. To err, 9. God helps, 10. A stitch in time, 11. Seeing, 12. It never rains, 13. Life father, 14. Cleanliness is next, 15. Home is where, 16. In for a penny,