

May 2023

May Newsletter

1610 NW 23rd Ave. Gainesville, FL 32605 (352) 265-9200



Important Al'z Place Dates:

- May 5 Full Moon
- May 8 Brother's Too
- May 9 Ukulele Club
- May 10 Mari, Monk,
and Derry
- May 11 Jeanette's
Karaoke Hour
- May 17 Sweet Notes
- May 18 Caregiver
Support Group Meeting
- May 18 Jeannette's
Karaoke Hour
- May 25 Harn Museum
- May 29 Al'z Place is
Closed for Memorial Day

REMINDERS

- Please let nursing staff know about all medication changes and please bring in a hard a copy of the new medication list from all client's appointment.
- Please let us know of any scheduled doctor's appointments or vacation days for our client/staff census.
- Please communicate any behavior changes or fall with nursing staff. We will also make sure to communicate any changes we notice while in the program.
- Please remember to put client's name in all clothing including, sweater/sweatshirts, so we can make sure everyone goes home with their own items.
- Please make sure client has two full outfits for emergency bins. All clients need two tops, two bottoms, undergarments, and socks.

Education Corner

- Only 3.6% of people over 65 years old are in nursing homes. Elderly men are likely to live with a spouse while elderly women are more likely to live alone.
- 4 in 5 older adults will battle at least one chronic condition or illness such as heart disorders, arthritis, or osteoporosis. 50% will battle at least two.
- Elderly people occupy over 1/3 of all federally subsidized housing.
- Social isolation makes seniors more vulnerable to elder abuse.
- Minorities make up almost half of the older population: 42% of people 65 and older in the US are part of minority groups.
- The elderly are the fastest growing age group: The US Census Bureau indicates that individuals 85 and up are the fastest growing age group by percentage.
- Senior citizens are the fastest growing demographic on Facebook. Research studies done by the Pew Internet & American Life Project found that 53% of Americans who are the ages of 65 or older are online and 34% of those numbers are on Facebook and similar social sites.
- Your brain never stops growing: We grow new neurons with time, and the brain is constantly reshaping itself in response to learning.
- The average age of senior center participants is 75.
- Compared to their peers, senior center participants have higher levels of health, social interaction, life satisfaction and lower levels of income.
- 11,400 senior centers serve more than 1 million older adults every day.

Senior Center Education Workshops

- **Caregiver Support Group Meeting**
May 18 9:30 am-11:30 am
- **Prime Time Institute (PTI)**
May 4th 2:30 pm-4:00 pm
May 11th 2:30 pm-4:00 pm
May 18th 2:30 pm-4:00 pm
May 25th 2:30 pm-4:00 pm
- **AARP**
May 3rd 9:00 am
- **SHINE**
May 9th 8:30 am-11:30 am
May 23rd 8:30 am-11:30 am

<https://eldercare.ufhealth.org/>

Please visit here to confirm dates and look at the monthly calendar of events.

Alachua County

Events

- **ElderOptions Caregiver Support Group**
May 9th 1:00 pm-3:00 pm
May 23rd 1:00 pm-3:00 pm
Conference Room A
- **Senior Center Support Group Meeting**
May 18th 9:30 am-11:30 am
- **Cedar Lakes Woods and Garden Show**
May 6th 9:30 am-5:00 pm
May 7th 9:30 am-4:00 pm
- **Island Grove Blueberry Festival**
May 6th 9:00 am-4:00 pm
- **Newberry Watermelon Festival**
May 20th 9:00 am-3:30 pm

Al'z Place Program

Manager:

Jessica Burley

Al'z Place Nurse:

Kera Hedrick, RN

Activity Assistants:

Mary Ellen Futch, CNA

Donna Little, CNA

Case Manager:

Tim Hannan

ElderCare