



Caring Together Newsletter

This Issue: *Weathering the Weather*

Summer 2024 Edition

“Hard times don’t create heroes. It is during the hard times when the hero within us is revealed.”

–Bob Riley

Potentially Record-Breaking Hurricane Season



According to NOAA, the National Oceanic and Atmospheric Administration, 2024 is predicted to have "above-normal" hurricane activity. It is estimated there will be 17-25 named storms with a wind speed of 39 mph or higher this hurricane season, June 1 to November 30.

If you or your loved one needs additional support during the hurricane, be familiar with the local and regional resources available to help you prepare. First, sign up for the Florida Special Needs Registry. The Special Needs Registry provides help with registration, transportation, sheltering and evacuation.

Hurricanes bring the potential for danger. Here are some tips to keep yourself and your loved one safe this hurricane season:

1. Have a plan and know what your evacuation route is, if applicable.
2. Make sure to sign up with the Special Needs Registry if you or your loved one needs assistance.
3. Keep supplies on hand, including vital medications, nonperishable food, water, a full tank of gas, a flashlight, batteries and a first-aid kit.

4. Don't wait until the storm is on its way -- prepare early.

[Click here to register for the Florida Special Needs Registry.](#)

[View ElderSource's resources for emergency preparedness.](#)

[Learn more about the projected season from NOAA.](#)

Summer 2024 Might Break Heat Records



A Scorching Summer: 2024 Could Be the Hottest Yet

The Weather Channel predicts "an abnormally hot summer" this year, with potentially record-breaking temperatures in the long-range forecasts. August is predicted to be the warmest month this summer, with temperatures "hotter-than-average."

This adds another layer of complexity to taking care of loved ones this summer -- especially those over 65 years old.

Did you know older adults do not adjust well in sudden changes to temperature? Keep your loved one cool this summer by following the CDC's Caregiver Checklist. The CDC urges you to ensure your loved one is drinking enough water, they have access to air conditioning, they know how to keep cool and make sure you know the signs of heat stress. You can check your local news and weather to get the latest updates and seek emergency medical care for anyone who begins to show signs of heat-related illness.

[Click here for emergency resources from ElderSource.](#)

[More on Effects of Heat](#)

Upcoming Events

**July 10,
August 14,
September
11**

3:30 p.m. at River Garden
Alzheimer's Association Caregiver Support Program
Moderated by Dr. Sue Krall, the Alzheimer's Association Caregiver Support Program is offered on the second Wednesday of each month beginning at 3:30 p.m. This group meets in the Parker Chapel at River Garden and all friends and/or family caregivers are welcome.

July 16 -

Savvy Caregiver Program Class

August 20

Caregivers, check out this FREE program! Our partner agency, Northeast Florida AHEC is hosting Savvy Caregiver Program class starting next month in Jacksonville Beach. They'll happen every Tuesday for six weeks starting July 16th. You'll have the opportunity to learn new skills about self-care, stress management and more. Save your spot by calling Northeast Florida AHEC at (904) 482-0189.

**July 26 -
August 7**

10:00 a.m. - 12:00 p.m.

AHEC Fall Prevention Class

The class will begin July 26 and run every Monday and Wednesday through August 7. This in-person class will be held at HCA Memorial Hospital, 3265 University Blvd S, Jacksonville, FL, 32216. This is an opportunity to increase your activity, exercise to increase strength and balance and make changes to reduce fall risks at home. Save your spot by calling Northeast Florida AHEC at (904) 482-0189.

July 31

10:15 - 3:00pm

Lunch with author Susanna Barton at the River Garden

Join for lunch at River Garden as they welcome Susanna Barton, author of "Grand Plans: How to Mitigate Geri-Drama in 20 Easy Steps," podcast host and founder of the Grand Plans online community. She is also a member of Mayor Deegan's subcommittee on eldercare issues.

August 9

[Click here to register.](#)

5:30 - 8:30

City of Jacksonville's Senior Prom

The City of Jacksonville will be hosting a Senior Prom at the Prime Osborn Convention Center from 5:30 - 8:30 p.m. Tickets are \$10!

August 21

11:30 a.m.

Financial Benefits for Senior Veterans and Surviving Spouses

Now is a great time to educate yourself on the eligibility requirements and financial benefits that may be available for veterans and their families. Presented by non-profit National Association of Veteran's and Families (NAVF), this program includes lunch.

August 29

[Click here to register.](#)

10:00 a.m. - 11:30 a.m.

Powerful Tools for Caregivers Class

Cohort five of the Powerful Tools for Caregivers will begin August 29 and will continue to meet every Thursday for

six weeks. If you live in Northeast Florida and are caring for someone with a chronic condition who is age 60 and over, you are eligible for the program. It is free.

Resources to Support Caregivers

caregiving.com **Free Resources Just for Caregivers and Older Adults**

Caregiving.com offers FREE resources for older adults and caregivers. The platform creates a personalized journey, addressing various aspects of caregiving, including training, skills, finances, emotions, connections, spirituality, culture, and more. From articles to videos, you'll find the guidance and encouragement you can rely on throughout your caregiving journey.

[Click here to visit!](#)



Free Program to Support Caregiver Burnout

ElderSource offers a caregiver support program called TCARE, which stands for **Tailored Caregiver Assessment and Referral System Program**.

How can TCARE help?

- Reduces your stress and provides strategies for reducing root causes of caregiver burnout.
- Creates a care plan just for you that offers support and improves your effectiveness as a caregiver.
- Connects you with resources that best meets your needs.
- Promotes aging in place and may delay nursing home placement for your loved one.

[*Learn More about the TCARE Program*](#)

Powerful Tools for Caregivers Class



ElderSource offers an evidenced-based program designed to help caregivers take better care of themselves while they are caring for a friend or relative. The goal of this FREE program is for you to be the best caregiver you can be. Through six classes held once a week and led by experienced class leaders, participants are given the tools to succeed in their caregiving journey. The leaders will guide caregivers on management of emotions, self-care tips, how to access community resources and ways to find your voice to advocate for what you need as a caregiver. The next two class groups will begin July 30 and August 29.

[Click here to register.](#)



[Click here to view our Amazon Wishlist](#)

Offering Consumable Medical Supplies to Those in Need

By request from caregivers and older adults, ElderSource is offering a resource that will provide consumable medical supplies, called the Sharing and Caring Closet, which is available all year long. These items are expensive and are often not covered by insurance. ElderSource accepts donations to the Sharing and Caring Closet during our regular business hours, and any questions should go to SharingCloset@MyElderSource.org.

[Click here to learn more!](#)

Books by Mail

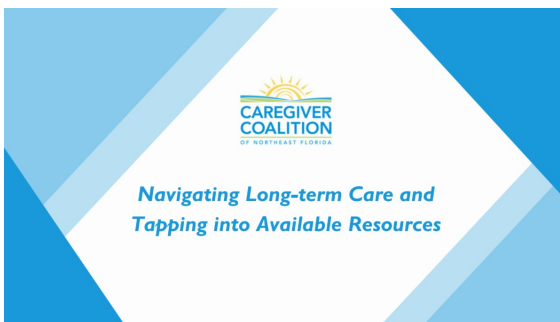
Caregivers of Duval County -- you can now check out books, DVDs and music BY MAIL from the Jacksonville Public Library! There are two different service plans, and the books are delivered through the United States Postal Service. You can



select to have items curated for you based on your preferences and place holds online, or you can select to only check out items you've placed holds on through the library's website. If you are interested, you can apply online, call (904) 255-2665 and apply on the phone or call and request a paper application by mail.

[Learn more or apply now!](#)

In Case You Missed It!



Check out our presentation from April 9, 2024, where we discuss the process of and eligibility for the statewide Medicaid Managed Long-term Care program, how to use the Agency for Health Care Administration website and tips for selecting a long-term care facility. The presentation also provides an overview of tapping into VA benefits for long-term care.

[Click here to view!](#)

Doubling the Impact



More than 5,000 seniors in Northeast Florida are on a wait list for home delivered meals. Each day they're forced to make heart-breaking choices: choosing between buying medicine or groceries or between eating lunch or dinner. To meet this acute need and help honor ElderSource's 50th anniversary of serving seniors in our area, the Delores Barr Weaver Legacy Funds are generously matching every donation up to \$50,000. With your help, we can provide \$100,000 toward feeding low-income seniors in our seven-county service area.

- \$20 becomes \$40 and feeds an older adult for two days
- \$60 becomes \$120 and feeds an older adult for six days
- \$100 becomes \$200 and feeds an older adult for 10 days

Thank you in advance for your help in making this critical fundraiser a success. Together we can raise \$100,000 to help feed and care for more local seniors.

Other Information



What to Know About Romance Scams

By, Federal Trade Commission

Romance scams are sweeping the internet. Here are the basics, plus ways to avoid the scam -- and how to report it, if you have an experience.

[More on Romance Scams](#)



Exercises for Seniors: Safe, Fun, and Effective Ways to Stay Active

By, Aging Today

This article goes over some fun, accessible exercises to keep you and your loved one active! There are options to help with balance and core strength, plus seated options that still improve physical independence.

[Check Out These Exercises](#)

Our Members

[Aging True](#) -- [AHEC](#) -- [Almost Home](#) -- [The ARC Jacksonville](#) -- [Berg Bryant Elder Law Group](#) -- [Center for Independent Living \(CIL\) Jacksonville](#) -- [City of Jacksonville](#) -- [Community Hospice](#) -- [Florida Department of Elder Affairs](#) -- [Florida Blue](#) -- [Florida Christian Center -- Insight OT](#) -- [Iriion Insurance Group](#) -- [J. Akin Law](#) -- [Mayo Clinic](#) -- [Modified Independence Evaluations Inc.](#) -- [Palm Aging Life Management](#) -- [River Garden Hebrew Home for the Aged](#) -- [Sage Brain Academy](#) -- [Shepherd's Center of Orange Park](#) -- [SilverLink Consulting](#) -- [St. John's County Council on Aging \(COA\)](#) -- [Westminster Woods](#) -- [YouMeCare](#)



@CaregiverCoalitionNEFL www.caregivercoalition.org

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

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. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.