

PRIME TIME NEWS

SENIOR SERVICES NEWSLETTER

MAKING NEW YEAR'S RESOLUTIONS THAT STICK

The New Year offers a time of reflection and a time of renewal. It's a great opportunity for your loved ones to pause and look at their current lifestyle. They can determine how to enrich their lives to make it better. It's also a great time for caregivers to evaluate what has been working well and what can be improved upon to strengthen health and happiness.

While many set New Year's resolutions, the vast majority of people fail to follow through with them. According to the Statistic Brain Research Institute, less than 10% of people are successful in achieving their resolutions.

Why is that?

Let's take a look at last year's most common New Year's resolutions:

1. Lose Weight
2. Get Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Stay Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in their Dreams
9. Fall in Love
10. Spend More Time with Family

While these are exciting and positive resolutions, they are very broad and lofty goals; they can certainly be overwhelming and discouraging if they are not approached in the right manner.

Most importantly, remember:



New Years resolutions do not have to be so epic and life changing that they attempt to solve one's biggest problems. Often times, when one tries to take on too much too fast, the results are not as positive. A better approach is to take small positive steps forward that will lead to considerable and sustainable change in the future.

For example, rather than creating a large, broad goal such as "get healthier," it's more productive to create mini goals that lead to a healthier and happier life.



Please Join Us
for upcoming
Senior Advisory Committee
Meetings
3:30PM
on
2/8/18, 3/8/18, and 4/12/18



12300 Forest Hill Boulevard
Wellington, Florida 33414

DISCOUNTS AROUND TOWN

Vanderpool Stein Group 561-276-1637
Free retirement analysis

Max Health Chiropractic 561-249-0373
10% Discount on supplements and exercise
therapy equipment not covered by insurance

K&E Travel 561-966-9808

\$100 discount for any 7 day cruise

My Community Pharmacy 561-753-6768

10% off over the counter products

Balls Outlet

15% off on Tuesdays for 50+ on
entire purchase with One Card

Kohl's

15% off on Wednesday for 55+

Walgreens

"Senior Day" is the first Tuesday of the
month. 20% off (55+ and AARP member)

Free Medicare Annual Review

Maggie Zeller, #561-715-9262



!-phone/-i-pad and android phone training as
well as computer training is now available.
Please contact Community Services at
561-753-2476 for additional information.

PRIME TIME NEWS SENIOR SERVICES NEWSLETTER



left to right top:

Michael J. Napoleone, Councilman

Tanya Siskind, Councilwoman

Michael Drahos, Councilman

left to right bottom:

John T. McGovern, Vice Mayor

Anne Gerwig, Mayor

Manager

Paul Schofield

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SENIOR CHALLENGES

The best way to make New Year's resolutions that stick is to make **SMART** goals.



SMART is an acronym that stands for...

Specific - Be specific vs. general.

Try to answer the questions Who, What, When, Where and Why?

Measurable - Success should be tracked & measured with a number/metric.
How much? How many?

Attainable - Make an achievable goal.

Create a vision with a positive attitude that leads to success.

Realistic - Ensure a goal is achievable

Base goal on physical, mental and/or emotional wellbeing and ability.

Timely - Put a timeline to a goal.

How frequent? How often? By what date?

GOVERNOR SCOTT'S BUDGET RECOMMENDATIONS FOR THE DEPARTMENT OF ELDER AFFAIRS



The following information was provided by the Florida Council on Aging

The following increases are in his recommended budget for Department of Elder Affairs:

Program Proposed Increase

<i>Community Care for the Elderly</i>	\$5,000,000
<i>Home Care for the Elderly</i>	\$1,000,000
<i>Alzheimer's Disease Initiative (Respite)</i>	\$3,000,000
<i>Aging & Disability Resource Centers</i>	\$876,464
<i>Replace Client Information System (CIRTS)</i>	\$2,650,000

The Florida Council on Aging is advocating on behalf of the above home and community base programs during the 2018 Legislative Session. FCOA is requesting \$12.4 million in General Revenue funding to serve 1,788 of the MOST frail seniors on the Department of Elder Affairs Waiting List for the Community Care and Home Care for the Elderly and Alzheimer's Respite Care Programs



\$5,503,464 to serve 684 persons on the waiting list for Community Care for the Elderly

\$4,161,688 to serve 346 seniors on the waiting list for Alzheimer's Respite Care

\$2,765,942 to serve 758 seniors and caregivers on the waiting list for Home Care for the Elderly

No cuts to the Local Service Programs (LSP) budget

It is important for us to advocate for ourselves and future services. Contact Governor Scott and your state representatives and share with them the importance of services for our older adult population.

Governor Scott 850-717-9337 or email at www.flgov.com/contact-gov-scott/email-the-governor

Who is My Legislator?

To ascertain your legislators, look at your voter registration card, which shows the numbers of your House and Senate voting districts. Alternatively, you may find this information through the web site of your County Supervisor of Elections. Their number is #561- 656-6200 or their website www.pbcelections.org



DURING HOLIDAYS



FLORIDA COUNCIL ON AGING WWW.FCOA.ORG 850-222-8877

FCOA will send emails regarding upcoming events and pertinent information on aging issues. Those interested can sign up by going to their website. They also have an extensive list of resources on their site.

PARTNERSHIP FOR AGING WWW.PBCPFA.ORG

The Palm Beach County Partnership for Aging is a not-for-profit local organization which focuses its energies on enhancing the life of older persons, their families and their communities through advocacy, information sharing and education.

Partnership for Aging meets 2nd Friday of the month: Meeting Location:
Networking 8:15-8:45AM General Meeting 8:45-9:15AM Keiser University, West Palm Beach Campus 2085 Vista Parkway West Palm Beach, FL 33411

FLORIDA DEPARTMENT OF ELDER AFFAIRS AREA AGING AND DISABILITY RESOURCE CENTER WWW.YOURAGINGRESOURCECENTER.ORG 866-684-5885

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 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.

AGING CARE NEWSLETTER WWW.AGINGCARE.COM

AgingCare.com provides families with the necessary information and support to care for their parents, spouses or other elderly loved ones. Helping caregivers of elderly parents find answers on senior housing, home care, elder care, caregiver support, senior financial and legal information.

THE SAVVY SENIOR WWW.SAVVYSENIOR.ORG

Savvy Senior is a media/information service devoted to baby boomers and senior citizens, and the families who support them. Savvy Senior offers unbiased information through a variety of outlets, including: syndicated column, television, radio, news and publishing. Interested parties in subscribing can do so at the bottom of the page "Stay informed with our free Senior Newswire Service"

ELDER CARE AT HOME WWW.ELDERCAREATHOME.ORG 888-285-0093

ElderCare At Home, specializes in referring the best caregivers to meet the very special needs of cognitively impaired patients and their families.