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AGE-FRIENDLY LIVABLE COMMUNITIES

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Livable Community Spotlight:

City of Tallahassee: Livable for All Ages

*By Susan Poplin, MSP, AICP, Principal Planner,
Tallahassee-Leon County Planning Department
Sheila Salyer, Senior Services Manager, City of
Tallahassee*

Tallahassee's journey to becoming an Age-Friendly Community (AFC) started in 2015 with strong support from its Mayor and City Commission. Over the years, the vision has held steady with guidance from the Tallahassee Senior Center (TSC) and the Senior Center Foundation, and continuous support from various City of Tallahassee departments, local organizations, and state affiliates. In developing Tallahassee's AFC [Action Plan](#), a significant finding was that its livability areas overlapped substantially, and that the community's biggest gaps were in the awareness of existing and emerging services and programs. Thus, the Plan reflects an inclusive approach—a network of collaboration on action steps and strategies encompassing each of the [8 Domains of Livability](#).



Continued on page 2



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Llona Geiger leads socially distanced fitness class at TSC site in Woodville.



Livable Community Spotlight: City of Tallahassee...continued from page 1

Respect and Social Inclusion

Florida's Capital City leads the way on staying connected with its community. Great strides have been made to combat social isolation, loneliness, and anxiety, which have risen to an unprecedented level over the last year due to the ongoing COVID-19 pandemic. Outreach efforts include a multi-pronged approach to keeping seniors connected and mentally healthy through personal contact and a spectrum of virtual activities and programs. A centerpiece of Tallahassee's outreach includes the Utilizing and Promoting Social Engagement for Loneliness, Isolation and Depression in the Elderly (UPSLIDE) program, which recently won the National Institute of Senior Centers 2020 award for excellence.

Communication and Information

But that's not all Tallahassee is doing to keep communication ongoing with its seniors. Constant Contact email blasts, Virtual Volunteers, and Fitness on Demand are all programs that reach over 10,000 recipients more than four times each month. The short, digestible notices of the email blasts highlight news, events, and upcoming classes, making it easy for seniors

Respect & Social Inclusion
Actively promotes, engages, and celebrates the valuable contributions of all adults in the community

Communication & Information
Increased access to information through various methods including print, tv, and digital

to choose how to adapt and schedule classes that meet their individual needs. The [TSC Facebook page](#) also makes it easy for seniors to follow the various happenings.

Outdoor Spaces and Buildings

Tallahassee is planning a new senior center. A major AFC effort currently underway is the planning for the addition of a new 43,000 square foot senior center that will be located on a six-acre parcel in Northeast Tallahassee. Plans for the center are being coordinated in concert with the new master-planned Canopy at Welaunee development, which features state-of-the-art use and accessibility design for every stage of life. Some of the center's amenities will include a gymnasium, game room, art room, and classroom spaces to accommodate a range of lifelong learning activities.

Outdoor Spaces & Buildings
Accessible, inviting, and safe outdoor spaces and buildings that encourage active participation and recreation

Tallahassee has renowned parks and trails. Tallahassee is improving and increasing use of its public parks and trails, especially during the COVID-19 pandemic. Outreach prioritization, including the Active Living and Constant Contact communications, have heightened outdoor facility use. For instance, the eco-counter at Cascades Park shows marked increases with more than a 20 percent increase in pedestrian/bicycle use over its pedestrian bridge from July to December 2020. Planning for two new parks in the

community includes space for tennis courts, pickleball courts, and passive trails. These design features ensure that the community's parks have spaces and activities for all ages. Ancillary and ongoing outdoor space projects include Bond Linear Park, which was recently completed and the result was the City being selected as one of the [AARP Challenge Grant](#) winners in 2019. The 860-foot linear park, which includes a new accessible bench swing and water fountain, and placemaking signage, connects two existing neighborhood parks, and provides access to a 16-mile rail trail to the coast.

Social Participation

Tallahassee is making staying healthy safe, easy, and fun. Virtual classes through TSC's programs are now offered continuously. As programs shifted from in-person to virtual, it was important to keep seniors connected to fitness, art, lifelong learning, and wellness activities to help stimulate positive mental, physical, and emotional health during social isolation. Through virtual classes, workshops, and an online art gallery, TSC now has a full schedule of activities offered beyond the walls of the center.

Community Support and Health System

Tallahassee has a strong network of health and gerontological providers, including Capital Regional Medical Center and Tallahassee Memorial HealthCare hospitals, nationally recognized Capital Health Plan, the Department of Geriatrics at Florida State University's College of Medicine, and more than 70 aging service providers coordinated through the Capitol Coalition on Aging. Tallahassee's Senior Center Foundation and other local organizations such as [Elder Care Services](#) and the [Alzheimer's Project](#) have provided essential mental health and caregiver support to seniors while under quarantine conditions. Together, these providers help to ensure the community has a substantial gerontological emphasis on the services that seniors need.

Transportation

Tallahassee is addressing Age-Friendly objectives for better infrastructure and transportation. Nowhere are AFC improvements more evident than right outside the Tallahassee Senior Center, which has a rich history of its presence in the Midtown area of the city. With the historic TSC building as the backdrop, new



ABOVE: Tallahassee Senior Center at the corner of Monroe and 7th Streets in Midtown.

wayfinding signs, crosswalks, and enhanced sidewalks with handrails have improved ease of accessibility and aesthetics for the Center's users and Midtown pedestrians.

To incorporate senior interests in transportation planning, StarMetro and the Tallahassee-Leon County Planning Department have also added AFC representatives to its respective advisory groups.

Housing

Tallahassee prioritizes Age-Friendly Housing options. The City of Tallahassee's 2024 Strategic Plan includes goals to rehabilitate and provide emergency repair to at least 425 homes. The City's five-year Consolidated Housing Plan (2020-2024) added a reference section to the AFC Action Plan focusing on seniors' needs in housing and services, and the recent changes to the Tallahassee Land Development Code allows more flexibility for Accessory



Livable Community Spotlight: City of Tallahassee...continued from page 3

Dwelling Units. At least one private sector housing project, Camelia Oaks, is providing a 55+ age-restricted development that features pocket parks, tree conservation, multi-use trail access, and proximity to shopping amenities. Outreach efforts have resulted in the update of online housing resource cards and the launch of a Virtual Home Repair program, enabling seniors to tackle minor repairs themselves.

Civic Participation and Employment

Tallahassee is taking the lead with virtual volunteering. Keeping volunteers connected is important to keeping seniors connected. Notable continuing engagement and volunteering opportunities include the Tallahassee Lifelong Leaders (TALL) group, and Virtual Volunteers. The TALL group was instrumental in advising on the City's Age-Friendly Action Plan, and remains active in helping to assess, identify, and support those efforts. Members of the group also contribute to TSC's fundraising efforts by serving on advisory councils, boards of directors, and participating in various virtual endeavors. Virtual Volunteers was created in partnership with the TSC, [FSU's Institute of Successful Longevity](#), and FSU's Zoom expert, who trains volunteers to assist seniors with technology challenges via the telephone.



ABOVE: Shauna, an active TALL participant, lifelong learner, and volunteer chats via Zoom with her FSU Nursing student "Buddy."

Tallahassee is proud of its Age-Friendly efforts, which cover a broad area and involve a multitude of City staff, volunteers, and affiliated organizations all working for the same goal to improve Tallahassee as an AFC.

Check Your Risk for Falling

Falling is NOT a normal part of aging. There are steps you can take to reduce your risk. The National Council on Aging's [Falls Free CheckUp](#) is a personalized self-assessment that can help determine your risk factors.



Falls Prevention for Older Adults

Falls Free CheckUp

May I Have This Dance?

By Susan Shechter, Project Coordinator, Carl Shechter Southwest Focal Point Senior Center

On March 16, 2020, the Carl Shechter Southwest Focal Point Senior Center in Pembroke Pines was forced to close its doors to its members and the community due to the pandemic. The hundreds of people who came to the Center each day to participate in classes, go to the gym, visit the library, grab a meal, and mostly, socialize with others, were in many cases, relegated to staying at home alone. The adjacent Pines Point Senior Housing facility, comprised of 190 apartments with 225 residents, was also forced to adjust its operating procedures to prevent the spread of the coronavirus. Common areas were emptied where before comfortable couches and chairs had been placed to encourage interaction between the residents. Food donations that had helped supplement, and in some cases, sustain the tenants were no longer available. Activities that had brought the tenants together, creating friendships and promoting health, came to a crashing halt.

As the virus continued to take hold in Broward County, and several residents succumbed to it, the tenants withdrew more and more into their own spaces, and loneliness and fear took hold.

To combat this downward slide, Center staff began making daily "Reassurance" calls, providing a friendly and supportive voice and an opportunity for tenants to connect with the outside world. During these calls, staff became acutely aware of both newly developing and increasing mental health needs of this population.

Jay Shechter, Director of Community Services for the City of Pembroke



Pines, and the Director of the Southwest Focal Point Senior Center, concerned about the decline in the population, was determined to address the problem, and decided "if they can't come to us, we'll come to them."

During "normal" times, monthly dinner dances had been held at the Center, each drawing upwards of 200 people. Those dances were funded through the Center's Senior Advisory Account which consisted of monies earned through the quarterly Flea Markets held at the Center. The fees for renting a table were used to enhance the life and lifestyle of the Center's members, and the monthly dances, complete with a DJ, were a hit.

These are not normal times. Jay approached the caterer who prepared the food for the dinner dances and asked if they could box the meals for delivery. He also spoke with the DJ who connected so beautifully with the monthly dinner dance crowds, to ask if he would be able to set up his equipment in the parking lot of the Senior Residences. And, then he spoke with his staff and volunteers from the community, to ask if they would help to deliver meals to each apartment. Once everything was in place, he headed out to the parking lot to dance "with" the tenants.

A letter was prepared inviting tenants to participate in a Balcony Dinner

Dance. The letter advised them that on a specific day and time, a meal would be delivered to their door, and they were invited to enjoy their meal and lots of music from the safety of their screened-in balcony. Tenants could see one another from a safe distance, as well as the many volunteers out in the parking lot dancing to the music! The packaged meals provided a slab of ribs, a quarter of a chicken, vegetables, potatoes or rice – enough food for more than one night. The music was upbeat, loud, and everyone knew the words and felt the beat.

People waved. People ate. People danced. People called to one another across the balconies. Even those who were typically too shy to attend the dinner dances at the Center felt able to participate from their own home! People felt attached and alive and happy – feelings that had been missing for some time.

At some point, we believe we will be able to come back together, and monthly Dinner Dances will return... but Balcony Dinner Dances will periodically be held. They are a new and fun way to connect and will become a part of the new normal.

For more information, contact Susan Shechter at sshechter@ppines.com or 954-450-6888, or [click here](#) to visit the City of Pembroke Pines Community Services Department.

APRIL SPOTLIGHT:

Lee County Dementia Care and Cure Initiative Task Force

By Laura Copeland, Statewide DCCI Coordinator

This month, the Dementia Care and Cure Initiative (DCCI) spotlight is on a task force which came to be four years ago this month: Lee County. This task force was the second one to join Florida's dementia-caring network. Through changes in its leadership and membership over the years, the task force has always remained a collective group of passionate, driven, enthusiastic, and dedicated individuals volunteering their time and talents for the greater good of their Dementia-Caring Community. They continue to have an impactful presence in Lee County.

"What I love about being a part of Lee County DCCI is it's given me an opportunity to collaborate with other organizations and stakeholders aligned in working to address the growing prevalence of Alzheimer's disease and related dementias (ADRD) in our own backyard. I truly believe it is more powerful to combine forces than to work separately toward a common goal. I work with some incredible individuals on the Lee County Task Force and it has given me the platform to help create positive change in my community by providing education, awareness, and advocacy," said Casey Nobile of Lee Health Memory Care, who is one of the co-leaders of the Lee County DCCI Task Force.

The Lee County DCCI Task Force has provided free dementia sensitivity training and education to all the

sectors of the community recognized by DCCI, but its educational, awareness, and advocacy components have gone far outside the classroom. This group has collaboratively addressed issues surrounding dementia in many creative ways and have gotten the messaging out to the community and beyond. The task force has participated in health fairs, created a spinning wheel with questions about dementia, and hosted a community-wide Dementia Safety Event in the past. The task force flawlessly switched gears to a virtual setting during the pandemic and they have been able to reach a broad audience through their virtual series every Friday titled, "Memory Connections: Supporting You Through the Journey". This task force partnered with two professors in the film studies department at Florida Gulf Coast University to create a video about the purpose and goal of Lee DCCI, and to provide guidance for those affected by dementia. This video was quite an undertaking, and may be [viewed here](#).

"When I joined DCCI to represent the Area Agency on Aging for Southwest Florida, I had some knowledge of ADRD and its impact on the lives of those living with the disease and their loved ones. Being a part of the task force has opened my eyes to so much more. Getting to be a part of such a fantastic conglomeration of groups and individuals has increased my awareness and allowed me, in turn, to educate others. The purpose of DCCI to make our communities



ABOVE: The Lee County DCCI seal was created in 2017 in collaboration between two Lee Health Arts and Healthcare Volunteers – a high school student and a retired speech pathologist who had recently been diagnosed with Mild Cognitive Impairment.

more dementia-caring is one I am so proud to be a part of," said Jennifer Bilinovich, the other co-leader of the Lee County DCCI Task Force.

DCCI task forces are encouraged to give meaning to this initiative; however, it best works in the communities and the task force has the autonomy to move forward with its action plans. The Lee County DCCI Task Force has fine-tuned and made this initiative its own, and the work speaks for itself.

For more information, or to set up a DCCI task force in your area, please contact DCCI@elderaffairs.org.



Dementia is Hard on a Spouse; Make Caregiving Plans Early

By Brenda Lyle, Certified Care Manager, One Senior Place, Greater Orlando

Q: WHO IS GOING TO TAKE CARE OF MY SPOUSE WITH DEMENTIA WHEN I CAN'T?

A: According to the 2020 AARP report, *Caregiving in the U.S.*, over five million family caregivers in the United States are caring for their spouses. Spouses are often of similar ages. As couples grow older, one may lose the ability to care for the other spouse. And when a loved one has dementia, the rapid decline in cognitive and physical health may leave the caregiver spouse overwhelmed. Women, who are often the caregivers, may find themselves in charge of numerous new responsibilities (like family finances), once handled by the ill spouse.

This seismic shift in family dynamics can create a huge caregiving struggle. For this reason, it is essential that family members get together and make a "care plan." A good care plan starts with open and honest family communication. Verbalize the health challenge and identify all the possible resources you are considering. Is

private duty care an option for your family? Can nearby family members pitch in? The family discussion will need to continue as your loved one's disease progresses and different needs become apparent.

A good care plan for dementia patients also addresses legal considerations. Spouses often assume they have the legal right to make all decisions for one another. This is often true... until it's not. Each spouse should have a Durable Power of Attorney (DPOA) with primary and secondary choices named in the document. In addition to a DPOA in Florida, it is highly recommended that you name a Health Care Surrogate. This is a person you trust to make health decisions on your behalf, in the event you can no longer make decisions for yourself. Rounding out the legal part of your care plan is a Living Will, also known as an Advance Directive, a legal document that dictates your wishes when you near the end of life. Other considerations include financial measures to ensure your spouse with dementia is taken care of financially.

The family should also discuss how they feel about different care

settings – especially if the health of the caregiver spouse begins to deteriorate. Should the family member with dementia continue to live at home, or is a memory care facility or assisted living more suitable to meet their care needs?

Taking care of a spouse with dementia is not easy, but with careful planning the family can meet the challenge with greater confidence. At One Senior Place, a Certified Care Manager will assess your situation during a free, 30-minute consultation and help you find the resources you need.

You are not alone.

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com or visit us at OneSeniorPlace.com.

Virtual Brain Bus On-Demand

This statewide outreach initiative raises awareness about Alzheimer's and related dementias from any computer, tablet, or smartphone connected to the internet. Trained dementia experts lead the programs and address the benefits of early detection, early diagnosis, brain health, risk reduction, how to receive an accurate diagnosis, and the latest advancements in Alzheimer's research. All programs are free to attend.

Click [here](#) to view all virtual program offerings.

The Brain Bus is funded in partnership with the Florida Department of Elder Affairs, the Area Agency on Aging of Pasco-Pinellas, Inc., and the Alzheimer's Association.



The image is a "Save the Date" card for the Senior Summit. It features a blue and green background with a beach and ocean theme. On the left, there is a red and white striped lollipop. The text "Greetings from Florida" is written in a white, cursive font. In the center, the words "SENIOR SUMMIT" are written in large, bold, green and white letters. Below that, "SAVE THE DATE!" is written in large, bold, white letters. In the top right corner, there is a postage stamp with the text "FOREVERUSA 2021", "Department of ELDER AFFAIRS", and "STATE OF FLORIDA". At the bottom left, there is a circular stamp with "THURSDAY MAY 20th 2021" and "1-800-96-ELDER (1-800-963-5337)". At the bottom right, there is a circular stamp with "VIRTUAL EVENT". The bottom of the card has a wavy pattern.

Understanding How Medicaid and Long-Term Care Work

By Barbara Fradkin, BSW, CCM and Director, One Senior Place – Space Coast

Nearly two-thirds of Americans in nursing homes are on Medicaid.

Q: HOW CAN MEDICAID HELP WITH LONG-TERM CARE?

A: Many people are surprised to learn about the benefits of different Medicaid programs for seniors.

For this discussion, let's talk about Institutional or Long-Term Care Medicaid (aka ICP Medicaid).

Nursing Home Medicaid is an "entitlement," which means anyone who is eligible can receive assistance.

Benefits are only provided in a nursing home. For Medicaid eligibility purposes, income from any source is counted. This includes employment wages, alimony payments, pension payments, social security disability income, social security income, IRA withdrawals, and stock dividends.

When only one spouse of a married couple is applying for Institutional Medicaid, only the income of the applicant is counted. The applicant, once accepted by Medicaid, will get a monthly personal needs allowance of \$130 per month. The applicant will also need to use their monthly income as their patient liability and pay the nursing home.

Medicaid qualification has "income and asset" limits. Perhaps you think you have too much in income or



assets to qualify for Medicaid. An Elder Law Attorney can help with this determination, assessing your applicable assets like cash, stocks, bonds, investments, credit union, savings, and checking.

The old myth that "Medicaid will take away my house" is just not true. If the applicant owns the home with a spouse who continues to live in the dwelling, it is exempt.

If the applicant lives alone and owns a home, as long as there is "intent" to move back into the home one day — it is exempt.

Importantly, Medicaid has a five-year "look back;" therefore giving money away to your children in an attempt to qualify will not work. It will only make the situation more complex.

It's important to understand that the sources of payment for long-term care are limited to one's own money, long-term care insurance and Medicaid. Because so many people do not plan accordingly for this expense, they find themselves looking to Medicaid

for assistance. Others seek ways to safeguard their limited savings rather than deplete them for long-term care costs.

Elder Law Attorney Ruth Rhodes suggests including Medicaid considerations when planning for long-term care. She points out there are ways that Florida residents 65 and over can qualify for Institutional Medicaid — even if they do not meet eligibility requirements.

- Qualified Income Trust
- Medicaid Planning

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Continuing Dr. King's Legacy 2021 Day of Service

By Joseph F. Slater, Activities Coordinator, Senior Companion/Independent Living Programs, City of Jacksonville and Tammy Anderson, Senior Companion Program Manager, Florida Department of Elder Affairs

The Martin Luther King Jr. holiday is observed each year on the third Monday in January. This year's holiday marked the 26th annual Martin Luther King Day of Service, which celebrates the civil rights leader's life, and promotes year-round volunteer service and engagement. The MLK Day of Service is the only federal holiday designated as a national day of service – it's "a day on, not a day off."

On January 18, 2021, in recognition of Dr. King's incredible legacy of service and leadership to gain equality for all Americans, the City of Jacksonville's [Senior Companion Program](#) (SCP) partnered with Farm Share of Northeast Florida to provide an important service to the community.

SCP volunteers worked to assemble and distribute 1,500 bags of food to members of the Jacksonville community. The distribution set-up included a contactless drive-thru which allowed recipients to safely remain in their vehicles while picking up their food. Event organizers took precautions to ensure safety by providing each volunteer with a face mask, hand sanitizer, and disposable gloves to use throughout the day. And, the "I Have a Dream" speech, recited by Dr. King, was played, and echoed throughout the parking lot as the cars rolled through. This project was a community outreach effort dedicated to meeting a need, enriching civic engagement, and structured to continue the legacy of Dr. King.



**AARP®
Florida**

**AARP thanks our livable
communities' volunteers.**

LEARN MORE

An illustration at the bottom of the AARP Florida graphic shows several small human figures working together to assemble a large, multi-colored puzzle piece. The puzzle piece is composed of several smaller, interlocking pieces in shades of pink, purple, and white. The background is a solid red color.

ABOVE: City of Jacksonville Senior Companion Program volunteers.

Alzheimer's Disease Initiative

By Carolina Mérida, Alzheimer's Disease Initiative Contract Manager

In 1985, the Florida Legislature realized the continued growth of our state's older population and the increasing rates of those diagnosed with Alzheimer's disease and related dementias (ADRD). As a result, the Alzheimer's Disease Initiative (ADI) was created. Today, Florida is the third most populous state in the nation with over 20.8 million people. More than 4.5 million of those residents are 65 or older.

Housed administratively at the Florida Department of Elder Affairs (DOEA), ADI provides specialized services and support to meet the needs of caregivers and those living with ADRD. To be eligible to receive ADI services, an individual must be 18 years of age or older and have a diagnosis of ADRD, or they must be suspected of having ADRD. Caregivers



of individuals receiving ADI services are also eligible to receive training and related support services to assist them in caring for the person with ADRD.

ADI services include:

- Caregiver training and support
- Case management
- Counseling (gerontological)
- Counseling (mental health/screening)
- Education and training
- Specialized adult day care programs
- Respite: in-facility specialized Alzheimer's services, specialized medical equipment and supplies, facility-based respite, and home-based respite
- Transportation

DOEA provides most of its services, including ADI, to Florida seniors through referrals to the state's 11 [Area Agencies on Aging](#). These nonprofit entities advocate, plan, coordinate, and fund a system of elder support services in the perspective Planning and Service Areas (PSAs). Each AAA contracts with one or more Community Care for the Elderly (CCE) Lead Agencies. There are currently more than 50 CCEs in Florida.

For more information about ADI, contact Carolina Mérida at Meridac@elderaffairs.org.

The Florida Department of Elder Affairs, the State Unit on Aging, helps Florida's elders to remain healthy, safe, and independent. The Department provides most direct services through its Division of Statewide Community Based Services, the state's eleven Area Agencies on Aging, and local service providers to deliver essential services to a vital segment of the population. For more information, please visit elderaffairs.org.



Upcoming Events

APRIL

- [Florida Volunteer Month](#)
- [National Donate Life Month](#)
- [Parkinson's Awareness Month](#)
- [Occupational Therapy Month](#)
- [Minority Cancer Awareness Month](#)
- [National Distracted Driving Awareness Month](#)
- 5-11 [National Public Health Week](#)
- 18-24 [National Volunteer Week](#)

MAY

- [American Stroke Month](#)
- [Arthritis Awareness Month](#)
- 1 [Kentucky Derby Day](#)
- 6-12 [National Nurse's Week](#)
- 9 [Mother's Day](#)
- 9-15 [National Women's Health Week](#)
- 20 [DOEA Senior Summit](#)
- 26 [National Senior Health & Fitness Day](#)





How Does Memory Relate to Driving?

By Dr. María de los Ángeles Ordóñez, Director of the Louis and Anne Green Memory and Wellness Center at Florida Atlantic University and Associate Professor Christine E. Lynn, College of Nursing

Procedural memory refers to the ability to use a learned skill in an unconscious manner. Turning the key in the ignition, shifting gears, and distinguishing between the brake and gas pedal all involve procedural memory.

Episodic memory is the unique memory of a personal experience that is retrieved by thinking back to an earlier time. Thinking about your first day at work is an example of episodic memory.

Cognitive abilities related to driving include:

- **MEMORY:** The encoding (storing) and retrieving (recalling) of memories. Memories can be verbal, visual, or procedural (i.e., riding a bike).
- **ATTENTION:** The ability to focus on a task and shifting to a more relevant stimulus when warranted. Attention is an important component to memory.
- **GEOGRAPHICAL ORIENTATION:** Knowledge of the environment through which a driver is moving; the relationship between where they are, where they should be, and where they are going.
- **SYSTEMATIC SCANNING**
- **VISUOSPATIAL SKILLS:** The processing of visual information in surrounding spaces, including identifying objects and where the objects are.
- **INFORMATION PROCESSING**
- **EXECUTIVE FUNCTIONING:** The ability to process and respond appropriately to incoming information or stimuli (i.e. decision-making, problem solving).

Florida Atlantic University: A Memory and Driving Study

By Dr. Ruth Tappen, Eminent Scholar and Professor; Dr. David Newman, Associate Professor and Statistician; Dr. Laurie Martinez, Memory and Driving Study Project Coordinator, and Associate Professor Christine E. Lynn, Florida Atlantic University College of Nursing

Do you want to help Florida Atlantic University formulate the first older driver in-vehicle sensors to detect cognitive change? To begin their work, the research team needs 750 older drivers to volunteer.

Florida Atlantic University has a team of researchers who represent diverse communities and speak several languages (English, Spanish, Haitian-Creole), that will test and evaluate an unobtrusive in-vehicle sensing system. The sensor system is designed to be an early warning system that detects cognitive change and could be used in the future as a widespread, low-cost early warning of cognitive change for a large number of older drivers. The study is supported by the National Institute on Aging.

The team invites men and women 65 years and older, of different racial and ethnic backgrounds, and who have a vehicle and drive, to participate in this groundbreaking study.

YOU can make a difference for yourself, your family, and future generations. We invite you to join in to make a difference!

Why participate in research?

Research is important to healthy aging as discoveries from research lead to treatments and disease preventative practices (i.e., vaccines, antibiotics, benefits of an active lifestyle). Benefits of volunteering for research include learning more about health conditions, helping others in future generations, gaining information about community resources, and receiving regular monitoring by health professionals. Researchers are required to follow strict rules enforced by the Federal Government to protect participants' safety and privacy.



National Institute
on Aging



Florida Atlantic University is seeking participants for a memory and driving study.

Researchers invite older adults to participate in a study that merges healthcare and technology by using in-vehicle sensors to study memory and driving.

The research will take place at Florida Atlantic University's Boca Raton and Davie campuses.

Participation is voluntary, and your identity will remain confidential.

We are seeking adults:

- * 65 years or older
- * Fluent in English or Spanish
- * Lease or own and drive a car
- * Hold a valid driver's license
- * Meet with the team regularly (every three months over three years)

Note:

Participants will receive a **\$25 gift card** at each visit, and a **\$50 gift card** at the final visit for a total of **\$325**.



COVID-19 Precautions:



Masks



Gloves



Vehicle Disinfection

YOU CAN MAKE A DIFFERENCE FOR YOURSELF, YOUR FAMILY AND FUTURE GENERATIONS.

For more information, contact Dr. Laurie Martinez at **845-705-8982** or **drivingproject@health.fau.edu**

BE PROACTIVE WITH THE NEW TRANSIT READY KIT

Florida's public transit options continue to safely and efficiently get many people where they need and want to go in their communities.

The latest resource from the Safe Mobility for Life Coalition, the *Transit Ready Kit*, lists everything needed to prepare for a safe and comfortable transit trip. A review of the full list is a great reminder of the different things you may need or want to have handy.

You can access the full *Transit Ready Kit* and other educational resources such as the *Tips on How to use Transportation Options in Florida – Public Transit* brochure at fdot.tips/transit.



ARE YOU TRANSIT READY?



Items to bring on your transit ride



Pack your things



Protect yourself



Relax on board



Maintain your routine



Prep your payment



Know your stops



Gather your necessities



Prepare for weather



See and be seen



View the full *Transit Ready Kit* and more public transit resources at fdot.tips/transit.

COMING THIS MAY: 2021 Disaster Resource Guide for Older Adults

The Office of Communications at the Department of Elder Affairs is pleased to announce a new and revised edition of the *Disaster Resource Guide for Older Adults*. The guide will be available online and in print this May.

The *Elder Update* is a complimentary publication produced by the Department of Elder Affairs. It is distributed to over 45,000 Floridians including seniors, caregivers, policymakers, and elder-care service providers.

To subscribe to the *Elder Update*, fill out the online form at elderaffairs.org/doea/elder_update.php.



Know the Sudden Signs of Stroke

If you see someone experiencing any of these stroke symptoms, call 911 immediately. Getting treatment within 60 minutes can prevent disability.



Acting F.A.S.T. is key to stroke survival.



Face: Does one side of the face droop when smiling?



Arms: Does one arm drift downward when both arms are raised?



Speech: Is speech slurred or strange when repeating a simple phrase?



Time: If you see any of these signs, call 9-1-1 right away.

