

November 2020 Newsletter

Share Your Story With Us For National Family Caregiver Month

Share Your Story

In honor of **National Family Caregiver Awareness Month**, we want to offer you, the caregiver, the opportunity to share with us what you are grateful for.

Accepting written or video responses through the month of November.



For submission details visit:
www.caregivercoalition.org/



November is National Family Caregiver Month, a time to recognize and honor family caregivers across the country. There are more than 90 million people in the US providing care for a loved one.

Family caregivers were managing health emergencies, juggling priorities, and suffering from isolation all before COVID began.

The pandemic brings even more challenges as family caregivers handle taking care of their loved ones as the Holidays are fast approaching.

With the uncertainty of holiday travel, shopping, and restrictions on large family gatherings due to COVID, many caregivers may be experiencing added stress and anxiety. It may be more difficult to find joy and thankfulness during a time of year when what used to be considered “normal” might now be deemed unsafe.

Giving thanks is the core of many holiday traditions, no matter what faith, religion or culture. The simple practice of gratitude encourages us to focus on the things, people, or events that bring us joy, happiness and respite. In honor of National Family Caregivers Month, we want to offer you, the caregiver, the opportunity to share with us what you are grateful for.

Submission details:

- We welcome a written response or video. Email your submission to Kandise.chrestensen@myeldersource.org by **Monday, November 30, 2020**.
- Please keep written submissions to no more than 350 words.
- We encourage you to include photos! Please include captions.
- Video submissions are to be no more than two minutes.

[Click here to visit the website for more details.](#)

Also, mark your calendars to join Caregiver Coalition for their free virtual caregiver workshop:

The Joy in Caregiving

Saturday, November 21

10:00am -11:00am

[Visit their website for further details coming soon](#)

Let's Do Lunch: Self-care, Every "Body" Needs It

Thursday, November 19 at 12:30 pm



Join us on Thursday, November 19 at 12:30 pm for a session on mind-body-spirit wellness. "Let's Do Lunch" is a collaboration between ElderSource and AARP Florida offering monthly engaging and free half-hour sessions on a variety of topics. The November program features Sonya Quijada of Q Wellness, a certified yoga instructor who uses yoga techniques to help her with her own healing from injuries sustained as a U.S. Army paratrooper. Her virtual yoga sessions have gotten rave reviews from AARP members across Florida. [Click here to watch past sessions of Let's Do Lunch.](#)

[Click here to register](#) | [Click here to visit the AARP event page](#)

SHINE Counselors Available to Assist Seniors and Caregivers During Medicare Open Enrollment

Call Today! 1-888-242-4464



Medicare Open Enrollment has officially begun and it's not too late for you to have your questions answered.

The ElderSource SHINE program --- Serving the Health Insurance Needs of Elders --- offers FREE and unbiased Medicare counseling to seniors and their caregivers to help them understand their Medicare choices and empowering them to feel confident in maximizing their benefits.

[Connect with SHINE](#)

This is the time for older adults to evaluate their current coverage and make any adjustments or changes if needed. In making those changes and adjustments, there can be a lot of information to process. We encourage you not to do it alone this year.

Call today to schedule your appointment with a SHINE counselor.

Due to the pandemic, counseling sessions are being offered virtually or over-the-phone only until further notice.

[Click here to visit the ElderSource website and learn more about SHINE.](#)

[Click here to visit the ElderSource YouTube page to see previous SHINE virtual presentations](#)

Community Support

Thank You Medtronics!



Thank you to Medtronics and Worldwide United Way for donating over 400 greeting cards to our seniors. The thank you cards will be used to complete our senior care packages that will be delivered to seniors in the community during the upcoming Holiday season.

The seniors and our agency appreciate your efforts and kind words to keep our seniors encouraged and connected during challenging times.

Purchase a Community Bag to Support ElderSource



All November, if you purchase a community bag from Winn Dixie located at 11010 Old St. Augustine Rd., ElderSource will receive a \$1 donation.

Each bag purchased will help us continue our mission and help us continue serving seniors and caregivers during the pandemic.

Free Webinar Hosted by Florida Blue



Yoga & Breathing for Pain Relief

Yoga and breathing techniques to ease pain

Monday, Nov. 16 from 10 a.m. to 11 a.m.

Free Registration: rebrand.ly/yogaforpain

Free Resource: Active Daily Living



Active Daily Living is a great tool on the ElderSource website that gives seniors and caregivers easy access to *hundreds* of articles, blogs and videos on topics such as:

- Caregiving tips
- How to cope with the challenges of caring for someone with dementia
- Safe mobility and driving
- Medication management
- Customized resource newsletters
- And so much more

Visit our website to sign-up for free, personalized advice to enhance, health, independence and aging-in-place.

[Click here.](#)



Holiday Shopping Starts Here!



Shop Amazon Smile this Holiday season and support ElderSource! Amazon Smile is also perfect for Black Friday and Cyber Monday deals.

Simply shop at smile.amazon.com/ch/27-1456179 or with AmazonSmile ON in the Amazon shopping app and AmazonSmile donates to ElderSource.

A percent of your purchase goes toward programs and services that support our seniors and caregivers. Click the link to learn more about giving back while you shop on [Amazon Smile](#).



Cards for A Cause has greeting cards for every occasion. The Holiday season is a great time to send cards expressing your gratitude and kindness to others. Shop with Cards for A Cause to find the perfect messages to share with your loved ones and friends. When you purchase cards from Cards for A Cause ten percent of your purchase is donated to ElderSource.

[Click here to purchase your cards now](#)

Giving Tuesday is December 1

GivingTuesday is a global fundraising effort designed to unleash the power of people and organizations in order to transform their communities and the world. It was created in 2012 as a simple idea: a day that encourages people to do good.

Slated for December 1, ElderSource will be focusing on how our agency is helping



seniors fight isolation and loneliness.

Your donation this year will help support:

- *Caring Connections* Telephone Reassurance Program
- Virtual Caregiver Support Group

Both of these programs have been instrumental in helping seniors fight against senior isolation and connect with valuable community resources. Stay tuned for more information on how you can join in support and give on Tuesday, December 1.

ElderSource Welcomes New Chief Financial Officer

ElderSource welcomes James Lee as the agency's new Chief Financial Officer. As CFO, James brings a wide range of expertise and over 20 years of experience in financial management, financial planning and analysis, grant accounting management, and capital allocations. James is committed to ensuring a balanced portfolio of growth initiatives and maintaining a high level of integrity.



Prior to joining ElderSource, James served as Accounting Grant Supervisor at the City of Jacksonville. He has served in every capacity of accounting expanding his career path and growth outside of traditional financial management. James previously served as ElderSource Director of Finance from 2000 to 2009.

A native of Jacksonville, James holds a Bachelor of Science degree in Accounting from Miles College. Welcome back to the ElderSource team, James!

Employee of the Month: October 2020



Congratulations to Judy Brackenridge, Lead Customer Service Specialist, for being awarded the October Employee of the Month.

Since employees began working remotely at the start of the pandemic, Judy has been the team leader ensuring that the HelpLine runs smoothly, following up on voicemails, callbacks and referrals while also supporting team members with questions and situations.

Her patience and caring nature are admired by her team. Judy demonstrates great loyalty, integrity and respect for others. Next month she celebrates her 10 year anniversary with ElderSource. Thank you, Judy and keep

up the good work and team spirit!



Stay social with ElderSource

**Make a Donation to
ElderSource**

Visit our website

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