



January 2019 Newsletter



Greetings from our CEO



[Subscribe to our YouTube Channel now!](#)

Engage with ElderSource All Year-Long



Connect with Us Here:

- [Visit our website to discover resources](#)
- [Call our Helpline for assistance](#)
- [Follow us on social media](#)
- [Make a donation to help seniors & caregivers](#)

Take an Online Course from the ElderSource Institute

- [Virtual Dementia Workshops](#)
- [LGBT Elder Cultural Competency Training](#)
- [Disability Sensitivity and Inclusion](#)
- [View full list of courses here.](#)



Become a SHINE Volunteer!

SHINE volunteers are an important resource for individuals needing guidance about their Medicare and health insurance options.

[Click here to find out how to volunteer.](#)

[What is SHINE? Click here to learn more.](#)



Need a Speaker?

Want to learn more about ElderSource and what we offer? Our team can come to you and give an overview of our agency and how to access our resources.

For more information contact Andrea Spencer at 904-391-6692 or email

Andrea.Spencer@myeldersource.org

Employees of the Months



Congratulations to employees Patti Simons, Contracts Manager (*left*) and Phyllis Kennebrew, Customer Service Specialist II, (*right*) on their Employee of the Month awards for November and December 2018. They both have demonstrated important qualities important to our agency's mission by giving their best service to both clients and their peers. Each is a vital asset to our organization. Congratulations and we appreciate all your hard work at ElderSource.

Northeast Florida Events for Seniors and Caregivers

Join ElderSource at New Year, New You Expo 2019

Saturday, January 12, 2019

10 a.m. to 2:30 p.m.

UNF Herbert University Center

12000 Alumni Drive

Jacksonville, FL 32224

Every year people set goals to help guide them in achieving a better life for the year. Healthier lifestyles, happier



mindsets, fuller wallets — we've got something to work towards. *New Year, New You Expo* is an event that brings experts together to help attendees figure out the best ways to achieve their goals. ElderSource will have a table to help with your goals of dignity and independence this year.

Mention this newsletter and receive a free gift!



Community Caregiving Event
Hosted by St. Johns County
Council on Aging

Thursday, January 31, 2019
Doors open at 5 p.m.
River House (179 Marine Street
St. Augustine, FL.)

An evening of education, pampering and companionship. Connect with helpful local resources. Speakers: Dr. Octavio Santos (Mayo Clinic) and Joseph L. Boles Jr. (Elder Law Attorney)

RSVP: Dial 800-272-3900



YMCA Brainfit Spring Series

Join experts each month at 4 Y locations for informative, interactive, and fun sessions that teach life-long lessons for brain healthy living. This event is FREE and OPEN to the community.

To learn more visit the Y Welcome Center, call 904.265.1775, or email, cwatson-irving@fcymca.org

[Visit our website](#)

[Click here to donate!](#)

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.

ElderSource | 10688 Old St. Augustine Rd. | Jacksonville, FL 32257 | myeldersource.org