



**National Association Of TRIADS, Inc**  
**Broward TRIAD**  
**January 1, 2013 Issue 13**



**Hi Everyone**

**I wish you all a very Happy & Healthy New Year. I hope you all have enjoyed the Holidays with your family and friends. The New Year brings many opportunities and challenges but stay focused, be alert, have fun and enjoy what lays ahead.**

**On a serious note, our Sheriff Al Lamberti has lost his re-election bid and will be replaced by Scott Israel effective January 8, 2013. We extend an open invitation to Sheriff Israel to attend our Meetings and speak to all our members and friends. Although we wish Sheriff Israel the best in his new job and the challenges it presents, we cannot forget what a terrific friend and supporter Sheriff Lamberti has been of Broward TRIAD. He has been a wonderful guardian of the public he served and the Officers who served with him. We wish him the very best in his future endeavors and want to let him know how much he has been appreciated.**

**I encourage all of you to enjoy this latest edition of the Broward TRIAD Newsletter. Please read all the articles but also remember you**

can send me articles or information you would like to share with all our members and friends. I will accept your submissions up to 2 weeks before the next edition which is scheduled for March 1. Be well and hope to see you all at the next TRIAD Meeting on Thursday, January 3, 2013

Joe Schwartz  
[jschw33073@aol.com](mailto:jschw33073@aol.com)  
954-673-1400  
TRIAD Member  
TRIAD Board Of Directors



Sheriff Al Lamberti

## **STAY SAFE THIS HOLIDAY SEASON**

The men and women of the Broward Sheriff's Office are committed to keeping Broward County residents and visitors safe this holiday season and throughout the year. Following some simple safety tips will help keep you and your family safe.

Too often, opportunistic criminals prey on holiday shoppers. While you are out making your purchases, stay alert. Remember to park your car in a well-lit area and secure valuables inside your trunk or take them with you. When you return to your vehicle, have your keys in hand so that you can quickly unlock the door and get in. You should never carry large amounts of money and if you go to an ATM for cash, do so during daytime hours in a safe location.

With the number of vehicles on our roadways and in crowded parking

lots, it is important to practice patience. Speeding, distractions and alcohol contribute to the increased number of accidents this time of year. If you are attending a holiday celebration and plan on drinking alcohol, designate a driver or take a cab. The Broward Sheriff's Office has a ZERO tolerance policy for drunk drivers and will be out in force to ensure all of our roadways are safe.

If you will be leaving home for the holidays and live in a Broward Sheriff's Office jurisdiction, I encourage you to sign up for our free Home Watch program. To sign up for this free service, visit [www.sheriff.org/homewatch](http://www.sheriff.org/homewatch). Once you fill out the form, please return it to your local BSO district office.

There are many ways you can protect your home from thieves. Before you leave town please remember to:

- secure your doors, windows, garage, storage sheds and gates
- leave a parked car in your driveway or ask trusted neighbor to park in your driveway
- have the post office hold your mail
- stop your newspaper delivery.

Remember, a few minutes of prevention can save you from becoming a victim of a crime this holiday season. On behalf of the men and women of the Broward Sheriff's Office, I wish you a safe holiday and very happy New Year.

-Sheriff Al Lamberti

Thanks to our TRIAD member Al Santana who volunteered placing our TRIAD Newsletter on the Web Site he authors for the District 10 COPS Program. Our Newsletter will be available at [www.deerfieldbeachcop.com](http://www.deerfieldbeachcop.com)

## Preventing Accidental Falls

**\*Especially among senior citizens, accidental falls can be prevented. BSO's Department of Fire Rescue offers this advice:**

### **Exercise Regularly**

**Reduce your chances of falling by beginning and maintaining a regular exercise program. Exercise makes you stronger, helps you feel better and improves balance and coordination. Non-strenuous exercise like Tai Chi can be very beneficial. Ask your doctor or health care worker about the best type of exercise program for you.**

### **Make your Home Safer**

**About half of all accidental falls happen at home, so remove tripping hazards (papers, books, clothes and shoes) from stairs and places where you walk. Remove small throw rugs or use double-sided tape to keep the rugs from slipping.**

### **In the Bathroom:**

- **Install and use grab bars to get into and out of the tub or shower**
- **Use a bath chair or stool in the shower**
- **Don't use throw rugs or wax on the bathroom floor. Use non-slip mats in the bathtub and on shower floors**
- **Use a raised toilet seat with arm rails**
- **Use soap-on-a-rope or place a bar of soap in a nylon stocking with one end tied to a towel bar.**

### **In the Kitchen:**

- **Use a long-handled sponge/mop to wipe up spills**
- **Keep your floors smooth but not slippery**
- **Store your often-used supplies in easy-to-reach cabinets**
- **Avoid hard-to-reach wall phones; consider a table model or a cordless phone that can be carried from room to room**

### **Around the House:**

- Use nightlights for hallways and bathrooms; make certain stairways well-lit
- Wear low-heeled, comfortable shoes with nonskid soles. Don't walk around in socks, slippers or stockings on bare floors
- Make sure carpets, including those on stairs, have skid-proof backing or are tacked to the floor
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare
- Have handrails put on all staircases

**Have your doctor or pharmacist examine the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change and make you drowsy or light-headed**

## **ICE (In Case of Emergency)**

**Programming emergency contact information into your cell phone under the listing "ICE" (In Case of Emergency) and carrying BSO's ICE identification card in a wallet or purse can assist first responders in contacting family and friends in the event you're involved in an emergency.**

**Approximately 1,400 people treated by BSO paramedics annually were unable to communicate with rescuers due to illness or trauma. Emergency contact information is frequently vital to facilitate treatment during life-threatening situations**

**To program ICE into your cell phone:**

- Access the address book feature of your cell phone.
- Enter the name ICE.
- Enter the phone number of your husband, wife, parent or whomever needs to know about you in case of an emergency

**You may also register your ICE information with your driver's license. Visit the Florida Department of Highway Safety & Motor Vehicles. In addition, download and print BSO's ICE card and carry it in your wallet or purse.**

The I.C.E. program was originally developed in 2004 in the United Kingdom by first responder Bob Brotchie and quickly spread into other countries.

## **Staying Safe At Your Residence:**

- **Change the locks on the doors, replace any weak doors (metal doors are better than wood) and reinforce sliding glass doors by installing a lock or placing a piece of wood in the track**
- **Add interior window locks so that windows can't be opened from the outside**
- **Install a security system or speak to someone at your local hardware store for less expensive alternatives; install motion-sensitive lighting outside your home**
- **Plan an emergency escape route from all areas of your home, including upstairs, and make sure all family members are aware of the plan**
- **Include family pets or other animals in your safety and escape plans. Animals are often targeted (threatened with harm, cruelly injured, or killed) by a batterer or stalker as a means of controlling, terrorizing or punishing human victims. If it is not safe for you to remain at home, it is likely not safe for your animals, either**

## **AARP & BROWARD SHERIFFS OFFICE PARTNER AND PRESENT AARP DRIVER SAFETY CLASSES**

1/ 23/2013, 9:00 a.m. to 3:00 p.m., Oakland Park Police  
Department, Collins Center - 3900 NE 3rd Avenue, Oakland  
Park  
Call To Register: 954-557-5817

2/7/2013, Broward Sheriffs District Office Tamarac, 9am to 3pm, 7515 Pine Island Road, Tamarac  
Call To Register: 954-341-9221

2/25/2013, Broward Sheriffs District Office Cooper City, 10580 Stirling Road, Cooper City. 9am to 3pm  
Contact Linda Victor at 954.441.8330 to register

## **More AARP Driver Safety Classes From Community Partnerships:**

1/11/2013, Southwest Focal Point Community Center of Pembroke Pines, 301 N.W. 103rd Avenue Pembroke Pines, FL 33026, 9am to 3pm  
Call to Register 954-430-9932

1/26/2013 Coral Springs Police Department, 2801 Coral Springs Drive, Coral Springs, 33065 8:45am to 3:00pm, \* Note: maybe 2 separate classes at the same location  
Call: Cindy Heafy To Register: 954-344-1833

1/30/2013, Hollywood Police Department, , 3250 Hollywood Blvd., Hollywood 33021, 9:00am to 3:00pm  
Call To Register. 954-977-3978

2/7/2013, Pride Center At Equality Park, 2040 N. Dixie Hwy., Wilton Manors, Fl. 33305  
Call To Register: 954-784-4878

2/13/2013, Davie Police Department, 1230 South Nob Hill Road, Davie, Fl. 33324, 9:00am to 3:00pm  
Call To Register: (954)-430-9932

2/15/2013, The Lifelong Learning Institute Nova Southeastern University, University Park Plaza 3424 South University Drive, Davie, Florida 33328 9:00 am to 3:00 pm  
Call To Register: 954-474-3343

2/26/2013 and 3/1/2013, Daniel D. Cantor Senior Center, 5000 Nob Hill Road, Sunrise, Fl. 33351, 9:00am to 12pm  
Call To Register 954-557-5817

2/27/2013, AARP Miramar Office, 3350 SW 148th Avenue,  
Suite 120, Miramar, FL 33027, 9:30 AM to 3:30  
Call To Register: 305-261-2858

## **Nova Southeastern University Lifelong Learning Institute**

**You are invited to the NSU Lifelong Learning Institute Winter  
Welcome Week - January 7-10, 2013**

### **SAVE THE DATES:**

**January 7-10, 2013**

**9:30 a.m. - 2:00 p.m.**

**Free and open to the community - no preregistration  
required.**

**Light breakfast and lunch will be available**

**AND - come see the grand reopening of the new, expanded  
LLI classroom!**

**University Park Plaza  
3424 South University Drive  
Davie, Florida 33328  
954-262-8471**

## **Smoke Alarm Safety**

**BSO Fire Rescue reminds you that smoke alarms can save your life,  
but only if they're used and maintained properly:**

- **Test your smoke alarm monthly by pushing the test button provided on the smoke alarm. If it's not working properly, change the batteries and test it again. If it's still not working, replace it with a new smoke alarm.**
- **Make certain that smoke alarms are installed outside the door of each bedroom in your home. Modern building codes in most municipalities require this**



placement, but older homes may have been built without smoke alarms.

- Replace the batteries in the smoke alarm with new alkaline batteries twice a year. BSO Fire Rescue recommends you do so each time you change your clocks for Standard Time and Daylight Savings Time, once in the spring and once in the fall. Just remember the phrase "change your clocks, change your batteries."

### AARP Drug Saving Tool

Have you ever wondered if the medication you're taking is really the best one for your condition? Is there a less expensive, but equally effective medication you can use instead? Or is there a comparable drug with fewer side effects?

AARP's Drug Savings Tool can help you get the most value for your prescription drugs and learn more about the medications you take. Click on the link below.

<http://drugsavings.aarp.org/Default.aspx>

### Helpful Resources:

#### EXPERIAN

[www.experian.com](http://www.experian.com)

*To report fraud, dispute an item in your credit report, or order a copy of your credit report, call:*

*1-888-EXPERIAN (397-3742) or write to:*

*P.O. Box 9352 Allen, TX. 75013*

#### EQUIFAX

[www.equifax.com](http://www.equifax.com)

*To report fraud, call:*

*1-800-525-6285 / Fax 1-800-255-0056 or write to:*

*P.O. Box 740241*

*Atlanta, GA. 30374-0241*

*To obtain a copy of your credit report, call 1-800-685-1111 or*

*write to:*

*P.O. Box 740241  
Atlanta, GA. 30374-0241  
TRANS UNION*

*[www.transunion.com](http://www.transunion.com)*

*To report fraud, call: 1-800-680-7289 / Fax 1-877-553-7803 or  
write to:*

*Fraud Victim Assistance Division  
P.O. Box 6790, Fullerton, CA. 92634-6790*

*To obtain a copy of your credit report or to dispute an item in  
your credit report, call:*

*1-800-916-8800 or write:*

*Trans Union - Consumer Relations  
P.O. Box 1000, Chester, PA. 19022  
Helpful Resources United States Secret Service  
U.S. Treasury*

*[www.secretservice.gov](http://www.secretservice.gov)*

*Investigates account takeovers and fraudulent use of Social  
Security Numbers*

*Social Security "Hot Line"*

*1-800-269-0271*

*United States Postal Inspectors*

*[www.usps.gov](http://www.usps.gov)*

*Investigates mail fraud and fraudulent applications for credit by  
mail*

*Ft. Lauderdale Office*

*(954) 436-7200*

*Federal Trade Commission*

*[www.ftc.gov](http://www.ftc.gov)*

*Consumer Response Center*

*Identity Theft: 1-800-382-4357*

*Tele-Check*

*problems with checking account frauds and opened accounts.*

*1-800-366-2425*

*Consumer Credit Counseling Service*

*Advice and direction to victim*

*1-800-388-2227*

*Free Annual Credit Reports*

*[www.annualcreditreport.com](http://www.annualcreditreport.com)*

*Your credit reports are available to you without charge once  
each year from this site sponsored by Experian, TransUnion and  
Equifax.*

## **BSO Community Programs**

**The Broward Sheriff's Office actively encourages local citizens to become involved in safeguarding their communities through a variety of educational and participatory programs. Contact the Sheriffs Office for further information. at 954) 831-8902 or [www.sheriff.org](http://www.sheriff.org)**

**COP (Citizen Observer Patrol): local residents help BSO fight crime by patrolling their own neighborhoods.**

**Citizens Academy: learn how law enforcement works with this hands-on course.**

**Senior Citizens Academy: an eight-week educational experience for Broward County seniors.**

**Posse: civilian volunteers assist BSO with activities.**

**TRIAD: a partnership designed to reduce criminal victimization of the elderly.**

## **Medicare premiums going up \$5 a month for 2013**

**Medicare premiums are going up \$5 a month in 2013, the government said. It's less than expected, but still enough to eat up about one-fourth of a typical retiree's cost-of-living raise next year.**

**Medicare chief Marilyn Tavenner said the new "Part B" premium for outpatient care will be \$104.90 a month. In most cases, it's deducted directly from a beneficiary's monthly Social Security check. Currently the premium is \$99.90 a**

month.

Earlier this year, the government projected an increase of as much as \$9 for 2013, but health care inflation has remained modest.

Still, advocates for the elderly didn't see much to cheer about, particularly since Medicare cuts are on the table in budget negotiations between President Barack Obama and Republicans in Congress. Obama has promised to protect beneficiaries, but even his plan calls for upper-income retirees to pay more.

"These increases aren't as big as projected, but they are still increases," said Joe Baker, president of the Medicare Rights Center, a New York-based advocacy group. "Our fear is that as policymakers discuss deficit reduction, they'll pile even more costs on to seniors."

High-income beneficiaries, those making above \$85,000 a year individually or \$170,000 for a couple, will face bigger increases. They will pay an additional \$42 to \$230.80 a month, depending on income. Most low-income beneficiaries have their premiums paid by Medicaid.

Tavenner also announced that Medicare's hospitalization deductible will increase by \$28, to \$1,184. The deductible is the amount a person must pay before health insurance kicks in. Many seniors have some form of additional coverage to handle their Medicare hospital deductible.

The annual deductible for outpatient care will increase by \$7, to \$147.

Coverage for outpatient care under Medicare Part B is optional, but more than 90 percent of the program's 52 million beneficiaries sign up. Medicare covers people 65 and older, the disabled and those with serious kidney disease. Part B pays for office visits to doctors, preventive services and medical equipment. It's a good deal by any measure, since 75 percent of the cost is borne by taxpayers, with premiums set to cover the remaining 25 percent. Still, many beneficiaries are on tight budgets so the monthly premium is a closely watched indicator.

Last month the government announced a 1.7 percent cost-of-living increase for the 56 million Americans on Social Security. That works out to raises averaging \$19 a month come January. The typical increase for retired workers will be slightly larger.

**Obama's health care law reined in Medicare spending by curtailing payments to hospitals, insurers, drug companies and other service providers. Democrats want to focus the next round of cuts on providers, particularly pharmaceutical companies. But Republicans are looking for more significant changes in the program, such as increasing the eligibility age to 67.**

**The health care law improved preventive care for Medicare recipients and cut costs for people with high prescription drug bills. It also initiated a multitude of experiments on how to deliver quality care at lower cost for taxpayers. And it set up a cost control board to limit future increases in Medicare spending.**

### **Senior Medicare Patrol: Empowers Seniors To Avoid Being Victims Of Medicare Fraud, Scams & Abuse**

As government officials continue to target Medicare fraud, they've doubled the funding for senior-citizen volunteers who do everything from explaining benefits to sending tips to investigators. One tip led to a piece of this month's record-breaking Medicare fraud takedown. Officials believe that if older Americans - including the growing crop of eligible Baby Boomers - know how to spot errors and fraud, "more criminals will be put in jail where they belong," Barbara Dieker told a group of volunteers recently. Dieker directs the Department of Health and Human Services' Office of Elder Rights, which oversees the Senior Medicare Patrols (SMPs). Funding for the Senior Medicare Patrols increased from \$9million last year to \$18 million this year in the form of Administration on Aging grants that target fraud-rich regions, including Florida, California, New York and Michigan.

The patrols spend most of their time answering questions and educating Medicare beneficiaries, which,

according to the Centers for Medicare & Medicaid Service's (CMS) inspector general, makes it difficult to measure just how effective they are. In fact, money brought in by the SMPs dropped 82% in 2010 to \$22,262, from \$214,060 in cost avoidance in 2009, according to the inspector general.

"The projects may not be receiving full credit for savings attributable (to) their work," the inspector general's report states.

Since the program began in 1997, Dieker said, the senior volunteers have educated 9.2 million people about Medicare fraud, received 87,000 complaints from beneficiaries, and saved Medicare and Medicaid \$105.9 million.

Coordinators from across the country say their volunteers' tips have led Justice Department investigators to national trends that don't necessarily reflect back on the patrols.

"Just because you refer a case, doesn't mean you get credit," said Alice Lerley, SMP coordinator in Colorado. At a national training session last spring, "the feedback from the feds was that they can't feed the case data back to us; it's not their priority, nor should it be."

Colorado just received recognition for referring the highest number of Medicare fraud cases - 87 - for investigation, as well as referring the largest amount of money for further action - \$156,000. The state received a \$100,000 grant.

The cases Lerley sees most often include medical equipment, such as wheelchairs, and scams involving insulin shots for diabetics. Those little cases tend to get rolled into big national investigations.

"The cases we're working are getting referred as complex cases," said Ed Mendicello, Colorado case investigator. "It's no longer \$500 here and \$1,000 there; it's part of a pattern."

Dieker said there's no way to trace money saved by prevention. In one case, a Colorado woman complained that a company tried to sell her insurance based on the federal health care law, falsely explaining that she needed to pay \$349 to get benefits in addition to Medicare. She didn't pay, but she did write down the phone number. Investigators later tracked the number to a marketing mill.

"There was no money involved because she didn't pay it, but the FBI's involved now," Mendicello said. "It turned out the owners have a background in extortion back to the 1990s."

California received a \$430,000 grant - the largest amount given out to any state. Volunteers there often work with underserved and non-English-speaking communities. Their tips have also led into national investigations. In one case, the volunteers were educating people at a Vietnamese housing facility when a woman said, "I have a wheelchair I don't need."

"CMS interviewed 30 people in this facility who wanted to give their chairs back when they found out they shouldn't have had them," said Julie Schoen, who heads up California's Senior Medicare Patrol program.

Even as the amount of money reported back from the SMPs has gone down, Schoen said, they're getting more phone calls from "savvier consumers."

"Our relationship with CMS is getting better," she said. "They hold us as a partner. And the (inspector general) has gotten so much more involved with us - they realize it's hard to track savings."

The Florida SMP, which also received a \$430,000 grant, focuses its attention on education. During the first week of September, they were pulled into Medicare fraud's largest takedown in history.

In 2009, at a low-income housing complex for seniors, one of the residents was being paid kickbacks to send



other residents to mental health counseling.

"Basically, it was social hour," said Makeba Huntington, SMP coordinator for Florida. "They sat around and ate ice cream."

A resident called the SMP hotline, she said. Huntington's office eventually learned it was part of a much larger problem.

For more information call 1-727-570-9696

To Report Suspected Medicare Fraud Or Abuse call:

1-866-357-6677

<http://www.smpresource.org>

## **FLU SEASON ALERT**

**The flu has hit the U.S. earlier than usual this season and senior citizens, who are among the most vulnerable to this threat, are warned to take extra precautions during the holiday season.**

**The Centers for Disease Control and Prevention says, "Share time, not the flu virus, with your family this holiday season."**

**With the holiday season upon us, people are traveling, shopping, and gathering with their families in close quarters. All of this can lead to more exposure to germs. So how do you stay flu-free?**

**The best protection against the flu is to get the vaccine. But there are other ways to keep you and your family healthy this holiday season. Follow these simple steps to stop the spread of germs:**

- \* Wash your hands often with soap and water or an alcohol-based hand rub.**
- \* Avoid touching your eyes, nose, or mouth. Germs spread**



**this way.**

**\* Try to avoid close contact with sick people.**

**\* Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.**

**\* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**

**Flu Virus Here Early, Moving Fast: Senior Citizens Should Be Extra Careful During Holidays**

## **What is CarFit For The Older Driver?**

**CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.**

**The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.**

**Why is CarFit important?**

**Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.**

**Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.**

**How is a CarFit check completed?**

**At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.**

**Do you want to attend a CarFit event?**

**Location:**

**St. Andrews Towers  
2700 NW 99th Ave.  
Coral Springs 33065, FL**

**Date:**

**February 23, 2013**

**Time:**

**9-12**

**Driving Directions:**

**Event will be held in parking lot behind Bldg. B. Please call with any questions you may have. Come join us!!**

**If you have any questions, you may contact Fran Carlin Rogers/Cindy Heafy.**

**Reservation Phone Number:**

**954 344 1833**

**Location:**

**Douglas Gardens North  
705 SW 88th Ave.  
Pembroke Pines 33025, FL**

**Date:**

**January 22, 2013**

**Time:**

**10:30 AM To 2:00 PM**

**Call with any questions you may have.**

**If you have any questions, you may contact Fran Carlin Rogers/Nancy Zombeck.**

**Reservation Phone Number:**

**407 422 0991**

**SHINE (Serving Health Insurance Needs of Elders)**

800-963-5337

<http://www.floridashine.org>

## Our Award-Winning SHINE Program Can Help You Understand Your Medicare and Other Health Insurance Choices

### **About SHINE**

SHINE (Serving Health Insurance Needs of Elders) is a statewide, volunteer-based program offering free Medicare and health insurance education, counseling and assistance to people with Medicare and their families and caregivers. SHINE is funded through a grant from the Centers for Medicare & Medicaid Services (CMS) and administered by the Florida Department of Elder Affairs. Our award-winning volunteers educate consumers and empower them to resolve problems and make informed decisions on health insurance issues. SHINE volunteers have assisted more than 600,000 people since the program's inception in 1993.

### **SERVICES**

Volunteers in the SHINE program provide information, counseling and assistance on Medicare, Medicaid, Medicare supplemental insurance, long-term care insurance, prescription assistance and Medicare fraud. Counseling services are provided in person at counseling sites and via telephone. (The method varies by county.) Home visits can be arranged for homebound clients. In addition, SHINE has a strong community education and outreach component. Volunteers make educational presentations on Medicare and health insurance to a variety of community groups, and they disseminate information at hundreds of health and senior fairs throughout the state. Education and outreach activities focus on health promotion, beneficiary rights and consumer protection.

### **VOLUNTEERS**

Approximately 400 volunteers throughout Florida provide SHINE services. SHINE volunteers have been honored with numerous awards, including the Davis Productivity Awards, J.C. Penney Community Service Awards, the State of Florida's Golden Choices Awards and the prestigious Beneficiary Services Award from the Centers for Medicare & Medicaid Services. Training and technical assistance are provided by the Department of Elder Affairs. Local support is provided by the Area Agencies on Aging and other local partners.

### **Mission Statement**

To provide free and unbiased health insurance counseling through a dedicated network of volunteers, empowering

Florida Seniors to make informed healthcare choices.

### **VOLUNTEER OPPORTUNITIES**

People from all backgrounds, with an interest in helping others and learning technical

material, are encouraged to volunteer for the SHINE Program. A volunteer must be willing

to donate a minimum of sixteen hours per month to the SHINE Program.

Volunteers may

perform a variety of functions, including individual counseling, education and outreach

(community presentations, etc.) and supervision of local volunteer units.

NOTE: Anyone holding an active insurance license in Florida (or with another clear conflict of interest) is not eligible to volunteer for SHINE.

### **COLLABORATIONS**

The SHINE program maintains working relationships with all partners and stakeholders in

the Medicare and health insurance fields, including the Centers for Medicare & Medicaid

Services, the Agency for Persons with Disabilities, the Florida Department of Financial

Services, the Medicare carriers and fiscal intermediaries, the Medicare

Quality Improvement Organization, the Agency for Health Care

Administration, the Department of Children & Family Services and the Social Security Administration.

### **FOR MORE INFORMATION:**

To request SHINE services or inquire about volunteer opportunities with SHINE in your area, contact: 1-800-96-ELDER (1-800-963-5337)

The Florida Elder Helpline

For general information about SHINE, please contact:

The Florida Department of Elder Affairs

SHINE Program 4040 Esplanade Way, Suite 270

Tallahassee, FL 32399-7000

(850) 414-2000

<http://www.floridashine.org>

Rev. 7/16/08

SHINE (Serving Health Insurance Needs of Elders) is a program of the Florida Department

of Elder Affairs, funded through a federal grant from the Centers for Medicare & Medicaid

Services, and operated in partnership with the state's 11 Area Agencies on Aging.

## **Mental Abilities in Older People Retained and Even Improved by Aerobic Exercise**

**New research has found that older people can retain and even improve certain mental abilities through aerobic exercise, including mental tasks associated with driving. Particular aspects of cognitive function such as task switching, selective attention and working memory among others, all appear to benefit from aerobic exercise.**

## **Fun Activities for Independent Seniors**

### **Outdoor Activities**

**Enjoy fresh air and the wide blue sky? The sky's the limit for active seniors! Before you embark on any new exercise regimens or physical activities, get your physician's approval.**

- **Back to nature activities:** Fishing, gardening, and hiking are fun activities at any age. While you're at it, broaden your horizons and try birdwatching.
- **Letterboxing:** Never heard of letterboxing? It's a fun outdoor activity that combines hiking and treasure hunting. Learn more about it at [Letterboxing North America](#).
- **Sports:** If you have your doctor's approval to play sports, break out the golf clubs, soccer ball, or tennis racket and get playing. You could join a senior league or simply play with friends at the local park, recreation center, or YMCA.
- **Exercise:** Although it may sound like more work than play, exercise can be great fun or amazing relaxation, depending on the type you choose. Try water aerobics, walking, yoga, or Tai Chi.
- **Photography:** Digital cameras are remarkably easy and offer instant gratification. Simply point, shoot, and see the picture.
- **Scavenger hunt:** Set up a scavenger hunt with a friend or try geocaching.
- **Grow your food:** Try your hand at gardening, but not just any old gardening--grow your food. It gets you outside, you know exactly where your food came from, and it's good for the environment too.
- **Rent a kayak:** If you love an adventure, try renting a kayak to


explore the water. Some companies offer special trips and discounts for senior citizens

## **Indoor Activities**

**If you're looking for some down time, or simply need something to do on a rainy day, try some of these indoor activities**

- **Scrapbooking:** Gathering your photos and mementos together in one place is a fun walk down memory lane. Even better, it helps you organize your treasures.
- **Journaling:** Try writing your thoughts down in a book for emotional therapy or as creative exercise. Who knows? You might even discover a hidden talent for writing. Maybe the next great American novel is hiding in your head!
- **Tap dancing:** Who says indoor activities have to be sedentary? Put on those dancing shoes and boogie!
- **Breakfast, lunch, or dinner club:** Gather a group of friends and meet on a regular basis for meals and good conversation.
- **Jewelry making:** Even if you're a beginner, it's easy and fun to string beads onto cord to make necklaces and bracelets. After you've mastered the basics, you can expand your skill set.
- **Zumba Gold:** If tap dancing isn't your thing, but you still love dancing, sweating, and burning calories, try Zumba Gold. Zumba's a high energy Latin-inspired dance workout, and the Gold variety was designed with seniors in mind. You can find these classes at gyms, community centers, and dance schools.
- **Take a computer class at your local college or university:** Find out what the big deal is with social networking, how to burn CDs, how to purchase the best computer, and more.
- **Work on your memoir or learn to write poetry:** You can locate how-to books at your local library or book store or enroll in a class that will teach you the basics and get you started.
- **Enjoy a wine tasting:** You may have always found yourself too busy to travel out to a vineyard to enjoy comparing wines, but now's your chance. If you're part of a couple, turn it into a romantic getaway by checking into a bed and breakfast. If you don't want to travel, invite some friends over and have a wine tasting party of your own.

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