



# Caring Together Newsletter

*This Issue: Planning Ahead*

*Spring 2021 Edition - Volume 2*

## April 16th is National Healthcare Decisions Day!

We all make decisions about our health every single day, but what happens if you are unable to make decisions for yourself? **National Healthcare Decisions Day** promotes education and awareness around advance care planning for yourself and those you love. Starting the conversation isn't easy, but it's important to know what next steps to take. In this newsletter we hope to provide resources that help you feel more confident in planning for the future.

*Kandise Chrestensen  
Coalition Coordinator*

The banner features a blue background with white clouds. On the left, the text reads: "NATIONAL HEALTHCARE DECISIONS DAY" in large white letters, followed by "★ your decisions matter ★" in a smaller font. Below this is a horizontal line with a star in the center. The main message "GET THE CARE you WANT." is displayed in large white letters, with "you" in a cursive script. On the right side, there is a word cloud containing terms such as "Honoring Choices", "Decision Maker", "Peace of Mind", "Health Care Surrogate", "Advance Directive", "Family", "Quality of Life", "DNR", "Living Will", "Capacity", "Gift", "Learn", "Decide", "Respecting Wishes", "Feeding Tube", "End Stage", "Condition", "Priorities", "Terminal Illness", "Talk", "Living Will", "Peace of Mind", "Discussion", "DNR", "End Stage", "Decisions", "Living Will", "CACP", "Wishes", "Donation", "Quality of Life", "Terminal Illness", "Gift", "DNR", "Stage", "Decisions", "Living Will". At the bottom, a light blue bar contains the text "VIRTUAL EVENT".

## National Healthcare Decisions Virtual Workshop

When: April 14th, 2pm and April 15th, 10am

[Honoring Choices Florida](#) and [Community Hospice & Palliative Care](#) are providing the opportunity to learn more about advance care planning through two educational webinars.

[Register Here](#)

## Advanced Planning



### *The Legal Aspects of Caregiving: Lawyers' Most Valuable Tips for Caregivers*

In this Virtual Caregiver Workshop we hear from two local Elder Law attorneys on what to do to ensure our loved ones are prepared in case you have to make any critical medical or financial decisions.

[Watch the Recording](#)



### *A Legal Checklist for Family Caregivers*

By AARP

As a caregiver, part of your role is probably handling the financial and legal affairs of the person you're caring for. Here are six tips on how to protect their legal rights and your own.

[Read More](#)



Honoring Choices Florida, our community's advanced care planning program lead by Community Hospice & Palliative

Care, provides an opportunity for individuals to have a conversation and put in writing the care they would want when faced with a serious or life limiting illness. "Facilitators" are trained to guide the conversation about planning and setting goals for future healthcare needs while helping complete a written document.

Visit <https://www.honoringchoicesfl.com/> for additional information.

- [Advance Care Planning Terms, Myths, and Facts](#)
- [Advance Care Planning Checklist](#)
- [Proactive Care Planning for COVID-19](#)

**Thank You 2021 Sponsors!**

This year the Caregiver Coalition has received support from several generous sponsors. These donations contribute directly to bringing awareness to the needs of caregivers and collaborating to find ways to meet these needs. Thank you!



*Florida Blue, 2021 Gold Sponsor*



*Community Hospice & Palliative Care, 2021 Gold Sponsor*



*AARP, 2021 Silver Sponsor*



## Dementia Care and Cure Initiative of Jacksonville

The Caregiver Coalition of Northeast Florida has merged with the Jacksonville task force of the Dementia Care and Cure Initiative (DCCI). We are looking forward to advancing the missions of both DCCI and the Coalition by increasing awareness of and need for caregivers in the community and of those persons living with dementia!

[Read more.](#)



### QuickCare Tips

Active Daily Living: A Powerful Tool for Caregivers

Active Daily Living is a feature on the ElderSource website that contains a sizable library of practical resources for caregivers and seniors to use in their daily lives. Check out these helpful tips and sign up to receive tips, articles, and resources



### Scam Alert!

[According to AARP](#), as of March 31, the Federal Trade Commission (FTC) had logged more than 421,000 consumer complaints related to COVID-19 and stimulus payments, 70 percent of them involving fraud or identity theft. It's important to stay vigilant and look out for telltale signs of fraud.

via email!

- [DIY Enlarged Utensil Handle](#) for impaired grip.
- [DIY Dressing Stick](#) for impaired reach.

[Sign Up for Active Daily Living](#)

- [Vaccine Survey Fraud Alert](#)
- [Three Ways to Avoid COVID-19 Vaccine Scams](#)



The poster features a bright orange background with white clouds and a sun. The title 'Wellness on Wheels' is written in a large, cursive font. Below it, 'COVID-19 Vaccine' is written in a bold, sans-serif font. The text 'Follow us to: ElderSource' is prominently displayed. The event details are: 'April 12, 9 am - 5 pm' and '10688 Old St Augustine Rd'. An illustration shows a white bus with a red cross, a nurse in a white coat, and several people, some in wheelchairs, receiving vaccines. A text box states: 'No appointments are necessary, but please call to ensure an accurate count is reserved. 904-391-6614'. At the bottom, it says 'Helping Curb the Spread One Ride at a Time' and lists 'PROGRAM PARTNERS' with logos for AARP, AGAPE, and another organization.

## COVID-19 Vaccines Available

**Where:** ElderSource  
10688 Old St. Augustine Road, Jacksonville FL 32257

**When:** Monday, April 12th 9am-5pm

Any and all are welcome. No appointment required, but please call to ensure an accurate count is reserved.  
904-391-6614

## Upcoming Virtual Events

**14 April**

**2:00pm**

### Get the Care You Want, Community Hospice & Palliative Care

Learn more about advance directives and advance care planning. Learn what goes into creating a living will and health care surrogate. Take away some tips on how to start the conversation with family and health providers. [Click here to register.](#)

**15 April**

**12:30pm**

### Let's Do Lunch: *Diggin' It*

Join ElderSource and AARP for Let's Do Lunch for a session on container gardening with the expert, Man in Overalls, Nathan Ballentine. [Click here to learn more.](#)

**Fridays**

**16 April-28 May**

**9:30am**

### Savvy Caregiver's Program: Online Webinar

Participants in this interactive program develop strategies and master skills that will help in their personal caregiving situation, find ways to reduce the effects of stress through planning and

self-care, and increase the contented involvement of the person receiving care. [Click here for more information.](#)

29 April

11:00am

### Understanding and Relating to Dementia Behavior, Alzheimer's Association

Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease. [Click here to register.](#)

[View Full Event Calendar](#)

For more information, or if you're interested in volunteering or joining the Caregiver Coalition, please contact: [info@caregivercoalition.org](mailto:info@caregivercoalition.org)  
904-391-6603



[Why Join the Caregiver Coalition?](#)



@CaregiverCoalitionNEFL [www.caregivercoalition.org](http://www.caregivercoalition.org)

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

#### 2021 Gold Sponsors



#### 2021 Silver Sponsor



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: AARP; Aging True Senior Services; Almost Home; Alzheimer's Association; Baptist AgeWell; Berg Bryant Elder Law; City of Jacksonville Senior Services Division; Community Hospice & Palliative Care; Devoted Health ; ElderSource; First Coast YMCA; Florida Blue; Florida Christian Center; Home Instead; Jacksonville Center for Grief and Loss; Jewish Family and Community Services; Mayo Clinic; Millennium Physicians; Northeast Florida AHEC; St Johns Council on Aging; Sunshine Health; Toulou Wootan, Caregiver Advocate and Founder; VITAS Healthcare.

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