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**ElderSource and AARP Present Live Facebook Program for Seniors and Caregivers**

*“Let’s Do Lunch,” a 30-minute program airs the third Thursday of every month*

JACKSONVILLE, FL – ElderSource, the Area Agency on Aging and Aging & Disability Resource Center for Northeast Florida, and AARP Florida have collaborated to present a live, monthly 30-minute program on Facebook that features a myriad of entertaining and educational topics for seniors and caregivers.

Launched in August of 2020, “Let’s Do Lunch” airs on Facebook the third Thursday of each month at 12:30 pm and is hosted by ElderSource CEO Linda Levin and Justine Conley, AARP Florida Associate State Director. Topics presented have included the 2020 census and voting in the fall election, yoga to reduce stress, creating art to experience joy, cooking with an Italian twist and facts and myths about the COVID-19 vaccines,

The next program is scheduled for Thursday, February 18 at 12:30 pm and will focus on the use of robotic pets in the care of older adults with dementia. According to experts, companion robotic therapy pets have a wonderful effect on people with later stages of Alzheimer’s disease. Guest expert to demonstrate and share information about robotic pets will be Alexa Hansli, Director of Livable Florida with the Florida Department of Elder Affairs.

To tune into the program, visit the ElderSource or AARP Florida Facebook page on February 18. This program and past programs can also be accessed on each organization’s YouTube Channel.

For more information, call ElderSource at 1-888-242-4464.

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***About ElderSource***

*ElderSource is a local nonprofit organization designated by the state as the Area Agency on Aging and Aging and Disability Resource Center for Northeast Florida. The agency provides information and referral resources for caregivers and seniors in Northeast Florida, reaching more than 12,000 people in its seven-county service area --- Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia. Programs and services are funded by federal, state and local grants as well as private donations and endowments.*