Welcome to Your Aging & Disability Resource Center

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Palm Beach / Treasure Coast, Inc.
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PLANNING & SERVICE AREA 9
The Area Agency on Aging of Palm Beach/Treasure Coast, Inc., Your Aging & Disability Resource Center, is a dynamic private nonprofit organization dedicated to serving the needs of seniors, adults with disabilities and those who care for them in Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties. Services are funded by the Area Agency on Aging and provided through the Aging Network to provide a Circle of Care.

LEAD AGENCIES AND SERVICE PROVIDERS
Alzheimer's Community Care, Inc.
Legal Aid Society of Palm Beach County
Council on Aging of Martin County, Inc.
MorseLife
Council on Aging of St. Lucie County, Inc.
Okeechobee Senior Services
Critical Signal Technologies
Palm Tran, Palm Beach County
Division of Senior Services,
Ruth & Norman Rales Jewish Family Services
Palm Beach County
Senior Resource Association
Federation Transportation Services, Inc.
The Volen Center
Florida Rural Legal Services, Inc.
Many cultures through the years have held up their seniors and revered their elders for their wisdom and knowledge as viable community members. They are honored as patriarchs and matriarchs—valued for their societal contributions.

People in this country could learn much from observing these other cultures.

Here at Your Aging and Disability Resource Center, our Centers of Excellence allow us to better integrate some of these time-honored principles of respect for our senior citizens and innovate new ways to keep them at home with their family caregivers or in an assisted living facility. We consistently try to ensure that the time, attention and focus of our Agency is working toward that “common vision” with our aging network partners—on delivery of quality services and more importantly, support to our communities.

Let me re-emphasize that as a leadership team, we have focused on four values that we believe affect not only how we work internally as a team, but also how we relate with our community network partners and our external customers—the seniors, adults with disabilities and caregivers we serve every day. These four values are: Humility—the willingness to lift up others as well as to put others’ needs first; Gratitude/Appreciation—recognizing and appreciating others for their respective roles and how well they do what they do; Respect for everyone regardless of their station, position or amount of contribution as each has gifts and talents that deserve to be honored; and finally, Responsibility/Accountability—accepting personal and shared responsibility and being personally accountable—the ultimate responsibility. Accepting and practicing these core values in our daily lives in how we conduct ourselves in the work place as well as in the community, lays the foundation for true teamwork, which is key to achieving excellence.

Caregiving is not easy…even with our beloved family members. The strain on the caregiver, as well as the rest of the family unit, can be daunting. We are here, not only for the seniors and people with disabilities, but for the people that care for them. Our Centers of Excellence help us to better visualize how to create a new future by redesigning expectations and using imagination. Senior members of society and people with disabilities today are different, more active (many still in the working force) and still participating—ready to make an important impact on the future of aging!

Everything we accomplish is a result of working as a team with our internal staff, our Aging Network Partners, our Statewide Partners as well as our National Partners. As a National Aging Services Network and as a team, we will be a wave of cooperative energy able to face the challenges ahead like never before and change for the better—the future of aging.

“Change is the law of life. And those who look only to the past or present are certain to miss the future.”
~ John F. Kennedy

Jaime Estremera-Fitzgerald
Chief Executive Officer
In a culture that thrives on teamwork and rewards innovation, dedication and creative thinking, Your Aging & Disability Resource Center strives for superior customer service to each other and to our seniors, adults with disabilities and their caregivers through our **Centers of Excellence.**

**Centers of Excellence**
- Charitable Giving
- Communications/Events
- Consumer Care & Planning
- Customer Care
- Elder Rights
- Emergency Management
- Fiscal
- Foster Grandparent Program
- Healthy Living

**Helpline**
- Human Resources
- Information Technology
- Organizational Integrity
- SHINE
- Strategic Initiatives

Your Aging & Disability Resource Center’s Helpline is staffed by a corps of trusted, compassionate, professional specialists who help seniors, adults with disabilities and their caregivers find answers and make informed decisions. Specialists are available to help in English, Spanish and Creole. Services are available to the entire community seeking answers on aging or looking for service providers. Part of a nationwide network, Your Aging & Disability Resource Center provides information on aging issues, advocacy, one-on-one assistance and a host of services that help seniors maintain their independence. The Helpline is the gateway to publicly funded services for seniors.
¿Quiénes somos nosotros?

En una cultura que prospera con trabajo en equipo y que recompensa innovación, dedicación, y creatividad, Your Aging & Disability Resource Center se esfuerza en proveer excelente servicio a clientes – entre el personal y a las personas mayores y sus cuidadores – por nuestros Centers of Excellence.

Centers of Excellence
Charitable Giving
Communications/Events
Consumer Care & Planning
Customer Care
Elder Rights
Emergency Management
Fiscal
Foster Grandparent Program
Healthy Living
Helpline
Human Resources
Information Technology
Organizational Integrity
SHINE
Strategic Initiatives

La línea para ayuda a personas de la tercera edad, patrocinada por Your Aging & Disability Resource Center, está administrada por especialistas profesionales, compasivos, y dignos. Ellos encuentran soluciones y hacen decisiones razonadas. Se pueden aconsejar en español, inglés, y creole. Servicios están disponibles para todos en la comunidad buscando información sobre envejecimiento o proveedores de servicios. Parte de una red nacional, Your Aging & Disability Resource Center ofrece muchos servicios que facilitan la independencia de personas mayores.
**WHY ARE WE?**

The Older Americans Act was a response to Congressional concerns about the lack of community social services for senior citizens, especially those at risk of losing their independence.

The Older Americans Act focuses on improving the lives of older people in the areas of income, housing, health, employment, retirement and community services.

The Older Americans Act established the Area Agencies on Aging and the National Aging Network.

The federally funded Older Americans Act provides a variety of in-home and community-based services without cost to persons 60+ through the “aging network”. While people 60 years and older are eligible for Older Americans Act programs, services are funded for individuals with the greatest economic and social need. Support services for family caregivers are also available.

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**STATEMENT BY ASSISTANT SECRETARY KATHY GREENLEE ON THE 45TH ANNIVERSARY OF THE SIGNING OF THE OLDER AMERICANS ACT**

On July 14, 1965 President Johnson signed the Older Americans Act into law. Sixteen days later, on July 30, he signed legislation creating Medicare and Medicaid. These three programs, along with Social Security enacted in 1935, have served as the foundation for economic, health and social support for millions of seniors, individuals with disabilities and their families. Because of these programs, millions of older Americans have lived more secure, healthier and meaningful lives. The Older Americans Act has quietly but effectively provided nutrition and community support to millions. It has also protected the rights of seniors, and in many cases, has been the key to independence.

In 1965, there were about 26 million Americans age 60 and over. Today, there are 57 million older Americans 60 and over, with many more on the immediate horizon. Our senior population is not only growing larger, but becoming more diverse. Adults over 80 are our fastest growing group, and many will need long term care. Reliance on family members, who currently provide 80 percent of the long term care assistance for our nation’s seniors, will increase.

The historic enactment of the Affordable Care Act (ACA) by President Obama on March 23, 2010 provides us with another tremendous opportunity to harness the successes and progress of the last four decades to further improve the health and lives of older Americans and support their caregivers. The ACA represents the biggest change in our national health care delivery system since 1965. And just as they were in 1965, the programs of the Older Americans Act - and our national aging network of state, tribal and community-based organizations, service providers, volunteers and family caregivers - will be called upon to complement, support and enhance these changes. How successfully we weave these multiple responsibilities together will say much for how we will care for seniors in the future.

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¿PORQUÉ SOMOS NOSOTROS?

El Congreso reaccionó a la falta de servicios para ancianos en la comunidad, con el Older Americans Act. Se angustiaban sobre los riesgos que afrontaron personas mayores, por ejemplo la pérdida de independencia.

El Older Americans Act se concentra en mejorar la calidad de vida de personas mayores en asuntos económicos, y en salud, jubilación, y apoyo general.

El Older Americans Act creó la red de programas para ancianos en los estados unidos, y creo las Area Agencies on Aging que existen en cada comunidad.

El Older Americans Act, financiado por el gobierno federal provee una variedad de servicios en casa y en la comunidad, gratis, a personas que tienen 60 o más años de edad por una red de agencias. Mientras que se estableció el Older Americans Act para todos que sean elegibles por edad, se priorizan servicios para los que tienen pocos recursos y necesidades más severas. Respiro y consejo para familiares también están disponibles.

14 de julio, 1965, el presidente Johnson aprobó el Older Americans Act. Dieciséis días luego, en el 30 de julio, firmó las leyes que incluyeron Medicare y Medicaid. Estos tres programas, con Social Security que se creó en 1935, han sido la fundación de apoyo social, económico, y sanitario para millones de personas mayores, personas discapacitadas, y sus familias. A causa de estos programas, millones de ancianos han vivido vidas más seguras, sanas, y significativas. El Older Americans Act sutilmente ha proveído nutrición y amparo efectivamente a millones. También, la ley ha protegido los derechos de personas de la tercera edad, y en muchos casos ha sido la clave de su independencia.

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En 1965 habían 26 millones americanos con 60 o más años de edad. Hoy en día hay 57 millones de americanos mayores, y más en el horizonte. La población está creciendo, y vienen de entornos diversos. El grupo más grande es el de personas con mas de 80 años de edad, y muchos pasarán algún tiempo en asilos. Ahora sus familiares proveen 80% de la ayuda personal a personas mayores.

La nueva ley histórica, el Affordable Care Act (ACA) aprobado por presidente Obama en 23 marzo, 2010, nos ofrece una oportunidad de aprovechar los éxitos y el progreso de las últimas 4 décadas, para mejorar la calidad de vida de personas mayores y sus cuidadores. El ACA significa el primer cambio en nuestro sistema de seguros médicos desde 1965. Y como era en 1965, los programas del Older Americans Act (nuestra red de agencias en las comunidades, los estados, tribus nativas, profesionales, voluntarios y familiares) tendrán que sostener, realizar y complementar los cambios. Nuestro éxito en tejer estas responsabilidades indicará el bienestar de nuestros ancianos en el futuro.
What are we?

Your Aging & Disability Resource Center is a dynamic, private, nonprofit organization dedicated to serving seniors, adults with disabilities and those who care for them. Your Aging & Disability Resource Center, your local Area Agency on Aging, is the leader of the Aging Network in Planning and Service Area 9 which includes Indian River, Martin, Okeechobee, Palm Beach and St. Lucie counties.

Your Aging Network

Your Aging & Disability Resource Center Helpline is the gateway to services for seniors, adults with disabilities and their caregivers. Services are available to the entire community regardless of ability to pay. Professional, dedicated staff is here to help in English, Spanish and Creole.

Let's face it: life gets a bit more complicated as we get older, so it's good to know where to turn.

Our Mission

is to promote, support and advocate for the independence, dignity and wellbeing of seniors, adults with disabilities, and those who care for them in a manner that values diversity, reflects the communities we serve and embraces the collaboration of the aging network.

Growing older has its rewards...

one of the finest is Your Aging & Disability Resource Center.

Helpline 1.866.684.5885
Your Aging & Disability Resource Center es una organización dinámica sin fines de lucro, dedicada a servir personas mayores, adultos con discapacidades y sus cuidadores. Your Aging & Disability Resource Center/Area Agency on Aging of Palm Beach/Treasure Coast, Inc. es líder de la red ‘Aging Network in Planning and Service Area 9 que incluye los condados de Indian River, Martin, Okeechobee, Palm Beach and St. Lucie Counties.'

**¿Qué somos nosotros?**

*Your Aging & Disability Resource Center* es una organización dinámica sin fines de lucro, dedicada a servir personas mayores, adultos con discapacidades y sus cuidadores. **Your Aging & Disability Resource Center** es líder de la red ‘Aging Network in Planning and Service Area 9 que incluye los condados de Indian River, Martin, Okeechobee, Palm Beach and St. Lucie Counties.’

Envejecer tiene sus recompensas…
una de las mejores es Your Aging & Disability Resource Center.

**Nuestra Misión**
es promover, y apoyar y abogar por la independencia, dignidad y el bienestar de las personas mayores, adultos con discapacidades y aquellos que los cuidan en una manera que valora la diversidad, refleja las comunidades que servimos y abraza la colaboración de la red de envejecimiento.

**Helpline**
1.866.684.5885

Afróntelo: Se complica la vida con más edad. Es una ventaja saber dónde buscar remedios.
Mission

Division of Senior Services’ (DOSS) mission is to provide accessible and high-quality services to help seniors 60 and older attain optimal independence, and promote quality of life for seniors and their caregivers.

Goals

DOSS goals are to administer to seniors a comprehensive range of programs that provides social and emotional well-being; to encourage independence; and to support seniors and their caregivers within the community with dignity and choice.

• Administration & Central - 810 Datura Street, West Palm Beach, 33401
• North County Senior Center - 5217 Northlake Boulevard, Palm Beach Gardens, 33418
• West County Senior Center - 2916 State Road 15, Belle Glade, 33430
• Mid County Senior Center - 3680 Lake Worth Road, Lake Worth, 33461

Okeechobee Senior Services
County of Okeechobee Board of County Commissioners
1019 SW Park St, Okeechobee, FL 34972-4067
863.462-5180
www.clerk.co.okeechobee.fl.us

Using three county vans, Okeechobee Senior Services provides 160 home delivered meals each day.

Congregate meals at Okeechobee Senior Services provide nutrition, socialization, stimulation and entertainment

“Many seniors are isolated; we find or create bridges. With very limited resources, we go the extra mile. We have some very proud moments.”
Our mission is simple:
To seek, develop, coordinate, and administer home and community–based programs and services for senior persons of St. Lucie County and adjoining areas.

Our goal is simple...
...but worthwhile. We strive to serve the diverse needs of seniors, and improve their quality of life in meaningful ways. We offer a variety of programs and activities which not only promote independence, but expand horizons. Here, seniors come to share interests and experiences, learn new or sharpen old skills, receive assistance with the chores of daily living, support one another, and make new friends – all in a safe and caring environment.

Did you know that more than 25,000 senior residents of St. Lucie County receive assistance from the Council on Aging every year?
We help seniors continue to live independently and delay placement into supervised living facilities.

A new way of aging has come to Martin County. One that encourages living life to its utmost ... with joy, care, companionship and a true sense of belonging. One that embraces all elders while helping them to enjoy longer, healthier lives.

At the Charles and Rae Kane Center, seniors of all capabilities and walks of life – as well as their families and caregivers – come together in a secure, comfortable atmosphere where they feel truly at home. Here, they can find access to wellness programs, adult day care, social interaction, entertainment, activities and more.

Mission
The Council on Aging’s mission is to help seniors live young at any age by remaining independent, healthy and living in their own homes. We provide Meals on Wheels, an adult day program and care management services that improve seniors’ quality of life through enhanced socialization, nutrition and mobility. The Council’s services are available to the 53,000 seniors who reside in Martin County, Florida, with most services also available to seniors throughout the Treasure Coast. Celebrating its 40th Anniversary of service to the community in 2014, the Council on Aging’s most impressive accomplishment is the Kane Center embodying its extraordinarily upbeat philosophy ~ “Helping seniors live young...at any age.”
Our Mission

Senior Resource Association promotes independence and dignity in our community by providing services to older adults and transportation to all.

The Senior Resource Association (SRA) was incorporated as a nonprofit organization in January 1974 to provide services designed to promote an active, healthy, independent lifestyle for older adults. SRA provides and promotes programs for active older adults, assists seniors and their families in finding resources, and delivers quality, professional services that meet a senior’s individual needs.

SRA is recognized as the lead agency in Indian River County for home and community based services for older adults.

TOGETHER WE MAKE COMMUNITY HAPPEN!

A place for seniors, young adults, children, and everyone in between. It is everything you love about your neighbors and community wrapped up in one great, easy-to-get-to center. Providing services, support and information to the community.

From Broward to Palm Beach County, we at the Volen Center enhance the well-being of South Florida seniors, young adults, children, and their families by educating and advocating on their behalf, and by providing health care and supportive services that meet their physical, emotional, social and psychological needs.
We promote independence, dignity, health and wellbeing.

Through each life stage, we provide seniors and adults with disabilities in our community with programs and services that promote their independence, dignity, health and wellbeing. For their caregivers, we strive to ease the confusion and anxiety of caring for a loved one in their later years. By administering programs supported by local, state and federal funding, along with the generosity of individuals and organizations, we work to improve the quality of life for those whose lives we touch.

We...Help. The heart and soul of Your Aging & Disability Resource Center is the Helpline which is the gateway to publicly funded services for seniors provided under the Older Americans Act. If you are looking for help to enroll in Medicaid, information and assistance, food or in home services, Your Aging & Disability Resource Center’s Helpline is here to help. If you are in need of adult day care, home delivered meals, respite care, congregate meals, personal care or prescription savings, the Helpline may be able to help. We also provide energy-related financial assistance on an individual basis to keep the power on or fix a broken heating or cooling system.

We...Empower. We provide a variety of services that make it possible for elders to live independently in their own homes, including home-delivered meals, in-home help, nutrition education, transportation, medical supplies and outreach companionship. Our Healthy Living Center’s focus is on prevention, intervention, chronic disease management, wellness screenings and education to empower and improve quality of life.

We...Enrich. Our programs enhance the lives of seniors by offering opportunities for them to reach out to the community and connect with all ages in a meaningful way. We recruit, train and place volunteers to provide supportive services to others, including respite for caregivers of elders, enabling them to remain self-sufficient and independent. Our Foster Grandparent Program enriches the lives of low-income seniors (and many children) by giving them the opportunity to serve as mentors and tutors to children in pre-K through third grade.

We...Educate. We provide health education on important issues such as medication management, osteoporosis, injury prevention, mental health and Alzheimer’s disease. To help seniors make sense of the often complicated Medicare programs, our SHINE (Serving the Health Insurance Needs of Elders) volunteer counselors provide health insurance counseling, including decoding medical statements, filing claims, and, when necessary, processing appeals.

We...Comfort. Our caregiver support programs help relieve the emotional, physical and financial hardships of individuals providing care through a variety of services, including training, counseling, group adult day care programs, housing improvements, legal services and medical supplies when necessary.

We...Advocate. We provide assistance to elders who are victims of a crime through personal advocacy, criminal justice support and assistance in filing for victim compensation claims. In accordance with the Older Americans Act, we comment on all actions affecting seniors and their welfare. We are active in policy development and provide training to advocates on senior issues.
Helpline
1.866.684.5885

Call us if you’re looking for help with:

- MEDICAID Long Term Care
- Home Delivered Meals
- Respite for the Caregiver
- Adult Day Care
- Alzheimer’s specific respite
- Personal Care/Homemaker
- Caregiver Stipend
- Electric Bill Assistance

Your Aging & Disability Resource Center’s Helpline is the number to call when you need information and guidance on resources available to seniors, adults with disabilities and their caregivers.

Life gets a bit more complicated as we get older. It’s good to know where to turn.
Life gets a bit more complicated as we get older. It's good to know where to turn. Call us if you're looking for help with:

- Medicaid Long Term Care
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La vida se complica cuando nos envejecemos. ¡Es bueno saber adónde acudir!
ELDER RIGHTS Center of Excellence

Crime Prevention and Victim Assistance
The Elder Rights Center of Excellence helps seniors and their loved ones prevent, respond to and recover from crimes, abuse, neglect and exploitation.

WHAT WE DO

Crime Prevention Our staff and volunteers keep track of current scams, trends and prevention tips so we can share them with others. Contact us to schedule a free crime prevention presentation for your group of seniors. Favorite topics include: Frauds and Scams, Holiday Safety and Preventing Elder Abuse, Neglect and Exploitation.

Professional Training Whether you are a caregiver or just part of a caring community, knowing how to recognize and respond to Elder Abuse, Neglect and Exploitation is a necessary skill. The Elder Rights Center of Excellence offers training tailored to the needs of professionals in the law enforcement, health care, senior housing and public service arenas.

Public Awareness We help seniors, their loved ones and caregivers fight back by identifying the most common crimes, tips on how to avoid them and if you have been a victim, how to report them.

Advocacy for Senior Crime Victims The Elder Rights Center of Excellence provides direct assistance to seniors after a crime is reported to law enforcement. Victims receive an array of services in order to assist them to regain their dignity and sense of security and to remain in the least restrictive setting for as long as possible. Crime victims over the age of 60 have rights to victims compensation for certain property damage and cannot be charged a deductible for certain crime related losses.

Florida’s senior population appears to make the state particularly vulnerable to identity theft and all other types of fraud, which affect more than 1 in every 100 residents, the highest rate in the nation. The Elder Rights Center helps victims through the process of dealing with banks and creditors and reestablishing their financial identity.

If you might be interested in being a volunteer advocate, contact us at 866.684.5885 and ask for Elder Rights.
The Foster Grandparent Program is an intergenerational volunteer program that provides one-on-one mentoring and tutoring to children with special and exceptional needs in pre-k through 3rd grade.

The Program has a dual purpose - to enhance the lives of children with special needs through a caring mentoring relationship and to provide a high quality experience that enriches the lives of the senior volunteers.

Foster Grandparent volunteers touch the lives of many children in Martin, Okeechobee, Palm Beach and St. Lucie counties. Last year Foster Grandparents mentored more than 1,200 children in 55 elementary schools and Head Starts.

According to end of year progress reports completed by the classroom teachers for the children receiving one-on-one tutoring and mentoring from a Foster Grandparent:

- 96% of children pre-k through kindergarten showed overall improvement
- 86% of children in 1st through 3rd grade showed overall improvement
- 98% of children in 1st through 3rd grade showed improvement in reading

If you might be interested in making a difference in the life of a child, please call 561.684.5885 and ask for the Foster Grandparent Program.
HEALTHY LIVING
Center of Excellence

The Healthy Living Center of Excellence offers opportunities to enhance the quality of life and improve the wellbeing of seniors.

The following evidence-based programs, offered in English and Spanish, are a resource to medical practices, faith based organizations, community organizations, caregivers and individuals looking for assistance and relief.

If you would like to:
- Improve your balance and prevent falls
- Be a part of a caregiver support program
- Gain tools to cope with stress, depression, grief, exhaustion, guilt and find resources
- Be trained to work with seniors in a specific program
- Offer a program to your residents, patients, congregation or community members

Please call 561.684.5885 x 59235 or email lherrera@YourADRC.org

These workshops help you regain control of your life and help you to be able to do the things that matter to you. You will be more confident about managing your health and/or that of a loved one.

Living Healthy Workshops

If you are living with diabetes, arthritis, high blood pressure, heart disease, chronic pain, stress, depression or have difficulty problem solving, the Living Healthy Workshop can help. The 6-week workshop is designed for groups of 10-16 seniors who learn how to better manage pain, enjoy proper nutrition and improve communication and positive thinking skills.

A Matter of Balance

is an 8-week workshop designed to reduce fear of falling and increase activity levels among seniors. A Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern. During the class, participants learn to evaluate thoughts about falling, develop a personal exercise plan to improve balance and promote flexibility, and conduct a home safety check.

Tai Chi

(pronounced Tie-Chee) is a gentle form of physical activity ideal for seniors who have uncertain balance and a fear of falling. If you're looking for a way to reduce stress and gain confidence about your balance, consider Tai Chi. Tai Chi is a 12-week workshop which promotes serenity through gentle movements-connecting the mind and body. Tai Chi may be done sitting down and adapted for those with special needs including people in wheelchairs. The gentleness of the movements helps promote the development of confidence and strength.

Powerful Tools for Caregivers

This 6-week workshop will help with: taking care of you; managing your emotions; reducing personal stress; your mental health; communicating effectively; hiring in-home help; and, loss, grief and end-of-life. Powerful Tools for Caregivers will provide you with the tools and strategies to better handle the unique challenges of caregiving.
SHINE volunteers provide FREE unbiased information to Medicare beneficiaries, disabled adults, their caregivers and the community at large. SHINE is funded by the Centers for Medicare & Medicaid Services and is administered by the Florida Department of Elder Affairs in partnership with Your Aging & Disability Resource Center, your local Area Agency on Aging.

SHINE volunteers are available to provide community education through group Medicare related presentations and participation in senior health and resource events.

*Good Medicare Guidance is easy to find*

Specially-trained counselors provide FREE counseling and assistance with Medicare, Medicaid and other health insurance questions by providing one-on-one counseling at SHINE sites in person or over the telephone.

**Counseling Services:**
- Medicare Eligibility and Enrollment
- Medicare Health Plan Choices (Advantage Plan)
- Medicare Coverage Issues and Appeals
- Supplement (Medigap) Policies
- Prescription Drug Assistance
- Medicaid for Dually Eligible Medicare Beneficiaries
- Employer or Military Coverage
- Medicare Savings Plan

SHINE services are free, unbiased and confidential.

Make a Difference – Volunteer for SHINE

Join the SHINE team of volunteers and make a real difference in the lives of seniors and disabled adults in your community. For more information, contact SHINE at 866.684.5885.
Extraordinary Senior Volunteers Honored at 23rd Annual Prime Time Awards Event

West Palm Beach, FL – The Area Agency on Aging’s 23rd Annual Prime Time Awards Breakfast held on May 22nd at the Palm Beach Gardens Marriott celebrated a record number 179 extraordinary senior volunteers. With 300 guests in attendance, awards were presented in 10 categories.

Nominations for outstanding senior volunteers were received from organizations and individuals throughout Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties. The 10 award categories included: the BMO Private Bank Special Senior Award; MDH Printing & Graphics Foster Grandparent Award; Florida Power & Light Community Service Award; the Calidus Management Volunteer of the Year Award; the Humana Good Neighbor Award; the Palm Beach County Sheriff’s Office Law Enforcement Volunteer Award; Shalloway & Shalloway Elder Advocate Award; The Palm Beach Post School Volunteer Award; the WellMed SHINE (Serving Health Insurance Needs of Elders) Volunteer Award, and the Liliana B. Herrera Healthy Living Award.

Michael J. Dyer, Managing Director with BMO Private Bank and Board Chair for Your Aging & Disability Resource Center presented the very first **BMO Private Bank Special Senior Award** to **Bonnie McKay**, an extraordinary VITAS Patient Care Volunteer who lives to add joy to patients in their final days.

The **Calidus Management Volunteer of the Year Award** was presented by Jim Bradley to **Molly Tischler** for her commitment to the West Palm Beach Library Foundation, Mandel Public Library and the children and adults the library serves.

Dianne Verner presented the **Florida Power & Light Company Community Service Award** to **Joyce Ross** whose “can do” attitude and long term commitment to volunteer activities have enabled her to enrich the lives of individuals young and old, organizations and her community.

The **Humana Good Neighbor Award** was presented by Humana Market Manager Ken Szilagyi to **Dale Bruhn** for his endless hours with Alzheimer’s Community Care supporting caregivers who have a loved one with Alzheimer’s disease.
Presented by MDH President Travis Stubblefield, the MDH Foster Grandparent Award was awarded to Herman Hall, a Foster Grandparent at Pahokee Elementary School, who mentors the children with his quiet but strong presence in the classroom.

The Palm Beach County Sheriff’s Office Law Enforcement Volunteer Award was presented by Chief Deputy Michael Gauger to Volunteer Major William Murray who exhibits pride, professionalism and integrity which embody the essence of volunteerism.

The Shalloway & Shalloway Elder Advocate Award was presented by G. Mark Shalloway to Doris Sanders of Stuart, who advocates enthusiastically as an Alzheimer’s Association Ambassador.

The Palm Beach Post School Volunteer Award was presented by Keely Gideon-Taylor and Dawn Favata to Steve Berman who has grown into one of Seminole Trail’s most valuable resources.

The WellMed SHINE Volunteer Award was presented by Dr. Emmet Kenney to Ed Czerwinski a SHINE Counselor for extraordinary dedication to Serving Health Insurance Needs of Elders.

The Liliana B. Herrera Healthy Living Award was presented to the Restoration Bridge Team, an amazing group of dedicated caregivers.

Platinum Award sponsors of the 2014 Prime Time Awards Breakfast were:
BMO Private Bank | Calidus Management | Florida Power & Light Company | Humana, Inc. 
MDH Printing and Graphics | Palm Beach County Sheriff’s Office 
Shalloway & Shalloway, elder & special needs attorneys | WellMed | The Palm Beach Post

Gold Sponsors include:
Ruth and Norman Rales Jewish Family Services

Silver Sponsors include:
Alzheimer’s Community Care | Atria Meridian | Cresthaven East | Elder Care at Home 
Hospice of Palm Beach County | Legal Aid Society | Jim Sugarman | Tequesta Terrace 
VITAS Innovative Hospice Care | The Volen Center

Your Aging & Disability Resource Center • Page 21 • Annual Report 2014
Ask about becoming a SHINE Volunteer
Your Aging & Disability Resource Center is always recruiting volunteers to:

- Mentor/tutor youth
- Help seniors live a healthy lifestyle
- Provide caregiver support
- Serve as Foster Grandparents
- Serve as SHINE Counselors
- Serve as Senior Advocates
- Lead a Healthy Living Workshop

Volunteers

- Strengthen communities
- Improve the lives of others
- Connect to others, and
- Transform their own lives!

And most importantly: Volunteers live longer!
Sometimes all it takes is just a little bit of help. A little help might come in the form of a hot home-delivered meal, help with a bath or transportation. Our typical consumer is an 82 year old woman living alone and hoping to be able to stay at home. Please join our Circle of Care to celebrate her hope and make that possible. Call 561.684.5885 or donate now at www.YourADRC.org

Our Mission
is to promote, support and advocate for the independence, dignity and wellbeing of seniors, adults with disabilities, and those who care for them in a manner that values diversity, reflects the communities we serve and embraces the collaboration of the aging network.

Nuestra Misión
es promover, apoyar y abogar por la independencia, dignidad y el bienestar de las personas mayores, adultos con discapacidades y aquellos que los cuidan en una manera que valora la diversidad, refleja las comunidades que servimos y abraza a la colaboración de la red de envejecimiento.
THANK YOU
TO THOSE WHO SUPPORTED US IN 2014

**FOUNDERS**
Jonathan Cameron-Hayes

**Benefactors**
Bob Frank | Gary Uber

**President’s Council**
Willits Itto Charitable Foundation

**Leadership Circle**
MDH Printing
MorseLife
Palm Beach County Sheriff’s Office
Partnership for Aging Palm Beach County
Ruth & Norman Rales Jewish Family Services
Seacoast Bank
Shalloway & Shalloway, P.A.
Jim Sugarman
Tequesta Terrace
The Karp Law Firm
The Palm Beach Post
The Volen Center
WellMed
VITAS Innovative Hospice Care

**Gifts in Honor Of:**
Michael Dyer
Sara Humphries
Gloria Loyer
Joyce Norris
Vivian Pfau
Anne Roth
Jim Sugarman
Staff, Advisory Council and Board of Your Aging & Disability Resource Center

**Gifts in Memory Of:**
Joseph Bobo
Teresa Featherstone
Marianne King
Florence Ludensky
Judge C. Michael Shalloway
Pauline Sugarman
Esther H. Wood

Thank you to our Aging Network for its dedication to our seniors and their caregivers.
**Total Funding $18,960,142**

Federal Sources
- Corporation for National & Community Service: 503,682
- Emergency Home Energy Assistance for the Elderly Program: 432,611
- Florida Office of the Attorney General: 145,607
- Medicaid Assistance Program: 254,609
- Nutrition Services Incentive Program: 550,444
- Older Americans Act: 8,206,555
- Serving Health Insurance Needs of Elders: 273,211
- Total Federal Sources: $10,373,214

Other Sources
- Donations: 39,365
- United Healthcare: 25,000
- Others: 49,221
- Total Other Sources*: $113,586

*Total fundraising expenses were $19,612.

**Total Distribution of Funding $18,960,142**

Program Management (7.3%)

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<tr>
<th>Contracted Services Provided**</th>
<th>$15,199,286</th>
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<tr>
<td>Adult Day Care</td>
<td>902,692</td>
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<tr>
<td>Caregiver Basic Subsidy</td>
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<td>Caregiver Support &amp; Training</td>
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<td>Case Aide</td>
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<td>Case Management</td>
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<td>Chore</td>
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<td>Companionship</td>
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<td>Counseling</td>
<td>164,770</td>
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<tr>
<td><strong>Total Contracted Services Provided</strong></td>
<td>$2,377,005</td>
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</tbody>
</table>

Other Sources
- Donations: 39,365
- United Healthcare: 25,000
- Others: 49,221
- **Total Other Sources**: $113,586

**Contracted Services represent over 2,000,000 units of services to elders.**

**Program Management**
- Alzheimer’s Disease Initiative: 19,323
- Community Care for the Elderly: 68,071
- Emergency Home Energy Assistance for the Elderly Program: 45,826
- Home Care for the Elderly: 72,539
- Respite for Elders Living in Everyday Families: 12,000
- Older Americans Act Administration: 837,493
- Palm Beach County Board of Commissioners Match: 258,650
- Other: 69,949
- **Total Program Management**: $1,383,851

**Elders receive 92.7% of total funding in programs and services.**
Thank you for supporting our seniors & caregivers on their journey

Your Aging & Disability Resource Center
Area Agency on Aging
Palm Beach / Treasure Coast, Inc.

This document prepared by the Area Agency on Aging of Palm Beach/Treasure Coast, Inc. with financial assistance from the State of Florida Department of Elder Affairs and the U.S. Administration on Aging using funds appropriated under the Older Americans Act. Related activities conducted in compliance with Title VI of the Civil Rights Act, Section 504 of the Vocational Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990.
WHERE ARE WE?

4400 North Congress Avenue
West Palm Beach, FL
Phone (561) 684.5885
Fax (561) 214.8678

Located on the east side of Congress one block south of 45th Street next to Wells Fargo Bank.
From I-95 – Exit 45th Street east to Congress; turn right on Congress to 4400 North Congress.

OUR HOURS ARE 8:00 AM – 5:00 PM
Monday - Friday
Helpline 1.866.684.5885
www.YourADRC.org

TREASURE COAST HELpline STAFF
are co-located at the
COUNCIL ON AGING OF ST. LUCIE, INC.

Your Aging Network Providers
SERVING YOU IN INDIAN RIVER, MARTIN, OKEECHOBEE, PALM BEACH AND ST. LUCIE COUNTIES

COUNCIL ON AGING
of Martin County, Inc.
900 SE Salerno Road,
Stuart, FL 34997
772.223.7800
www.kanecenter.org

COUNCIL ON AGING
of St. Lucie, Inc.
2501 SW Bayshore Blvd
Port St. Lucie, FL 34984
772.336.8608
www.coasl.com

Palm Beach County
Division of Senior Services
Administration Office
810 Datura Street, Suite 300
West Palm Beach, FL
561.355.4746

Senior Resource Association
694 14th Street,
Vero Beach, FL 32960
772.569.0760
www.SeniorResourceAssociation.org

Okeechobee
Senior Services
1019 SW Park Street,
Okeechobee, FL 34972-4067
863.462-5180
www.clerk.co.okeechobee.fl.us

Council on Aging of St. Lucie, Inc.
2501 SW Bayshore Blvd
Port St. Lucie, FL 34984
772.336.8608
www.coasl.com

THE VOLEN CENTER
The Volen Center, Inc.
1515 W Palmetto Park Road
Boca Raton, FL 33486
561.395.8920
www.volencenter.com

Your Aging Network Providers
Serving you in Indian River, Martin, Okeechobee, Palm Beach and St. Lucie Counties