

**Older Americans Advisory Board**  
**Minutes- JANUARY, 20 213**

Chairperson Carlisle called the meeting to order at 10:00 am with the pledge of allegiance. A quorum was established and the minutes of the 12/5/2013 meeting were approved. Guest and program participants introduced: Sheryl Graham, Monroe County Social Services & Phyllis Forant, Guest Speaker

Phyllis Forant's presentation concerned the problems of transportation for the disabled with the Middle Keys Transportation and the Monroe County Transit Systems. The discussion covered items such as scheduling, cancellations on short notice, keeping in contact with drivers, pick-ups and returns and possible alternate solutions.

Sheryl Graham's report covered the current status of the grant for Emergency Shelter, Weatherization, Utilities Financial Assistance.

**O.A.A.B. Board Meeting**

**Old Business:**

Henry Bikofsky was re-elected Vice Chair Person

John Grech was elected Secretary

Up-dating the data of the current membership of the Board

**New Business:**

Resolution that an e-mail be sent to Commissioner Neugent concerning the problems discussed about the transportation of the disabled.

Discussion about a press release from the Alliance for Aging concerning their services being provided to Monroe. Questions arose concerning its accuracy and just what local media sources had received it. An investigation and follow-up will be made.

The FEMA rates and Congressional action to be taken soon.

Help-Line's cancellation of funding by the Alliance for Aging

Respectfully,

J. D. Grech, Secretary

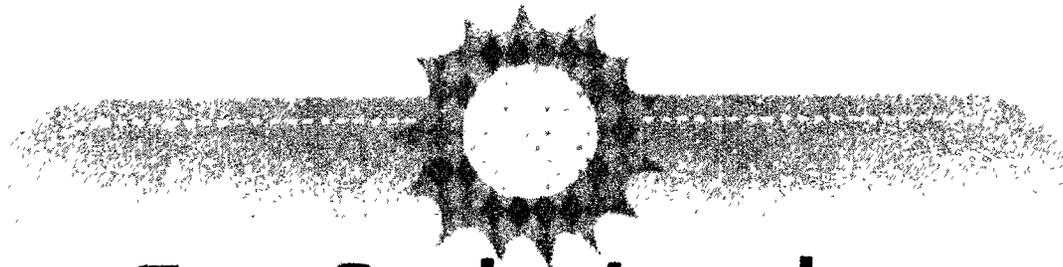
## Older American Advisory Board: Sign in Sheet

Meeting Date: JANUARY 2, 2014

OAAB MEMBERS	
1. FRANCES CARLISLE #1351	16.
2. HENRY BIKOFFSKY #2324	17.
3. SHIRLEY WAGNER #2466	18.
4. JAMES WAGNER #2466	19.
5. JAMES OLSEN #2446	20.
6. PAT OLSEN #2446	Ex-Officio County Commissioner
7. JULIA VIDOLICH #2324	
8. SHIRLEY RASEMUS #2324	
9. DIANA ROSS - UPPER KEYS	
10. PAM MARTIN - UPPER KEYS	Monroe County Staff
11. JOHN GLECH - UPPER KEYS	1. SHERYL GORHAM
12. MARY ANN EDWARDS #1351	2. EDITH BRICKER
13. DORLENE BENNETT #1351	3.
14.	4.
15.	5.

VOLUNTEER HOURS	
LOWER KEYS	450
MIDDLE KEYS	216.5
BIG PINE	354
UPPER KEYS	308

GUESTS	
1. KATHLEEN RYZOC - VNS	
2. ROBIN WILLIAMS - TRANQUILITY	
3. RAISEL FORNANDEZ - TRANQUILITY	
4.	
5.	Guest Speakers
6.	PHYLLIS FORAMT
7.	
8.	



# Free Senior Lunches

If anyone has family, friends, or neighbors age 60 or over that could benefit from a free meal, please spread the word!

The Monroe County Nutrition Program offers free lunches at four different locations throughout the Keys. Anyone 60 years of age or older is eligible and welcome! Sites are open from 9am-1pm, lunch is served at noon, followed by afternoon activities. Home delivered meals are also available for homebound clients.

## Key West

Harvey Government Center  
1016 Georgia St

## Big Pine

Senior Citizen Center  
380 Key Deer Blvd

## Marathon

Levitt Senior Center  
535 33rd St

## Plantation

Plantation Key Government Center  
88800 Overseas Hwy MM 88.5



For more information please contact Jenna Tuttle 305-292-4522

## **FKEC Warns Against Utility Scam**

Dear FKEC Member,

We would like to make you aware of a nation-wide utility scam that is affecting our area. FKEC has received reports of a telephone scam whereby the caller identifies themselves as a collections subcontractor for FKEC and threatens to disconnect power immediately unless personal and/or payment information are provided over the phone. In most recent attempts, scammers are calling in the late afternoon and early evening and instructing the potential target to purchase a pre-paid **Green Dot** cash card and to call back with the card numbers. Generally the call back telephone number provided by the scammer is a toll free number, but can be local.

Should you receive a call similar to what is stated above, or any suspicious call, you are advised to hang up and call FKEC immediately to ensure that you are speaking to a bona fide FKEC employee before providing any personal or payment information.

**To protect yourself and your business from this scam, FKEC members should know:**

- FKEC does not employ subcontractors for the collection of its active electric accounts.
- FKEC will never request a pre-paid cash card, such as Green Dot, as this is not a form of payment we accept.
- FKEC never makes collection calls to members outside of normal business office hours or on weekends.
- Member account numbers, and payment information are masked and maintained on FKEC's secured network that is monitored 24/7.
- If you receive a suspicious call from someone claiming to be with FKEC, hang up, and call FKEC customer service at 305-852-2431.

**Common scam tactics to be aware of:**

- Scammers request pre-paid cash cards such as Green Dot cards.
- Scammers obtain account numbers or some specific information about your account.
- Scammers strategically targeted businesses, such as restaurants, in the late afternoon or right before the evening rush, threatening to disconnect power immediately, hoping to force the target to act immediately.
- Caller ID numbers are spoofed to look as if it is actually the utility company calling.
- Scammers are targeting both commercial and residential accounts nationwide.

FKEC is working with Co-op members and local law enforcement to prevent further scams. However, your best protection against any type of fraud is being aware, protecting your personal information, and notifying law enforcement if someone is trying to defraud you. Please, feel free to share this information and warn other people about the threat of these scams.

For more information about scams visit the Better Business Bureau website at <http://www.bbb.org>. You can also contact FKEC at 305-852-2431 or visit <http://www.FKEC.com>.

For Immediate Release



Contact: Judy Fisher 1-305-671-6368

## Sometimes We Just Don't Know What We Don't Know!

For instance, did you know that older adults living in Monroe County Florida don't have to be lonely or face challenges alone? Did you know that there are programs and services available to help with many of the needs or circumstances an older individual may encounter? **The Alliance for Aging, Inc.**, the Area Agency on Aging for Miami-Dade and Monroe Counties, makes that possible!

The **Aging and Disability Resource Center (ADRC)** can provide Florida's elders; adults with disabilities and their caregivers with easier access to programs and long-term care. For information and referral: Call the **ADRC** at 1-305-670-4357 or 800-963-5337 or the agencies listed below.



### Services Available in Monroe County Include:



**Monroe County Social Services**  
305-292-4583

Services Available:

Chore

Congregate Meals:

**Big Pine Site**

380 Key Deer Boulevard

Big Pine Key, FL 33043

**Key West Nutrition Site SR.CTR**

1016 Georgia Street

Key West, FL 33040

**Marathon Nutrition Site SR.CTR**

535 33rd Street

Marathon, FL 33050

**Plantation Nutrition Site SR.CTR**

88800 Overseas Highway

Plantation Key, FL 33070

Home-Delivered Meals

Nutrition Education and Counseling

Personal Care

Respite Care

Transportation



**S.T.E.P.S. in the Right Direction**  
305-231-9936

Services Available:

Caregiver Training

Chore

Homemaker/Personal Care

Housing Improvement

Respite

Specialized Medical Equipment and Supplies

**Legal Services of Greater Miami: 1-877-715-7464**  
Serving Miami-Dade and Monroe Counties, including legal advice, negotiation, drafting of legal documents, and representation in administrative, judicial and appellate matters, to aid in resolving a wide range of legal problems related to income, health care, including long term care, nutrition, housing and utilities, abuse, neglect and exploitation, age discrimination and protective services.

**While Monroe County boasts the southernmost point in the United States, older adults who live in Monroe County are never further away than a phone call to find the programs, home and community-based services that help keep them at home in their own communities!**

Telephone: 305-670-6500

760 NW 107<sup>th</sup> Avenue, Suite 214, Miami, FL 33172

[www.allianceforaging.org](http://www.allianceforaging.org)



**"Healthy Aging"** can provide workshops to the older adults in Monroe County, including Matter of Balance, Living Healthy, and Diabetes Self-Management Programs. Find us the space to provide these workshops, and we'll provide the trainers, snacks, and all other materials. Call: Helena Hull 1-305-670-6500 #11225

- a. **A Matter of Balance/Un Asunto de Equilibrio:** designed to address and reduce the fear of falling and diminish the risk of falling among older adults (problem solving, home safety, increased physical activity).
- b. **Diabetes Self - Management Program/Programa de Manejo Personal de la Diabetes:** designed to help older adults with type 2 diabetes learn to: manage their blood glucose (sugar) better; deal with symptoms of diabetes, such as fatigue, pain, stress and emotional problems including anger, depression, fear and frustration; appropriate use of medication and healthy eating; exercise to maintain and improve strength and endurance and to work more effectively with their healthcare providers
- c. **Living Healthy/Tomando Control de su Salud:** enable older adults with chronic diseases learn to build self-confidence to take part in maintaining their health and managing their health conditions, including hypertension, arthritis, heart disease, stroke, lung disease, and diabetes.

**Other Available Workshops:**

**Elder Abuse Workshops** - There are too many people scamming and stealing from older adults. Call: Alina Becker at 1-305-670-6500, ext. 11275 to set up these workshops.

**MoneySmart Workshops** - Older adults are prime targets for financial exploitation, both by persons they know and trust, and by strangers. Call: Maria Scotto at 1-305-670-6500, ext. 11283 to set up these workshops.

**The Veterans Directed Home and Community-based Services Program** is also available to Veterans in Monroe; however, referrals must come directly from the Veterans Administration. For information, call Ibamha De La Cruz at 1-305-670-6500, ext. 11227.

**SHINE** (Serving the Health Insurance Needs of Elders) The Alliance's volunteer SHINE counselors help people to identify and understand: Original Medicare, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Medicare Supplement Insurance Policies, Low-Income Subsidy ("Extra Help") for Prescription Drugs, Medicare Savings Programs, Long-Term Care Planning, Insurance and Financing, Medicaid Managed Long-Term Care, Private Health Insurance.



Volunteers provide free and unbiased counseling through a dedicated network of volunteers, empowering older persons in Florida to make informed health care choices.

SHINE has volunteers at the Center for Independent Living and by appointment at the Big Pine Senior Center, Plantation Key Senior Center and Key West Senior Center. For information, call: Denise Agudelo at 1-305-670-6500, ext. 11211

**"Safe Steps"**

"Pasos Seguros" training- offers pedestrian safety workshops for elders to address the high number of deaths and injuries among pedestrians 60+; Call: Marsha Jenakovich at 1-305-670-6500, ext. 11277



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## **AARP volunteers provide free help with tax returns**

**Free federal income tax preparation and e-filing for taxpayers with middle or low income will be available from AARP Tax Aide from Feb. 3 to April 14. You do not need to be a member of AARP or a retiree, although special attention is given to those age 60 and older.**

**AARP Tax-Aide volunteers, trained in cooperation with the Internal Revenue Service, will be available to assist with personal income tax returns at the following locations:**

**Marathon Library - Mondays**

**10 a.m. to 2 p.m. starting Feb. 3;**

**Key Largo Library - Wednesdays**

**10 a.m. to 2 p.m. starting Feb. 5;**

**Marathon Senior Center -**

**Wednesdays 1:30 p.m. to 4:30**

**p.m. starting Feb. 5;**

**Big Pine Senior Center -**

**Thursdays 1 p.m. to 4:30 p.m.**

**starting Feb. 6.**

**Unfortunately, there will be no Tax-Aide site in Key West this year but people from Key West are welcome to visit any of the other sites.**

**Taxpayers are helped on a firstcome, first-served basis. Bring a copy of last year's tax return and all W2 and 1099 forms, along with social security cards for yourself and any dependents, your photo ID, and any other pertinent information**