



A NON-PROFIT SERVING VOLUSIA SENIORS



SENIOR MATTERS

THE NEWSLETTER OF COUNCIL ON AGING OF VOLUSIA COUNTY

INSIDE THIS ISSUE

“Look at how a single candle can both defy and define the darkness.”
– Anne Frank

Council on Aging of Volusia County is for many older members of our community the light that defies the darkness that is—or once was—in their lives, the darkness that comes with poor health, food insecurity, and isolation. But we are not the only light by any means. Those of you—and there are many—who contribute to Council on Aging shine more light than you can imagine into the lives of those who have struggled to shop for food, get to doctors’ appointments, tackle cleaning projects, or even bathe. They—and we—thank you.

As always, with the growing elderly population in Volusia County, there is still more to do. This is why we ask you to consider joining our 2021 \$100K Meals Match Challenge this fall (see page 14). On page 15, you’ll see some profound words written by US Blinds President Michael Ovacik on his views of respecting and helping the elderly (“Why I Give”).

Giving back has always been at the core of what our US veterans do. Meet one of our clients, an ex-Marine, on page 8. And meet a local World War II veteran on the next page. Still, another veteran is featured in our article about our PetMeals on Wheels program.

But we’re not done! We always want to provide our readers some tips, and we chose “scams” for this issue’s topic. While all of us, it seems, have become inundated with robocalls, email scams, and attempted attacks on our computers and phones, it is especially disheartening that scammers so often target the elderly. Beginning on page 4, we provide a lot of information on scams and what to do to avoid them. We thank the Florida Department of Agriculture and Consumer Services, Division of Consumer Services for providing specific information on Social Security scams.

As darkness comes earlier in the day this season, we hope that the brightness of the holidays brings warmth and joy to your heart and that you enjoy a healthy and happy season. We will be in touch again next year!



The 2021 \$100K Meals Match Challenge starts now! Each \$1 results in \$2 to provide nutritious meals for local seniors. Help us raise \$100,000 for \$200,000 worth of meals! See page 14!

Happy Holidays!

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The mission of Council on Aging of Volusia County is to enrich the lives of our most vulnerable elderly citizens by providing needed services that enable them to remain safely in their own homes.

Message from our Co-Executive Directors



Fall, Fabulous Fall! We don't know about you, but we find this season to be a particularly wonderful time of year. The smells, the temperatures, and not to mention the holidays! Granted, here in Florida we don't get to enjoy some of the typical fall events, such as the colorful changing of the leaves or going apple picking, but—nonetheless—fall is upon us.

In the last issue of this newsletter, we expressed our optimism that we would soon be returning to some sense of normalcy as it related to our group activities and programming in our Neighborhood Dining Sites and Senior Centers. Unfortunately, due to public safety reasons, we had to curtail those plans for the time being but we remain hopeful for positive changes in the very near future.

As a result, one of the events you (and we!) look forward to each year has been postponed. Our annual **Dancing through the Decades** dinner-dance event will now be held on Thursday, March 31, 2022. But no worries, only the date has changed; everything else remains the same! The same wonderful venue (Ocean Center in Daytona Beach), the same delicious food and drink, and the same fabulous music (Mister DJ Entertainment)! Many thanks to Halifax Health for being our Presenting Sponsor.

As we bid a fond (?) farewell to 2021, we are asking for your help beginning on October 1 with our **\$100k Meals Match Challenge**. As much as we were supported this year with your generous donations and additional emergency COVID funding from the government, that money is running out. We desperately need your support in helping our local seniors stay healthy; therefore, enjoying a daily warm and nutritious meal is paramount. We count on your donations to earn every state and federal dollar possible so that we can meet our matching requirements. This will allow us to continue to provide our Meals on Wheels clients with a balanced and wholesome lunch.

In closing, we wish you and your loved ones a truly fabulous fall and a safe and healthy holiday season. We are incredibly grateful for your support this year and hope to be able to count on it again in 2022!



Co-Executive Directors Terri Karol and Eveline Kraljic

Are you or someone you know struggling with **MEMORY LOSS?**

Are everyday tasks more difficult?

Call today to schedule a prescreening or to find out more

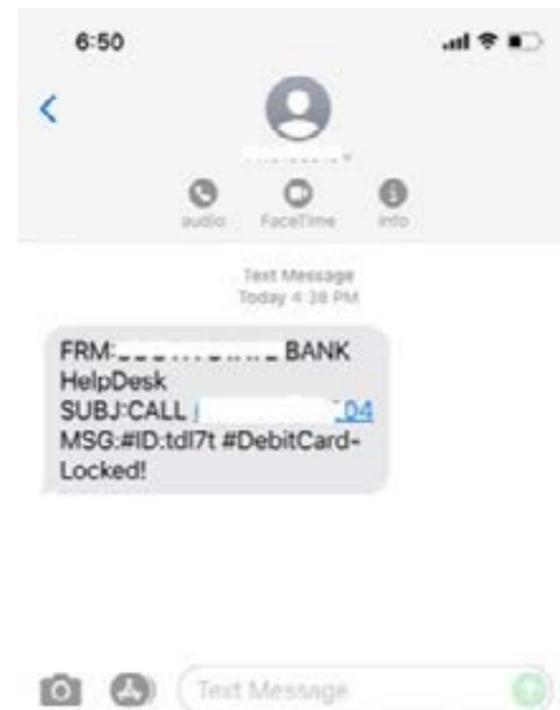
Call: (386) 304-7070
Ask for Andie, Scott or Julie

PMR | PROGRESSIVE MEDICAL RESEARCH

Tips to Avoid Scams

Scams targeting the elderly, already on the rise, increased dramatically during the first year of the COVID-19 pandemic. Last summer, AARP reported that the Federal Trade Commission (FTC) received more than a half-million complaints related to COVID-19 and stimulus payment scams, nearly three-fourths of them involving fraud or identity theft. Pandemic-related scams have also included offers of coronavirus cures, free or government-ordered COVID tests, and promises of quick access to vaccines. While free COVID vaccines—even in-home vaccines—have been in the past few months legitimately offered, any email or phone call asking for your financial information or any sort of payment for a test, vaccine, or anything else should be considered a scam (see page 6). All of these scams have cost consumers more than \$505 million, with a median individual loss of \$373 over the past year!

Losses can be much higher than \$373, depending on the information scammers



Phishing text received by COA employee

obtain from unsuspecting victims. **Phishing emails and texts** that appear to be from a reputable company aim to acquire your passwords and credit card numbers. These scammers often use legitimate-looking logos and urgent messages stating that an account of yours may have been compromised or your payment information needs to be updated or else cancellation is imminent (see the image of the text message we received while writing this article). Rather than panic, which can be easy to do, check the origin (email address/phone number) of the message and confirm the validity of the contact information. Look for misspellings in the messages, and, most importantly, if you are concerned that an actual problem exists, call your bank, credit card company, or other company to check the authenticity of the message.

In addition to phishing scams, imposter scams are common and include a range of schemes:

- Tech support scammers

contact potential victims and tell them there is a problem with their computer. All they need is your credit card number to resolve the issue. In addition to calling, these scammers use sudden pop-up warnings that show up on your screen when you're on the internet. And there is at least one fraudulent but legitimate-looking website that appears in web searches when people use search terms such as "printer not working" or "printer offline" (don't ask us how we know this!). Tech support imposters convince victims that their computers have viruses and other problems that can be fixed remotely. There are two problems with this: The scammers need your credit card number to supposedly fix the problem; and they also ask for remote access to your computer, which provides them access to all of your information.

- Family emergency scams involve imposters pretending to be a grandchild, another family member, or a family friend stating that there has been an emergency (usually an arrest or medical emergency), but the emergency needs to be kept secret. In many cases, the imposter appears to be credible because he or she has accessed personal details collected



from family members' social media accounts. These scammers will ask for money to be wired to them or will demand debit card information.

- IRS imposter scams use phone calls, emails, or texts to tell you that you owe back taxes. Threats normally follow (you will be arrested or sued unless you pay). In some cases, the caller might know a part of your Social Security number and your caller ID might show a Washington, DC number, making the scam appear legitimate.

- Online dating scams target trusting people who simply want companionship. The victim will meet someone on social media or through a dating site and soon will begin talking, texting, messaging, and emailing, but the romantic interest always lives far away. Eventually, the new love interest will need money for a plane ticket or he or she might come up with a story about a needed medical procedure. Once the victim sends money, the love interest disappears.

Other common scams include the following:

- Home repair scams are usually initiated by someone knocking on your door or calling you. These scammers are more common in Florida after hurricanes. They say they will fix your roof or take out a tree, but they ask for a deposit before starting the work, then they

leave. For good. Others will do shoddy work and take off (there are numerous consumer complaints about pool repairs/refinishing) or pretend that they have discovered other problems. Still others have been known to arrange financing for their victims, convincing people to take out home equity loans or reverse mortgages to pay for the repairs and arranging for the lender to pay the scammer directly. Victims find themselves without the repair completed while being held liable for the loan repayment. Some home repair financing schemes can leave victims with a nightmare of an agreement that can result in the loss of their home.

-Prize scams start with someone calling you, emailing you, or sending you a card telling you that you have won a prize. Many times, they will tell you that you entered into sweepstakes. In order for you to receive the prize, they say, you must pay a fee.

-Health care scams involve scammers pretending to be government or other officials who say they need your Social Security number, other financial information, or an insurance number to issue you a new Medicare card or to provide you with discounts on health insurance. Once your personal or financial information is given away, identity theft or financial loss can easily follow.



The FBI reports that millions of elderly Americans fall victim to some type of fraud or scheme each year. Scammers often target older people not only because seniors tend to be more trusting and polite, but also because seniors often have good credit and savings.

What to do?

-Don't answer calls from numbers you do not recognize. If the call is important, the caller will leave a message.

-If you do answer a call and find that it's a telesolicitation or robocall, hang up.

-If a caller asks for personal or financial information, hang up.

-Avoid/ignore pop up ads on your computer. If you are having computer problems, contact someone you know and trust and/or contact the official site of your computer brand.

-If you receive a "family emergency" call or email, check that the email address or phone number is legitimate, and contact a family member to verify what you are being told.

-If you receive a call from someone saying they are from the IRS asking for money, hang up. If you owe the IRS back taxes, they will only contact you by mail. If you are unsure, you can contact the IRS at 800-829-1040.

-No matter what, NEVER(!) send money to anyone you have met online if you have not yet met them in person.

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Continued from page 5

-Ignore home repair people who call you or knock on your door. Ignore home repair people who are pushy or who try to scare you. If you need home repairs, contact legitimate companies yourself or ask trusted family members, friends, or neighbors for referrals. Check online reviews of companies.

-Ignore “you’ve won” prize phone calls and mail unless you know you entered a prize drawing. No matter what, do not pay a fee to get a prize.

-If someone contacts you about your health information or your Medicare card, hang up and contact Medicare at 1-800-MEDICARE to confirm that you do not need a new card and that no additional information from you is needed.

In too many cases of fraud, people don’t report the crime because they are embarrassed that they have been scammed. Scammers are clever. They are very good at what they do, which is why they exist. We can outsmart them by educating ourselves on popular scams. Please see page 7 on common Social Security Scams.

If you have been scammed by phone or online, file a complaint with the FTC by calling 1-877-FTC-HELP (1-877-382-4357). You can also report scams online at <https://reportfraud.ftc.gov/#/>. If you suspect a home repair salesman has tried to scam you or has scammed you, contact your local police.



November is Alzheimer’s Awareness Month, a time to heighten awareness about Alzheimer’s Disease and show support for the more than 5.8 million Americans living with it.

act.alz.org

Beware of COVID-19 Scams:

Avoid online offers for coronavirus cures or faster access to vaccines.

Be wary of emails, calls, and social media posts advertising “free” or government-ordered COVID-19 tests. Check the FDA website for a list of approved tests and testing companies: www.FDA.gov.

Don’t click on links or download files from unexpected emails, even if the email address looks like a company or person you recognize. Ditto for text messages and unfamiliar websites.

Don’t share personal information such as Social Security, Medicare, and credit card numbers in response to an unsolicited call, text, or email.

Be skeptical of fundraising calls or emails for COVID-19 victims or virus research, especially if they pressure you to act fast or request payment by prepaid debit cards or gift cards.

Ignore phone calls or emails from strangers urging you to invest in a hot new stock from a company working on coronavirus-related products or services.

Avoid requests requiring you to pay out of pocket to receive a shot or get on a vaccine waiting list.

Verify ads for vaccines on websites, social media posts, emails, or phone calls.

Be cautious of marketers offering to sell or ship doses of COVID-19 vaccines.

Sources: FTC, FCC, FBI, SEC, HHS



Five Ways to Recognize a Social Security Scam

Florida Department of Agriculture and Consumer Services, Division of Consumer Services

The Social Security Administration’s Office of the Inspector General (OIG) has warned the public that scammers are making phone calls and then following up with emails containing falsified documents aimed at convincing people to pay to reactivate, protect, or restore benefits.

You may have received one of these calls—either a recorded voice or a person falsely claiming to be a government employee warning you of an issue with your Social Security number, account, or benefits, including identity theft. The caller may threaten arrest or other legal action, or they may offer to increase benefits, protect your assets, or resolve identity theft if you provide payment using a retail gift card, cash, wire transfer, internet currency such as Bitcoin, or a pre-paid debit card.

Scammers are aware that people are catching on to their tricks, so they are coming up with new ways to convince Social Security beneficiaries that their frauds are legitimate. Here’s what to watch for so you can protect yourself and others from Social Security scams.

1. Threatening arrest or legal action: If you receive a threatening phone call claiming that there is an issue with your Social Security number or benefits, it’s a scam. The Social Security Administration (SSA) will never threaten you with arrest or other legal action if you don’t immediately pay a fine or fee.



2. Misspellings and grammar mistakes: If the caller follows up with emails containing letters or reports that appear to be from the SSA or OIG, look closely. The letters may use government “jargon” or letterhead that appears official in order to help convince victims, but they may also contain misspellings and grammar mistakes.

3. Emails or texts with personally identifiable information: The SSA will not email or text you a request for your personally identifiable information. If there’s a legitimate problem with your Social Security number or record, the SSA will mail you a letter to notify you of any issues.

4. Requests for payment by gift or pre-paid card, cash, or wire transfer: If you do need to submit payments to the SSA, the agency will mail a letter with payment instructions and options through U.S. mail. You should never pay a government fee or fine using retail gift cards, cash, internet currency, wire transfers, or pre-paid debit cards. Scammers ask for payment this way because it’s difficult to trace and recover.

5. Offers to increase benefits in exchange for payment: Similarly, SSA employees will never promise to increase your Social Security benefits, or offer other assistance, in exchange for payment.

If you think you’ve been the victim of a Social Security scam, report it immediately to the Federal Trade Commission (FTC) at FTC.gov/complaint and to the SSA Office of Inspector General Fraud at <http://ssa.gov>.

We Salute You

Bruce: A Veteran and Family Caregiver

Bruce, who was born on a Kansas Army base in 1943, served our country for six years as a Marine. He enlisted in the Marine Corps before graduating from high school and received his diploma while deployed. "I wasn't happy with the school system, and I felt like I would have better opportunities in the Marine Corps," he said. "It made a better person of me. I am more well-rounded, more disciplined, and I credit it all to the United States Marine Corps!"

Bruce was stationed in Okinawa with the 7th Fleet Marine Force for 15 months before being transferred to Quantico, Virginia. "It is the showplace of the Marine Corps." He spent his last two years of active duty there, where he trained "boot lieutenants" going through Officer Candidate School.

Bruce shared, "Military service is an education that you will seldom get just by going through the school system itself. You gain maturity at a quicker pace. The Marine Corps provides guidance, support, three meals a day, a clean bed, structure, and most of all, an understanding of the importance of civic responsibility and dedication to our country."



Clients Vivian and Bruce with COA employee Moe

Bruce takes his responsibilities very seriously, primarily his responsibility as a caregiver for his wife, Vivian, for the past 30 years. In 2013, he asked COA for some assistance, and together, Bruce and Vivian have benefited from Respite Care services. Moe, a COA employee who assisted in Vivian's care, has provided Bruce the support and time he needs to take care of running errands,



shopping for groceries, and keeping appointments. The service also allows Bruce to feel secure that his wife is receiving the quality care she needs while he is out.

"Respite Care helps to create balance in the lives of caregivers, which is very much needed," says Moe. She adds that one of the unique highlights of Vivian's care involves a robotic pet cat named Meow that COA secured through a grant. Meow looks, feels, sounds, and moves like a real cat. "These robotic pets bring so much happiness to our clients who are either unable to have pets in their homes or are not in a situation to care for a pet," says Moe. "They really bring out smiles, conversation, and joy."

Speaking of joy, Jackie, one of COA's Certified Nursing Assistants who provides assistance to Bruce and Vivian, says, "Vivian and Bruce look at each other with respect, admiration, and with a love that they have shared over the last 56 years. It is a joy to witness." Bruce adds, "Vivian's beautiful smile is what attracted me to her."

Family caregiving is an act of love, compassion, and loyalty, and it is no surprise that a Marine would take on this role with such dedication. COA is proud to assist so many local seniors like Bruce and Vivian.

Continued on page 9

We Salute You *(continued)*

Chuck Kitching: World War II Veteran

At 96 years young, Chuck Kitching still vividly remembers his military experience and to this day continues to think of those lost during his years of combat in World War II.

Born in 1925, Chuck was drafted into the Army in 1943, heading off from Maine to basic training in Florida. One of his most vivid memories, he says, is from March 1945 in Sankt Goarshausen, Germany, when machine guns and a bomb were deployed by the enemy and he lost five of his friends—four were killed and one went missing—out of his unit of twelve. Years later, Chuck learned that the missing soldier had drowned in the Rhine River, later to be buried alongside almost 10,000 fellow soldiers in a cemetery there.



Chuck was able to obtain the death certificate of the lost soldier and shared it with the soldier's family. Another vivid memory is when Chuck experienced Ohrdruf, the first Nazi concentration camp liberated by the US Army.

He said, "Back in World War II, everyone was involved in the war. We all pitched in. Everyone had a hand in it. Everybody that could walk and was fit was in the service. Mothers had stars in their windows [to represent the number of family members serving in the war effort as members of the armed forces]. There was a level of respect amongst us all. We were a unit." He continued, "I still think today about those five soldiers—my friends—who were killed."

As Chuck remembers his lost friends, we all remember and honor the incredible sacrifices of veterans like him as we pay tribute to all veterans on Veterans Day. We also wish Chuck a very happy 96th birthday on October 4, 2021!



Chuck during his WW II service



2014 Letter of Induction into the French Legion of Honor

Today I Took the Garbage Out



After reading our last Senior Matters issue which touched on COVID-19, New Smyrna Beach resident Bill Schneider sent us a poem about his COVID lockdown experience, adding a little levity to his situation. We hope you enjoy this as much as we did.

Today I took the garbage out,
 then re-entered my abode.
 And left the hefty garbage can
 standing by the road.
 Then it finally dawned on me,
 today is not our day.
 This COVID virus "lock down"
 has me all confused that way.
 Cabin fever takes its toll
 in many different ways.
 Without those scheduled outings,
 my mind co-mingles the days.
 I'd like to have some normalcy back,
 with some travel in my routine.
 I'd like a break from 24-7 news
 about COVID nineteen.
 I have finished all the books I own,
 sitting on my patio,
 And I watch all nature's little critters,
 as they come and go.
 Why do lizards, on a vertical wall,
 hang head down like they do?
 And the bees and butterflies,
 I counted them all, bees 19, butterflies 22.
 Yes, cabin fever is taking its toll,
 so excuse my leap to digression,
 And let me get back to the garbage,
 that is still in my possession.
 Tomorrow I'll put it out again,
 and end the morning with a sigh,
 And probably won't remember,
 until after the garbage truck passes by.

~ Bill Schneider, COA newsletter fan

HALIFAX HEALTH
 CONTINUING CARE
 PRESENTS
Dancing THROUGH THE DECADES
Has been Rescheduled
Come join us on Thursday,
March 31, 2022
at The Ocean Center Arena · Daytona Beach
Tickets go on sale on February 1st
 coavolusia.org
 386.253.4700 x 250
 THANKS TO OUR AMAZING SPONSORS!

HAPPY
Holidays
 From all of us at Council on Aging

FHCP Medicare

We ♥ Seniors!

There is a special place in our hearts for seniors. That's why we provide convenient locations with extended hours and same day appointments. Our award-winning pharmacies* are offered to Members only. Telemedicine is available 24/7. Worldwide Emergency coverage. Members enjoy free, unlimited access to our network of 80+ gyms, fitness centers and YMCAs. That's why seniors value their FHCP Medicare Membership. Join us and you will too.

* 2020 News-Journal Readers Choice Award

Not all plan benefits are available in all counties. FHCP Medicare is an HMO with a Medicare contract. Enrollment in FHCP Medicare depends on contract renewal. HMO coverage is offered by Florida Blue Medicare, Inc., DBA FHCP Medicare and is an Independent Licensee of the Blue Cross and Blue Shield Association Y0011_34710_M 1020 CMS Accepted

Call 1-855-Go2-FHCP
 (1-855-462-3427)
 TTY 1-800-955-8770
 8 a.m. - 8 p.m. ET, 7 days a week,
 from October 1 - March 31.
 8 a.m. - 8 p.m. ET, Monday - Friday,
 from April 1 - September 30.

PetMeals on Wheels

In the spring of 2020, Council on Aging partnered with Hush Puppy Haven to launch our PetMeals on Wheels program, an initiative that delivers pet food and supplies to more than 80 Meals on Wheels clients for their furry and feathered family members. A year earlier, we conducted a survey of our Meals on Wheels clients, confirming that over 60 percent had pets. "My two cats are my only family members," said COA client Rosalie, "and I appreciate receiving help to care for them."

Like Rosalie, approximately one in four seniors lives alone, and several of those we surveyed reported that their pets were their only everyday companions. This is why it is so critical to ensure that these vital relationships are nourished and that elderly people and their pets remain together and healthy.

While the human-animal bond provides people of all ages with numerous benefits, this connection is particularly important to the elderly, especially in that having a pet can decrease or alleviate feelings of isolation and loneliness, problems mentioned frequently during COVID lockdowns. And we have all either heard of or experienced the social and physical benefits of dog walking, not to mention the emotional support a pet can provide to anyone who is struggling. Having a cat, dog, or bird to talk to, care for, pet, or hold is invaluable, if not lifesaving.

Animals are too often the only source of comfort for many seniors. "With nearly 7 million seniors living at or below the poverty line, many are finding it increasingly difficult to support themselves—let alone a pet. . . [and] thousands of our pet-owning clients will forgo their own resources to ensure their

pets are fed before even taking a bite of a delivered meal themselves," reports Meals on Wheels America. This is why COA staff, COA Board Chair Nancy Lohman, former COA Board Member Sherry Graffagnino, and Hush Puppy Haven founder and president Jen Adams stepped up. The PetMeals task force collected information from clients and developed a plan, which would not have taken off as a full-fledged program without Jen, who founded her volunteer-operated nonprofit ten years ago in order to provide pet food and supplies to needy pet owners in the community, primarily survivors of domestic violence.



Sweetie, a PetMeals On Wheels client

"Many people will not leave domestic violence situations because, often, it means leaving their beloved pets behind," Jen says. "In too many cases, pets left behind are themselves harmed. When I started Hush Puppy Haven, we began providing food and supplies to those in need, and also vet care and, very

importantly, foster homes for the pets of women who were going to domestic violence shelters—many of which now accept or are planning to accept pets."

Now, Jen says, Hush Puppy Haven has the ability to expand and help others in the community, so she has been providing COA with dog and cat food, bird food, kitty litter, collars and leashes, food dishes, and other donated items for Meals on Wheels clients who have indicated a need.

One of these clients is Eugene, a veteran of the War in Afghanistan who spent more than 25 years in the United States Navy service which included being stationed in Kuwait and spending eight-and-a-half years at sea on the JFK Aircraft Carrier.

"My greatest achievement in life so far," Eugene says, "has been my service in Afghanistan. I used to think it was graduating from college, and then my Navy career. I was going to retire after 20 years, but then my retirement was put on hold for Afghanistan." He finally did retire in 2011.



Afghanistan War veteran Eugene

Eugene was referred to the Meals on Wheels program after returning home from one of his hospital stays, and his volunteer delivery driver gave him a flyer about the PetMeals on Wheels program, knowing that his household dogs Sweetie and Justice were always there by his side.

Sweetie came into Eugene's household from the Halifax Humane Society after she graduated from the "Prison Pups N Pals" program, which pairs shelter dogs with Tomoka Correctional Institution's inmate trainers and caretakers. While the inmates receive education on the training and care of dogs, the shelter dogs benefit from obedience training that prepares them to be good companions in forever homes. Each Prison Pups class has two or more dogs specifically selected to become a companion dog for a veteran.

"PetMeals on Wheels is very, very helpful regarding stretching resources on my limited income," Eugene says. The pet food delivery helps to supplement what I buy."

A client in Edgewater says the same: "Some months, there's not enough money, so PetMeals on Wheels is a great supplement for Precious." For five years, Precious has been the 24-hour-a-day companion

to 87-year-old Jack, who receives Meals on Wheels. In fact, Precious often alerts Jack to the arrival of his meals, going to the door and barking, then running to get him, always expecting a treat herself. When Jack isn't feeling well, Precious is sure to be at his feet, making sure he is ok.

"Meals on Wheels is great," says Jack's wife. "They're fantastic. And the pet food and treats are wonderful. Honestly, I didn't want to have a dog, but while Jack cannot go out due to medical issues, I feel better

leaving him at home with Precious when I need to go to doctors' appointments and such."



Jack and his companion, Precious

If you would like to support Hush Puppy Haven by donating new, unopened cans or bags of pet food or supplies, please visit <https://hushpuppyhaven.org>.

If you would like to support COA's Meals on Wheels program, please see page 14 of this newsletter.

2021 \$100K Meals Match Challenge!

466,824. That is the number of meals COA provided to local seniors during the first 12 months of the COVID crisis—more than a 180% increase from the previous 12 months. While some of these seniors no longer need meals delivered to their homes because they are not self-isolating, they have family assistance, or they have changed living situations, many, many others continue to need help.

COA was able to boost our Meals on Wheels operations so drastically due to the generosity of our donors as well as emergency pandemic response funding passed down from the federal government to the state. This funding is now running out. And we must continue to feed vulnerable seniors in our community.



From October 1 through the end of this year, you can help us match every state dollar possible! That means that every \$10 will result in \$20—or two meals delivered to one of our elderly neighbors. Our goal of \$100,000 will ultimately result in \$200,000 or 20,000 meals. We know we can do this with your help!

Consider that 94% of COA clients live below the poverty line. Nearly half of them live alone. And food continues to be the number one basic need facing the low-income elderly. Please join the 2021 \$100k Meals Match Challenge and give what you can today! Help us meet our goal and alleviate hunger while promoting health among the local elderly population. Thank you!

Yes, I'd Like To Help!

COA is the only local non-profit focused solely on assisting Volusia County's senior population—the fastest growing age group in our area.

You may donate online at www.coavolusia.org, by calling 386.253.4700 x 215, or mail a check made payable to COA to 420 Fentress Blvd., Daytona Beach, FL 32114. Thank you!



Name: _____

Address: _____ Suite, Apt. #: _____

City: _____ State: _____ Zip: _____

Phone: _____ Check Amount: \$ _____

Email Address: _____



Make my donation a monthly recurring gift

I am interested in legacy giving

Q4 2021

Why I Give

By Michael Ovacik, US Blinds

In a previous career, I traveled extensively on business as an international banker and corporate counsel. I also spent time exploring the Southwest, where I was exposed to Native American culture when my father did volunteer work in a number of reservations in South Dakota, Arizona, and New Mexico. Regardless of culture, the overarching common element shared by Asian, Middle Eastern, as well as indigenous society was veneration and tremendous respect for the elders of that community. Regardless of whether these are patriarchal or matriarchal-led societies, the honor of place is always bestowed upon the elders of the community. Seniors of these communities have a vital role in all important matters and are treasured assets whose sage advice and counsel are highly valued.

It is often said that a society is judged by how we take care of the most vulnerable members of our population; this invariably includes the very young and our seniors. Too often our seniors are forgotten and marginalized; we forget the significant sacrifices and struggles they endured which have resulted in the great country that we have today. Where would we be as a country without our veterans, our immigrants, and those who fought for civil rights, gender equality and more? The stories and experiences that our seniors share with us make us a much richer, more interconnected, and vibrant community. When we honor and support our seniors it teaches our youth compassion, empathy, and service above self. This is why I give to the Council on Aging.



Michael Ovacik, US Blinds President



Michael Ovacik, President of US Blinds, began supporting Council on Aging of Volusia County in 2018, shortly after moving to the Daytona Beach area from the west coast of Florida. "He has helped COA in myriad ways," says Co-Executive Director Eveline Kraljic, adding, "He has become a true partner in serving the elderly in our community, and we are very grateful for his commitment to us and our local seniors."



October is National Guardianship Awareness Month



A NON-PROFIT SERVING VOLUSIA SENIORS

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- Welcome Incoming Board Chair Nancy Lohman
- Be bOld! Introducing COA's Empathy Project

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