

January, February, March 2022



A NON-PROFIT SERVING VOLUSIA SENIORS

SENIOR MATTERS

THE NEWSLETTER OF COUNCIL ON AGING OF VOLUSIA COUNTY

INSIDE THIS ISSUE

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

- Rosalynn Carter

While family caregiving has always been part of the human experience throughout history, only since the mid-1800s have we labeled the action of taking care of a family member "caregiving." Taking this a step further, the term "sandwich generation" was coined in the early 1980s, a name that has fully entered our lexicon as the population grows, lifespans increase, and family dynamics shift. On page 4, we discuss "the sandwich generation" and the struggles of caregivers of parents as well as children and even grandchildren—and we offer some ideas to support the growing number of sandwich generation individuals fulfilling various roles in their families.

On page 9, please read about our new Board Chair Nancy Lohman as we also thank Dean Kurtz, immediate Past Chairman, for his service to COA. On the next page, make sure to read about our new *Be bOld!* program—an empathy project sponsored by Progressive Medical Research.

Yes, Dancing through the Decades is finally back (see page 12)! On page 15, take a look at our 2021 Impact Report to see what COA has done in our local community over a 12-month period with your support.

As our Co-Executive Directors, Terri and Eveline, express on page 2, we are all very grateful for your generosity, which helped us meet our \$100,000 end-of-year fundraising challenge. All of us wish you and yours a wonderful, safe, happy, and healthy 2022!



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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.

www.coavolusia.org

Message from our Co-Executive Directors



Welcome to 2022! It sure has been quite a ride, hasn't it? Just when we thought things as we know them would get back to normal, well, unfortunately, they didn't. Here's hoping for a more traditional year. We are certainly ready!

First and foremost, we cannot thank you enough for helping us to attain our \$100,000 end-of-year fundraising goal, especially during these trying times! Our community never ceases to amaze us with its generosity, and we are so very grateful for your commitment, concern, and the care that you bestow upon our local senior population. It has been an especially tough time for the elderly, and knowing there is this incredible support system behind us (YOU!) is nothing short of amazing. Thank you!

As you may know, after several postponements, the 16th Annual Glenn & Connie Ritchey Community Service Award event (COA's main fundraiser!) was canceled, but thanks to our faithful sponsors, we received an incredible number of donations, and we were also able to successfully hold a virtual silent auction, allowing bidders to take care of some of their pre-holiday shopping.

Looking ahead, we can't wait to welcome you to the Ocean Center on March 31 for our "Dancing through the Decades" community event. Get your dancing shoes ready!

Like many other local organizations and businesses, we had to navigate some struggles related to staffing and volunteer needs over the past year. We recently welcomed some talented, dedicated, and smiling new faces to our team and look forward to adding a few more. If you or someone you know would like to play a part in improving a senior's day in some capacity, feel free to reach out to us!

COA was recently honored by ElderSource, the Area Agency on Aging and Aging & Disability Resource Center for Northeast Florida, with a 2021 Luminary Award during its annual *A Night with the Stars* event, presented by Florida Blue Medicare, which celebrated organizations that worked alongside ElderSource during the pandemic to support the critical needs of seniors and caregivers. COA was recognized for many accomplishments, some of which are highlighted in our 2021 Impact Report on page 15.

The future of COA is bright! Our leadership team, our team members, our Board of Directors, our volunteers, and our community are ready to head into 2022 full speed ahead! We are working on several new initiatives that will be unveiled in the coming months. Stay tuned!

Thank you again from the bottom of our hearts. We cannot continue our important mission without you!



**Co-Executive Directors Terri Karol
and Eveline Kraljic**

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The Sandwich Generation

- The Sandwich Generation generally refers to people in their 40s or early 50s “sandwiched” between caring for aging parents and dependent children, including adult children.
- The Club Sandwich Generation refers to two groups: Younger adults in their 30s or 40s juggling care for younger children, aging parents, and elderly grandparents; and adults in their 50s or 60s caring for aging parents, adult children, and grandchildren.
- The Open-Faced Sandwich Generation refers to any adult caring for someone older, such as a parent, grandparent, or even an unrelated person.

In this article, we are going to simply refer to all three as “the sandwich generation.”

Lana (not her real name) had become like a daughter to her mother-in-law, Bea. A few years earlier, Bea and her husband moved closer to Kevin and Lana to help out with the kids since the younger couple—in their early 40s—managed an active household and worked full-time. But within two short years, things changed dramatically.

Bea was diagnosed with cancer, and her husband died of a heart attack a few months later. As the weeks went by, Bea naturally became less available to help out with the kids and more dependent on her son and daughter-in-law. Because Kevin’s office was an hour away and he



often traveled for work while Lana’s job was nearby, the bulk of the work fell on her. Although Kevin arranged for housecleaning services for his mother and helped her with errands on the weekends, Lana became the go-to person Monday through Friday.

“It was really difficult,” Lana says. “We have two kids who have their activities, doctors’ appointments, and homework, and we have Bea, who has needed help with medicine pickup, getting to her chemo appointments, shopping, crisis intervention, and more. Kevin

helps when he’s around, and he’s great at making calls and arranging things, but when someone needs to be there for Bea on weekdays, that person is me.”

As Lana’s schedule grew more challenging and hectic, she began to receive calls at work: Bea forgot to tell Lana that she needed to pick up medicine from the pharmacy by a certain time, and she wasn’t comfortable driving that far—could Lana do the pickup? Bea drove to the grocery store and locked herself out of her car—could Lana come meet her as soon as possible and call the locksmith? Bea fell and twisted her ankle—could Lana take her to the emergency room? Meanwhile, one of Lana’s children would get sick in middle of the day or a soccer practice would be canceled and Lana had to get the kids early.

Lana soon began receiving unspoken messages from her supervisors that they were not happy with her. As time passed, she was not invited to meetings she actively participated in before. She watched someone who once reported to her bypass her with a promotion. Communication stopped flowing as freely as it once had. After several months, it was clear: she was no longer an integral part of the team at work.

“I was stretched way too thin, and no one really understood,” she says, explaining how she fell into a depression, which made things worse. Eventually, Bea agreed to move into an assisted living facility, and while the help she receives there has lightened the load, there are still demands on Lana and Kevin that assisted living staff do not normally address: assistance with bill paying and complex paperwork,

medical and financial advocacy, car maintenance and repair, special purchases, and, as Bea’s health has deteriorated, transportation.



While the demands on her are not as great, Lana is fully aware of how her career has suffered, and she does not feel positive about winning back her employer’s confidence; therefore, she has been seeking other employment, hoping to find a remote position with a flexible schedule. Luckily, she says, she and her husband have not been in a position of having to help Bea financially, an additional strain placed on many sandwich-generation caregivers.

“It won’t hurt us too much if I take a pay cut,” Lana says. Salary reductions or job loss are not uncommon for family caregivers. A *New York Times* survey of sandwich generation individuals showed that, on average, respondents caring for both children and older relatives estimated that they lost more than \$10,000 a year because, like Lana, they had to reduce or change work hours, increase their expenses (paying for services for their loved ones), or even leave a job as a result of their caregiving responsibilities.

Continued on page 6

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Financial and time constraints normally lead to increased stress. Caregiver burnout and feelings of depression, guilt, and isolation are not unusual when people pressure themselves to be good spouses, good parents, and good children at the same time. Managing work, household responsibilities, hobbies, and relationships can be extremely difficult, and feeling pulled in multiple directions on a regular basis can take its toll.

Sandwich generation adults often find it difficult to take proper care of themselves as they sacrifice to take care of older and younger family members. And while these caregivers, like all family caregivers, talk of caring deeply for their family members, they also frequently complain of feeling rushed, having no or little time for themselves or their own homes as they juggle daily tasks related to caring for children or grandchildren as well as parents or grandparents.

The US Census predicts that in the next 30 years, the number of adults older than age 65 will nearly double, while the number of seniors older than 85 will triple to 19 million. The Pew Research Center states that nearly half of adults in their 40s and 50s have a parent age 65 or older they are helping while also either raising a young child or supporting an adult child. Also, it is reported that adult children are moving back in with their parents in record numbers. So, we are looking at a not-so-distant future where more and more people will find themselves members of a sandwich generation. Our challenge is this: How do we make sure that the caregivers are cared for?

Tips for sandwich generation caregivers:

Consider investing in part-time in-home senior care or childcare. Even a few hours of outside assistance can help to relieve caregiver pressure.

Ask for non-paid help, too. Ask your siblings, adult children, other family members, and even close friends if they can help out with caring for other family members, making meals, cleaning, shopping, providing rides, or assisting in other ways.

If you feel too overwhelmed and/or depressed, seek professional help and/or find a caregiver support group.

Work to discard feelings of guilt about taking care of yourself. Everyone needs to eat right, get enough sleep, and exercise. Try a yoga class, join a book club, go out to lunch or dinner with friends. Take a break. Again, find someone to assist with your kids and/or parents just a few hours a week.

For more information and resources, visit the Rosalynn Carter Institute for Caregivers at rosalynncarter.org.

Contact Council on Aging at 386-253-4700 x 225 to learn if we can help with some caregiving duties with your family. Services are available free of charge or low-cost for those who qualify as well as by hourly private pay rates.



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from October 1 - March 31.
8 a.m. - 8 p.m. ET, Monday - Friday,
from April 1 - September 30.



Find out more about Alzheimer's studies



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COA Welcomes Nancy Lohman as Board of Directors Chair

Well-known community leader, businesswoman, author, and philanthropist Nancy Lohman was elected Chair of the Council on Aging of Volusia County (COA) board of directors during the board's annual meeting on September 2, 2021, having served as a board member since 2011.

In addition to numerous awards honoring Nancy and her husband, Lowell, the couple was recognized by COA in 2019 as recipients of the annual Glenn & Connie Ritchey Community Service Award for their exceptional charitable work in our community. Since that time, among their many contributions to local charities, they launched the Lowell and Nancy Lohman Diabetes Prevention and Education Network and established the Lohman Center for Diabetes and Endocrinology at Halifax Health Medical Center.



Last April, Nancy published her first book (*Blossom: Cultivating More Joy and Success in Life and Business*). She has also been in the news recently for spearheading the fundraising campaign that resulted in the creation of the commemorative statue of legendary educator Mary McLeod Bethune. Dr. Bethune will be the first African-American woman honored by a state in the US Capitol and only the tenth woman in the National Statuary Hall Collection.

"It's no secret that Nancy possesses boundless energy for those causes she believes in, and her passion is always followed by action," said COA Co-Executive Director Eveline Kraljic. "We are honored that she is serving as our board chair, and we look forward to the next few years under her leadership."



New Board Chair Nancy Lohman presents Immediate Past Chair Dean Kurtz with a token of thanks for his leadership

Dean Kurtz, who retired from Daytona International Speedway and now serves as Senior Guest Advocate Consultant, preceded Nancy as board chair. "His service to COA has been greatly valued, as he led the organization through two unprecedented years," said Eveline. "Under Dean's leadership, COA expanded services and very successfully tackled the extraordinary challenges that the pandemic brought to our community, our elders, and our organization. We will be eternally grateful!"

Be bOld! COA's Empathy Project

Sponsored by Progressive Medical Research

A year or so ago, Co-Executive Director Terri Karol, then COA's Chief Financial Officer, suggested that *Senior Matters* cover the issue of "senior harassment." As an example, she mentioned the all-too-common irritation younger people (and by "younger," she meant under 65) sometimes express toward older drivers. Thanks to Terri, as well as Progressive Medical Research, COA is now launching our *Be bOld!* Empathy Project. The purpose of this project is to enhance awareness of issues, problems, and barriers faced by many seniors so that we can gain knowledge of what others are facing in addition to increasing insight into our own behavior and the impact it might have on others. Learning firsthand about some of the challenges many of our elderly neighbors face can help us to become more understanding and patient. With enhanced understanding, we can be better at treating the elderly with the dignity and respect they deserve.

Why is this important? For one, being a nice person is a good thing! Then consider that nearly one-quarter of Volusia County's population is age 65 or older, with seniors making up this area's fastest-growing age group. University of Florida projections estimate that during the current decade, this age group will increase by at least another 31 percent, a projection supported by the fact that all baby boomers—those born between 1946 and 1964—will be 65 or older by 2030. As we know, along with aging comes a variety of issues, most commonly problems with vision, hearing, reaction times and reflexes, stiff joints and



Robin Markus leads a *Be bOld!* presentation

muscles, and mobility—issues that too often frustrate or annoy others.

The *Be bOld!* one-hour interactive presentations include videos, handouts, and, most importantly, aging simulation kits that provide real-life representations of the changes in senses and abilities that often come with advancing age. Participants try on eyeglasses that demonstrate how vision can deteriorate in various ways. They also listen to audio that demonstrates what varying stages of hearing loss sound like. And there are even "arthritis gloves" to put on that recreate inhibited grip strength. These presentations are followed by discussion.

"This project can truly be life-changing," Terri Karol says. "They increase awareness and push us toward thinking about things many of us haven't thought about before. Therefore, I think *Be bOld!* can encourage our community to help make Volusia County a more senior-friendly place."

Presentations are free-of-charge to nonprofit



Aging simulation items are part of the *Be bOld!* interactive presentations

organizations and groups that want to better meet the needs of their clients as well as simply expand awareness of the issues older community members face.

For-profit businesses can benefit from these presentations to train staff on how to better assist and retain older customers. We request that businesses consider a voluntary suggested donation of \$75 per one-hour presentation for up to 10 people. Please call 386-253-4700, extension 250 if you're interested in learning how to *Be bOld!*



Do you have a Living Will?
Who do you want to make care decisions for you if you cannot?
What kind of medical treatment do you want?
How do you want people to treat you?

Start the New Year off right by attending one of our "Five Wishes" presentations hosted by Halifax Health.

Each presentation will be followed by a question and answer session. Free documents will be available in English and Spanish.

Presentation Information:

Tuesday, January 11th
COA Deltona Senior Center/Dining Site, The Center at Deltona, 1640 Dr. MLK Blvd.
9am English; 10am Spanish

Tuesday, February 15th
COA NSB Senior Center/Dining Site, 1090 Live Oak Street
9am English

Wednesday, March 16th
COA Ormond Beach Senior Center, 351 Andrews Street
9am English


Please call 386-253-4700 x 250 to reserve your space!

February ~ 2022

celebrating
BLACK
HISTORY
MONTH

"SUCCESS IS TO BE MEASURED NOT SO MUCH BY THE POSITION THAT ONE HAS REACHED IN LIFE AS BY THE OBSTACLES WHICH HE HAS OVERCOME WHILE TRYING TO SUCCEED."

- BOOKER T. WASHINGTON




March is Women's
History Month


celebrate

We honor women's contributions in American history.

Dancing through the Decades IS BACK!





A NON-PROFIT SERVING VOLUSIA SENIORS
Event proceeds to benefit
Council on Aging of Volusia County



HALIFAX HEALTH
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Presents





Thursday, March 31, 2022
6:00 - 10:00 p.m.

The Ocean Center - Daytona Beach

Tickets go back on sale on February 1st
\$35 age 65 and older, \$45 under age 65
Call 386.253-4700, x250 for information or to purchase tickets

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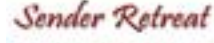
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The newsletter of Council on Aging of Volusia County

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Welcome!

The following employees joined COA in 2021:

| | |
|---|--|
| Kimberly Brown , Senior Center Activities Coordinator | Christopher McLeod , Sr. Account Specialist |
| Kenyetta Clay , Home Health Aide | Abbey Payne , Substitute Site Coordinator |
| Jeremy Feedore , Substitute Site Coordinator | Craig Pittinger , Case Ward Manager |
| Natasha Gonzalez , Dining Site Coordinator | Tia Pitts , Homemaker |
| Roberta Hayes , Certified Nursing Assistant | Kimberly Ritz , Financial Services Specialist |
| Serena Holden , Homemaker | Tiffany Rosengrant , Volunteer Coordinator |
| Rocio Isasi , Case Manager | Cheryl Shaw , Director of Human Resources |
| Nereida Jackson , Senior Center Site Manager | Jessica Smith , Homemaker |
| Aileen Labadie , Meals on Wheels Scheduler | William Wudhapitak , Administrative Assistant |
| Robin Markus , Marketing, Communications, and Events Manager | |

www.coavolusia.org

Consider making a gift to COA today!

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: _____

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Phone: _____ Check Amount: \$ _____

Email Address: _____



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Q1 2022

Council on Aging of Volusia County 2021 IMPACT REPORT



377,805

Nutritious meals provided to local seniors

**466,824 meals delivered during the first 12 months of the COVID crisis*



250

Emergency solar weather radios delivered to homebound clients



333

Volunteers served COA clients



\$6000+

Worth of pet food & supplies delivered through PetMeals on Wheels



10,693

Rides provided to seniors for medical and other purposes



Over 33,000 units

PPE distributed (hand sanitizer, face masks, gloves)



24,455

Hours of In-Home services provided



In addition to...

Telephone reassurance, wellness & nutrition counseling, light chore services, respite care, case management, a summer fruits & vegetables program, & more!



Years that COA has been empowering local seniors to remain comfortably, safely, and with dignity in their own homes

420 Fentress Blvd., Daytona Beach, FL 32114 (386) 253 - 4700 www.coavolusia.org



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In the Next Issue:

- COA Senior Centers—Reopened
- Volunteers Make a Difference!
- Managing Diabetes

Council On Aging of Volusia County

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