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*Improving the quality of life of elder citizens in Broward, Miami-Dade and Monroe counties.*

December 2003

### **Venturing North**

The first opportunity to present the District 6990 Rotary Elder Program (REP) to Rotarians outside of this district took place in early November at the Rotary Club of Boca Raton-Sunset.

Club President Joseph Mirrione participated in the multi-district conference in September and happened by the REP booth at the Rotary Expo. He extended an invitation which I eagerly accepted to promote the efforts of the program beyond the normal reach of District 6990.

What President Joe knows, and what was shared with the club members at the meeting on November 3rd, is that Palm Beach County has the highest percentage of population of elder citizens in the State of Florida. Nearly 30% of Palm Beach County is over the age of 60, the benchmark designated by the Older Americans Act.

Even though REP funds will not be available to provide matching grant support, the members of the Rotary Club of Boca Raton-Sunset are committed to developing a project that will benefit the elder citizens in their community. Congratulations and thanks to the club members for recognizing this opportunity to serve the elder citizens of Boca Raton.

### **!! PHONE NUMBER CHANGE !!**

The telephone number for the Rotary Elder Program has changed, effective December 1st. Please update your records to reflect the new number: **305-865-0747**. All other contact information remains unchanged!

### **Diabetes Days Project**

Five clubs participated in the Diabetes Days awareness campaign jointly undertaken by Publix, CBS television station WFOR-4, the Alliance for Aging of Miami-Dade and Monroe Counties and the Area Agency on Aging of Broward County.

Thanks go to the volunteers from the Rotary Clubs of Coral Springs, Davie-Cooper City, Miami-Sundown, Plantation and Pompano Beach.

Material was distributed at each Publix location that raised the level of public awareness of this silent killer that strikes one in five elder citizens.

### **In-Kind Donation**

AMC Liquidators has offered to donate furniture to be used by Rotary clubs that are performing REP projects. Mike Grimme', the company owner and the President-Elect of the

Rotary Club of Fort Lauderdale made the proposal during just such a project that his club conducted in October. A follow-up visit to the AMC Liquidators warehouse made it abundantly clear that Mike is prepared to back up his kind gesture with action. The 30,000 S.F. facility has an enormous selection. If your Rotary club is planning a home repair project, visit [www.amliquidators.com](http://www.amliquidators.com) and take a look at the inventory. Contact me to determine what type of donation might be available to leverage the effectiveness of your project.

Heartfelt thanks to Mike Grimme' for being an example of Service Above Self.

### **Hurricane Kits**

The 2003 hurricane season officially ended on November 30th but plans are already underway to attempt to better prepare elder citizens for the 2004 season that starts June 1st.

In conjunction with the Area Agency on Aging of Broward County and the Alliance for Aging of Miami-Dade and Monroe Counties, the District 6990 Rotary Elder Program is exploring the possibility of distributing hurricane kits to needy elders. At a minimum, kits would contain a small flashlight, pre-storm checklist, emergency phone number card and, perhaps, an inexpensive AM-FM radio.

Sponsors will be needed for the flashlight and radio. If you or your company would be interested in being a part of this project, that will ease the minds of potentially thousands of low income elders, contact me as soon as possible. While it is true that it is a long time until June in one respect, it will take time to put this together.

Call me now, please!

### **Aging in Place**

Reverend Greta Reed, Associate Pastor of Plymouth Congregational Church in Coconut Grove sits on the Board of Directors of the District 6990 Rotary Elder Program, Inc. I was invited to participate in a presentation

on aging in place, held at the church, in late November. Audrey Blair, Center Manager at the Seymour Gelber Adult Day Care Center in Kendall was the keynote speaker and educated the audience on the challenges people face in attempting to remain in their own homes in the third age of life as opposed to living in some type of congregate facility. I was honored to be able to talk about the Rotary Elder Program and the lives that are being touched by Rotarians throughout the district. It was an excellent opportunity to tell a large group of citizens about the good work that is being done. If you would like to invite me to do something similar at an event that you are developing please contact me so that I can schedule the time.

### **SHINE & Sunshine for Seniors**

SHINE, which stands for Serving the Health Insurance Needs of Elders, is a statewide volunteer based program of the Department of Elder Affairs that helps empower elders to make informed decisions about their health insurance. SHINE services include individual counseling and assistance, educational presentations and outreach at health fairs.

Sunshine for Seniors was created during the 2003 legislative session in Tallahassee, to be a one stop prescription assistance program to help eligible seniors take advantage of existing pharmaceutical assistance programs. Volunteers will assist seniors in finding appropriate low cost or free prescription medications available.

Hazel Hartman, Past President of the Rotary Club of Big Pine and the Lower Keys, is a certified SHINE Counselor.

Abby Powell, Health and Wellness Director of the Alliance for Aging of Miami-Dade and Monroe Counties is hoping that Rotary clubs will embrace the Sunshine for Seniors program, particularly those clubs planning Internet training projects. This would be an excellent addition to such an undertaking.

### **New Years 2004 Resolution**

Resolve now to make the Rotary Elder Program a big part of your club activities in the new year!