



Healthy Eating for Successful Living

ElderSource Institute Offers Healthy Eating Workshops in Local Senior Centers

As we age, our bodies go through natural and sometimes unexpected changes beyond our control. However, the one thing we can control is what we put in our bodies.

ElderSource Institute is offering a six-week educational and support program that encourages participants to learn and implement eating and activity behaviors that support heart and bone health.

Studies have shown a good diet in later years helps reduce the risk of things such as osteoporosis, high blood pressure, heart disease and certain cancers. According to an article from *The Atlantic*, less than three percent of Americans meet the basic qualifications for a healthy lifestyle. As we age, it becomes apparent that it's not always about how long we live, but the quality of the life that we live.

"Cooking and eating healthy can be easy, you just have to have the right tools," said Jacklyn Overby, Special Projects Coordinator for ElderSource Institute. Overby is a current instructor for Healthy Eating for Successful Living in Older Adults program.

The program provides educational and practical tools to seniors on healthy eating habits at local senior centers, where instructors conduct weekly two-hour workshop sessions for six-weeks. Through the workshop, instructors engage seniors in becoming more knowledgeable about their health and help them set goals. Each week's session focuses on various healthy eating topics such as portion size, understanding food labels, meal prep, exercising, and even a virtual trip to the grocery store. Along with the discussion topics, seniors are also given pre-packaged meals at the end of each session. The participants can choose from: rice and beans, oatmeal or cheesy mac.

One participant now in the program had a habit of eating chocolate three times a day. Her goal was to substitute a healthy sweet, such as grapes or strawberries, in place of one of her daily chocolate sessions. After a week of doing so, the participant noticed she began to crave the fruit more than the chocolate. "Sometimes it's all about moderation or substitution," said Overby.



The overall goal is to encourage seniors to live a better quality life, by making healthier choices. Overby believes that success comes in stages, "One healthy choice a day in our diet can help create a healthier lifestyle over time," she said.

This program is supported by grant funding from the Grace H. Osborn Endowment through the Community Foundation of Northeast Florida.

[For more information on Healthy Eating for Successful Living in Older Adults visit eldersourceinstitute.org](http://eldersourceinstitute.org)



and



present:

Gen Silent Screening Event



Date: Thursday, May 10

Time: 6 to 8 pm

Location: Mayo Clinic - Walker Auditorium, 4500 San Pablo Road South

ElderSource Institute and AARP Jacksonville are hosting a screening of the critically acclaimed documentary, *Gen Silent*. For a year, film director Stu Maddux followed the lives of six LGBT elders in the Boston area as they answered the question: "How much would they leave behind in order to be safe in the long-term health care system?" Their stories became the fabric of *Gen Silent*.

Join us in viewing *Gen Silent* as insights are shared into how oppression through the years affects lesbian, gay, bisexual and transgender seniors as they grow older and are faced with decisions of care in their later years. Following the documentary, a panel of experts will discuss what it means to be an LGBT elder in today's society, discuss what progress has been made and what more is needed to ensure that LGBT elders receive care in environments that are safe and welcoming.

[For more information please visit eldersourceinstitute.org or contact Heidi.Katz@eldersourceinstitute.org](http://eldersourceinstitute.org)



Venue Sponsor

Event supported by



Becoming part of the Solution: LGBT Elder Friendly Business Certification

We are an agency that believes in being inclusive in all of our services, including serving the needs of lesbian, gay, bisexual, and transgender (LGBT) elders. Many LGBT elders struggle with finding trusted community resources out of fear of discrimination or harassment. Your business can become part of the solution by becoming LGBT Elder Friendly Certified and help us in providing safe and welcoming services for the LGBT elder community.



Administered by ElderSource Institute, this program helps to provide unique training to any business on how to ensure your business practices meet the needs of the aging LGBT community and eliminate the barriers they are faced with, helping LGBT elders live their best lives. Certified businesses are also designated and listed as LGBT Friendly in the ElderSource Aging & Disability Resource Center HelpLine database. LGBT elders and families can call the helpline to access this database as a vital, trusted resource.

[For more information on how your business can become certified, visit eldersourceinstitute.org or contact Heidi.Katz@eldersourceinstitute.org](http://eldersourceinstitute.org)

Outstanding Employees



Executive Director Linda Levin (*pictured left*) recently awarded Davette Wellmaker, supervisor of the Aging & Disability Resource Center (ADRC) HelpLine, the honor of 2017 Employee of the Year. Davette was recognized for her outstanding leadership and her dedication for serving both clients and her team of employees. Last year, the HelpLine received more than 3,000 calls each month, which requires a manager such as Davette to ensure consistent, kind and quality customer service. Congratulations, Davette!



Walreka Davis, an Intake Specialist in the ADRC, was presented with the January 2018 Employee of the Month award. She was nominated because of her commitment to excellence, an unselfish team spirit towards staff and clients and is dependable and performs her job with great integrity. We enjoy having her as an asset to the ElderSource team!

Farewell, Good Men! And Thank You!



ElderSource gives a heartfelt farewell to Ken Tannebaum (*pictured left*) and Paul Tucker (*center, right*), as they both end their volunteer service with ElderSource. Ken has been a dedicated board member for ElderSource Institute and has also played an intricate role in the development of the ElderSource Senior Hunger Coalition. Paul has been a SHINE Counselor since November 2011 helping guide seniors through concerns about their Medicare

coverage. We thank both gentlemen for their service and dedication in helping seniors in the community live their best lives. We wish them well!

ElderSource in the Community

Meal Packing for

SHINE Counselor Presents at the

Food Insecure Seniors

Last month 60 volunteers worked along side ElderSource Institute staff to package 20,000 meals for food insecure seniors. These meals will be used as part of ElderSource Institute's Healthy Eating For Successful Living Workshops, a six-week nutrition educational and support program aimed to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. The Healthy Eating initiative is being carried out in 10 participating senior centers and supported by a grant from the Grace H. Osborn Endowment through the Community Foundation of Northeast Florida.

[For more information on this program visit eldersourceinstitute.org](http://eldersourceinstitute.org)



Caring for the Caregiver Conference

ElderSource recently participated in the Caring for the Caregiver Conference hosted by the Caregiver Coalition of Northeast Florida. The event held on February 24, was filled with a variety of vendors and resources offering helpful information for caregivers and their families.

Caregivers had the opportunity to hear a presentation from Priscilla Davis (*pictured below*), one of our SHINE counselors (Serving Health Insurance Needs of Elders). Priscilla gave an informative presentation on Medicare 101, covering basic overview of Medicare benefits and how our SHINE Counselors can help with further questions and concerns. To meet with a SHINE counselor or to become a SHINE counselor, call 904-391-6644.



Upcoming Community Events Near You!



LGBT Elder Cultural Competency Training

Date: Tuesday, March 13
Time: Noon to 1:30 pm
Location: 10688 Old St. Augustine Rd.

This 1.5 hour informative and interactive training is designed for professionals who work with older adults to help them better understand key concepts, vocabulary and the many barriers faced by older adults in the LGBT community. Participants will gain the tools they need to confidently and comfortably work with and care for LGBT seniors. This program works to improve the quality of services delivered to LGBT seniors, thereby improving



Baker County Community Expo

Date: Friday, March 16
Time: Noon to 6 pm
Location: Heritage Park, 102 South Lowder St., Macdenny, FL

Come enjoy a day of fun, music and food. ElderSource will be there along with a variety of vendors and helpful community resources. Proceeds from this event support the construction of a new senior center in Baker County. This new senior center will be a welcoming place for seniors to get meals, socialize and join in programs that help them active lives as they age.

[Click here for more information on the Baker](#)



Senior Boomer Expo

Date: Saturday March 24
Time: 10 am to 2 pm
Location: Adam Herbert University Center at UNF

This Expo is an all-in-one stop for people 50 and over looking to connect with businesses that offer information and services focusing on how to live their best lives as they age. In addition to ElderSource, other vendors include insurance and retirement services, travel and leisure companies, services for veterans and more. Come see us at our booth and ask for our special giveaway!

[Click here for more](#)

their quality of life.

[County Council on Aging](#)

[information](#)

[Click here to register](#)

[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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