

December 2020 Newsletter

Staying Connected During the Holidays



Many seniors will be staying at home this holiday season in order to protect themselves and their loved ones from the coronavirus. This unexpected isolation is making it difficult for families to connect, resulting in many seniors and their families making unexpected adjustments to their holiday traditions and having to find creative ways to celebrate despite being physically apart. This isolation is stressful and may cause feelings of depression and sadness.

ElderSource, the Florida Department of Elder Affairs and the other Area Agencies on Aging in Florida are working together to bring awareness to resources and information available during this particularly difficult time. The "Together Apart: Holidays at Heart" campaign, launched at Thanksgiving, emphasizes the importance of having access to mental health resources and other supportive services during the holidays. These resources are meant to help seniors know they aren't alone and support is available.

Here are some of the resources ElderSource is offering to help seniors stay connected:

- [Caring Connections Telephone Reassurance Program](#)
- [Virtual Caregiver Support Program](#)
- [Click here for mental health resources available on our website](#)
- [Click here for more information on the Holidays at Heart Campaign](#)

In Appreciation

ElderSource would like to honor Stu Gaines, Director of Satori Pathway, for his eight years on the Board and particularly for the past four as Board Chair. His leadership has been important and influential to the agency and its mission.

"Stu's leadership skills have been a great contribution in helping move the agency's strategic plan forward," said ElderSource CEO, Linda Levin. "With Stu's guidance and the support of the Board, ElderSource has been extremely



proactive in finding ways to meet the needs of seniors in Northeast Florida."

According to Stu, serving on the Board was his way of giving back to the community and an opportunity to educate others on the services and resources offered by ElderSource. "My time served was an excellent experience," he said.

Stu believes having a strong partnership among the Board members and the ElderSource leadership staff has been instrumental in helping move the agency forward.

"I have really enjoyed working alongside other board members who are diverse, knowledgeable and accomplished in their respective fields," he said. "They are a tremendous group of individuals who are really dedicated to helping seniors and caregivers in our

community."

Succeeding Stu as Board Chair in January will be Elizabeth Gunn, Vice President of Patient Care Services with Baptist Health.

Stu is pictured above with a thank you gift from the agency, an original painting entitled, "I Hope," created by octogenarian Marlene Scheer from Ponte Vedra Beach.

Let's Do Lunch: Holiday Cooking with an Italian Twist

Thursday, December 17 at 12:30 pm



"Let's Do Lunch" is a collaboration between ElderSource and AARP Florida offering monthly engaging and free half-hour sessions on a variety of topics the third Thursday of each month. End the year with a delightful cooking lesson given by professional Italian Chef Diana Testa. Join Diana and the ElderSource and AARP hosts for a 30 minute lesson and make the delish dishes on your own as part of your holiday celebrations! Join the program live from the [ElderSource Facebook](#) page on December 17 at 12:30 pm.

Click the links below to see the shared recipes:

[Homemade Pasta](#) and [Buschetta Tomatoes](#)

[Click here to register for this online event](#)

[Click here to watch past sessions of Let's Do Lunch.](#)

Free Community Resources



Free Holiday Caregiver Workshop Hosted by Caregiver Coalition of Northeast Florida

The holidays can be stressful, especially for caregivers who may already feel overwhelmed or burnt out. The current pandemic has introduced new stressors like isolation, grief, and attempting to maintain safety guidelines while trying to uphold holiday traditions.

Join in on the discussion as a panel of caregiving experts answer questions and share tips and resources related to the difficult aspects of managing holiday stress.

[Click here to register](#)



Free Yoga Tutorial to relieve anxiety and stress

There are many known benefits to practicing yoga, including a reduction of stress, anxiety and pain. Learn more about how it may fit into your routine and access free tutorial videos from [Pain Assessment and Management Initiative \(PAMI\)](#) and [Yoga 4 Change Jacksonville](#) to start your at-home practice.

[Click here to learn more.](#)



Great Tips for Caregivers

Hundreds of articles and videos available!



Active Daily Living is a great tool on the ElderSource website that gives seniors and caregivers easy access to *hundreds* of articles, blogs and videos on topics such as:

- Caregiving tips
- How to cope with the challenges of caring for someone with dementia
- Safe mobility and driving
- Medication management
- Customized resource newsletters
- And so much more

Visit our website to sign-up for free, personalized advice to enhance, health, independence and aging-in-place.

[Click here.](#)



Gifts that Give During the Holidays



amazonsmile
You shop. Amazon gives.

Cards for Causes has greeting cards for every occasion. The Holiday season is a great time to send cards expressing your gratitude and kindness to others. Shop with Cards for Causes to find the perfect messages to share with your loved ones and friends. When you purchase cards from Cards for Causes ten percent of your purchase is donated to ElderSource.

[Click here to purchase your cards now](#)

Support ElderSource by shopping with Amazon Smile during the Holidays.

Simply shop at smile.amazon.com/ch/27-1456179 or with AmazonSmile ON in the Amazon shopping app and AmazonSmile donates to ElderSource.

A percent of your purchase goes toward programs and services that support our seniors and caregivers. Click the link to learn more about giving back while you shop on [Amazon Smile](#).

Employee of the Month: November 2020



Congratulations to Kadawndra Sales, Intake and Screening Supervisor, for being recognized as the November Employee of the Month.

Kadawndra has been recognized for her compassion and attentiveness in meeting the needs of both the employees she supervises along with ElderSource clients.

She makes sure that she's available, giving her undivided attention when possible, to assist her team in working efficiently to help older adults and adults with disabilities while working from home.

Thank you Kadawndra and keep up the good work and team spirit!



Stay social with ElderSource

[Make a Donation to ElderSource](#)

[Visit our website](#)

ElderSource values all people – including but not limited to all nationalities, socio-economic backgrounds, abilities, races, genders, religious perspectives, sexual orientations and gender identities – in everything we do. We welcome the unique insights and perspectives of all persons in our quest to fulfill our mission.

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