Welcome to the first quarterly Aging True Community Senior Services newsletter, New Directions! We are very excited about our new publication and hope that you find its content useful and informative.

Many people have known us as either Cathedral Foundation of Jacksonville, Inc. or Urban Jacksonville, Inc., but over the past two years we have been combining and creating a new identity for ourselves, Aging True Community Senior Services. However, our dedication to service and commitment to our clients and the community has not changed. Instead, we now operate and function as ONE multi-service organization. Our goal is to continue the growth of our programs and services with improved and enhanced quality. Our trained staff, dedicated volunteers, and committed supporters are ready and capable of accomplishing our mission to “provide essential and innovative services and care.”

In each edition of New Directions you will see just how we are accomplishing it and how you can help.

In this first edition, we are happy to welcome our newest board member, Al Nejad, as well as recognize the contributions of some of our many supporters, volunteers and individuals who strive daily to ensure the needs of seniors and their families are being met. Look for us each quarter and see first-hand how our programs and services are working as well as the overall impact they have on our community!

I hope that you enjoy reading this first edition and look forward to sharing all of the wonderful things that are going on with Aging True and the seniors we serve in our future publications!

Teresa K. Barton
Chief Executive Officer

As caregivers, we give and give, and during the holidays we give even more! Remember these tips to take care of yourself:

- Recognize the signs of stress and burnout.
- Once you burnout, caregiving is no longer a healthy option for either you or the person you’re caring for. Take action right away when you recognize the problem.
- Mind your own mind-set. Acknowledge all of your emotions, focus on the positives, celebrate what your loved ones can do, and appreciate the help you are receiving. Negative thinking actually activates your body’s stress response, so steer your mind elsewhere.
- Keep self-care at the top of the list. Make time for exercise; it can boost your mood. Get outside for some vitamin D from the sunlight or consider therapeutic lighting if you suffer from season affective disorder. Relax with some aromatherapy.

Contact Alexa Loiselle, Caregiver Support Programs Specialist, at 904.807.1205 or ALoiselle@AgingTrue.org for more information.

Upcoming EVENTS

11/27: Thanksgiving Meals On Wheels: (Prepared and delivered by) St. Vincent’s HealthCare and North Florida Transportation
12/25: Christmas Meals On Wheels: (Prepared and delivered by) Congregation Ahavath Chesed

MAKE A DIFFERENCE

Please consider supporting Aging True programs and services. Your contribution will assist in maintaining and enhancing Aging True’s current programs and services so that we may better serve seniors in our community.

For more information on how you can donate, please call 904.807.1307 or visit www.AgingTrue.org to make a secure online contribution.

Board of Directors
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Rebecca L. Berg
Vice-Chair
Dean Kate B. Moorehead
Secretary/Treasurer
Michael E. Jorgensen

Members
John D. Corse
Pasquale “Pat” Gilberto
Dominic C. MacKenzie
Allahyar “Al” Nejad
Catherine C. Richardson
Alfred W. Rutland
Hon. Michael R. Weatherby
Dr. Sharon T. Wilburn
Teresa K. Barton, CEO, Aging True

For emergency after-hours support, call 904.807.7219.

www.AgingTrue.org

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Sentiments from our CEO

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Wells Fargo says Hello

Employees from Wells Fargo took a break out of their busy work day on September 16th to create “thinking of you” cards to be delivered to our Meals on Wheels home-bound clients.

Some of our Meals on Wheels clients do not have caregivers or family nearby, and their meal delivery is the only personal interaction they’ll receive all day. When Wells Fargo learned this, they were excited to do something small that would make a big impact.

Volunteers Needed during the Holidays

Aging True needs extra help during the holiday season for special projects and events.

Opportunities range from assisting with client list call downs, meal deliveries, and administrative assistance to washing the Meals on Wheels fleet and arts and crafts. These opportunities are available for individuals, groups and corporate volunteers of all ages.

Whether volunteering for an event or on-going program, join Aging True’s growing team of volunteers today!

Welcome Allahyar “Al” Nejad to our Board of Directors!

Al Nejad has 16 years of financial experience and joined the Synovus Securities team as a Financial Consultant in 2004. He specializes in helping clients understand risk, return and liquidity needs of their investment portfolio along with implementing a financial plan to help quantify goals and objectives such as retirement planning, savings for special purposes, estate transfer strategies, asset allocation and income strategies.

Al is a welcomed addition to our Board of Directors as well as the Fundraising Chair of our 24th Annual Golf Classic Committee.

THANK YOU PETSMART

We were honored to have PetSmart stores in Jacksonville, Palm Coast, St. Augustine, and Gainesville select our Pet Meals on Wheels program to be the beneficiary of their CommUNITY week of giving September 8 - 12th. Through the generosity of these 10 stores, we collected almost 10 pallets of pet food, treats and supplies!

Like their owners, pets of home bound seniors also need nutritious meals to stay healthy. Appreciating the importance of providing both seniors and their pets with high-quality meals, Aging True seeks to keep seniors and their beloved pets well-nourished via our Pet Meals on Wheels Program, a subsidiary of Meals on Wheels. To find a Pet Meals on Wheels donation drop-site near you, please visit www.AgingTrue.org.

This year’s winners were the Americare Home Health team with the highest gross score, and the Publix Super Markets Charities team with the highest net score.

The Golf Classic Committee worked hard to secure sponsorships and auction items for the event. Led by Chair Tim Owen, members include Donny MacKenzie, Brent Martineau, Wally McCullough, Al Nejad, Bill Rodish, Renzo Sheppard, Elaine Turnipseed and Paul Van Brunt. Thank you to the 30 community volunteers and Aging True staff for a successful event.

Next year marks the 25th Anniversary of the Golf Classic to benefit Meals on Wheels. Save the date for this great cause in October 2015!

24th ANNUAL GOLF CLASSIC TO BENEFIT MEALS ON WHEELS

Josh Scobee hosted a field of 94 golfers at Hidden Hills Country Club on October 7th. Players enjoyed massages from Meridian Integrative Wellness, and hole-in-one challenges from Brumos Automotive and Subaru of Jacksonville. Zellner Insurance Agency presented a putting challenge for a chance to win $10,000. Joey Marino was the long drive hitter on hole 11, and Victory Casino Cruises kept golfers entertained between tees. Nine Jacksonville Jaguars played to support the cause.


The Golf Classic raised over $83,500, exceeding this year’s goal and providing over 10,000 meals to frail, home-bound seniors in Northeast Florida.

With over 900 clients on the waiting list, support for Meals on Wheels ensures that no senior goes hungry.

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