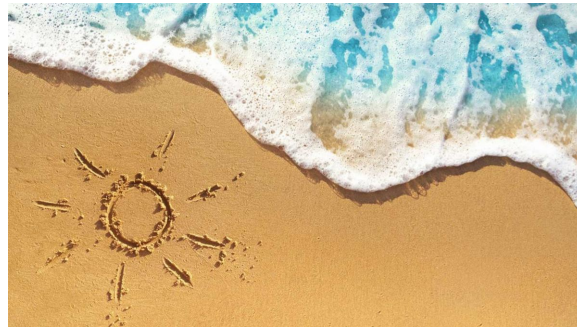




Caring Together Newsletter

Summer 2023



Dear Caregiver,

With this heat, it feels like Summer may go long past August! Grab a cool drink, sit back, and check out this issue of "Caring Together" for the resources, events, and articles in this newsletter aimed at supporting and informing you. We believe you'll find them relevant and helpful.

August recognizes "National Wellness Month" and you'll find articles and upcoming events to help you tend to your wellness including your financial well-being. This issue features information about a virtual Coalition event designed to help protect you and your loved ones against scams.

September is National Falls Prevention month with a specific week -- the 8th through the 22nd --- offering ways to help prevent dangerous falls. Check out the invitation to the in-person event on Thursday, September 21.

The Caregiver Coalition honors all caregivers for your dedication to your loved ones alongside the many other personal and professional responsibilities you face. We see you. We thank you. We care.

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



Upcoming Caregiver Coalition Events



The Scoop on Scams: How to Protect Yourself and Your Loved Ones



Scams are getting increasingly common and more challenging to identify. Join us for this important FREE webinar to learn all about scams, why seniors are commonly targeted, and how to protect yourself against getting scammed. Learn why reporting a scam if it happens to you is so important. They are nothing to be embarrassed about.

Our experts will give you the scoop to arm you against scams. We will hear from Kisha Wilkinson from the Consumer Protection Division from the Attorney General State of Florida office as well as John Risler, SHINE Volunteer and Volunteer Director of Senior Medicare Patrol Taskforce. You don't want to miss this one!

Thursday, August 10
10:30 am - 12 pm
An Online Event



[Click Here to Register!](#)

Honoring Falls Prevention Month



The Caregiver Coalition of Northeast Florida, in partnership with Modified Independence and YouMeCare, brings you the feature-length documentary.

Saving Claire - A New Way to Talk about Preventing Falls

This is the story of how Clearwater resident Linda Goldman became a

playwright at 70 and wrote "Denying Gravity", a play turned into a film about a

woman, a fall, and the dramatic effect on her life, her family and her friends.

Join us for the film followed by a panel discussion with physical and occupational therapy experts who will show you how to reduce the risk of falls protecting you and the person you are caring for.

Afterward, visit the with Caregiver Coalition organization members offering free information about resources.

Event Presenters:

Kris Wilson
Occupational Therapist and founder of Modified Independence
Jacqueline Osborn,
Physical Therapist with YouMeCare

Thursday, Sept. 21
10:30 am to 12 pm
St. Catherine's Catholic Church
1649 Kingsley Avenue
Orange Park, FL 32073
Free to attend
**Lunch is provided*

CLICK HERE TO RESERVE YOUR SPOT!



Join the Northeast Florida Health Education Center (AHEC) for a Fall Prevention Day. This FREE event will feature fun activities and a caregiver education session followed by presentations for health care professionals. A free lunch will be served at noon.

Date: Thursday, Sept. 14th
Time: 11 am - 3 pm
Location: 4040 Woodcock Drive, Jacksonville, FL 32207

Reserve your spot by calling (904) 482-0189 or email by clicking [here](#):

The deadline to register is Thursday, Sept. 7th

Worth a Read!



Articles from our Caregiver Coalition organizational members:

["Breaking the Burnout Myth: What Family](#)

Worth a Listen!



A Podcast from a Caregiver Coalition Member,
Home Instead

["Caregiver Burnout Really Looks Like"](#)

["What High Stakes Negotiation Can Teach You about Caring for a Person with Dementia"](#)

["Where Does Retirement Really Go?"](#)

The Caregiver Chats podcast is a space for family caregivers and care partners to find support and expertise to help make the caregiving journey more manageable. Led by Dr. Lakelyn Hogan, a gerontologist, who interviews guests as they focus on 5 areas of caregiving that tend to be most challenging: caregiver support, aging in place, Alzheimer's and dementia caregiving, care planning, and self-care. Guests include aging industry experts and advocates and caregivers who will share their experiences and personal stories. with Dr. Lakelyn.

Episodes are found on all major podcasting platforms.

Check out these FREE activities!



Click each button below to open information about the activity:

Active After 50 Expo

JCA Savvy Caregiver Program

Yoga for Breast Cancer Survivors

Falls Prevention Day event

Health Fair

Caregiver Lunch and Learn

Dedicated Medical Senior Center Savvy Caregivers

ElderSource is always here for caregivers.

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.



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



The Caregiver Coalition of Northeast Florida is an initiative supported by ElderSource which seeks to support and inform caregivers and to elevate caregiving throughout Northeast Florida. Our organizational members support and guide our events and represent the following organizations: St. Johns Council on Aging, City of Jacksonville, Florida Christian Center, Mayo Clinic, Baptist Health, Florida Blue, Sage Brain Academy, Almost Home, Berg Bryant Elder Law Group, Home Instead, CIL, SilverLink Consulting, Millenium Physician Group, The ARC Jacksonville, Aging True, Shepherd's Center, Westminster Woods, Modified Independence, Community Hospice, Department of Elder Affairs, AHEC, J. Akin Law, Irion Insurance, InSight OT Services, Palm Aging Life Management, YouMeCare, HCA Florida Memorial, and Duval County Public Schools. 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.

ElderSource | 10688 Old St. Augustine Road, Jacksonville, FL 32257

[Unsubscribe andrea.spencer@myeldersource.org](mailto:andrea.spencer@myeldersource.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by rachel.weinstein@myeldersource.org powered by



Try email marketing for free today!