As the warm glow of the holidays dissipates, the staff at Aging True find themselves ready for the year’s work in service to our seniors. We have new events and expanding programs on the horizon—it will be a blessing to aid more seniors through these efforts.

I will take this chance, at the start of this new year, to reaffirm to our clients, supporters, and partners that we remain motivated and passionate about the support we provide Duval County’s seniors. As our various services continue to grow and improve, I am confident that our professionalism and integrity will continue to serve the community as we have for decades.

I invite you to follow our progress and events via our social media accounts, newsletters, and other mailings. Our staff looks forward to receiving your continued support of our mission to keep seniors happy, healthy, and independent.

With appreciation and gratitude,

Teresa K. Barton, CEO

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Give Back to Your Seniors

A Gift of Goods Will Help
Your community’s seniors are continually in need of items that help maintain their quality of life.

Aging True provides as many household, hygienic, and specialty items to our clients as possible, especially to those on strict budgets. Gifts from people like you help us reach more clients than our own budget would allow. If you or a friend would like to make a gift of goods to our clients, the following items are welcome:

- Adult diapers (all sizes)
- Hygienic wipes
- Cotton swabs
- Specialized items such as chair lifts, handicap toilets, wheelchair lifts
- Walkers and canes
- First aid kits and supplies

Call (904) 807-1307 to arrange a donation drop off. Thank You!

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New Directions

Providing essential and innovative services and care for individuals, families and communities throughout Northeast Florida to prepare for and support graceful aging.

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Sentiments From Our CEO

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Donate Now to Make a Difference

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.
**Holiday Volunteers Help Deliver Meals and Cheers**

Aging True’s community partners succeeded in delivering over 400 meals on both Thanksgiving and Christmas Day.

The holiday season in Jacksonville, year after year, continues to be filled with outpourings of support and generosity towards others in the community. This year was no different, as our partners in the city helped deliver meals to our seniors during Thanksgiving and Christmas Day. Each holiday, 400 of our Meals on Wheels program clients received hot, nutritious meals straight from the hands of our community’s volunteers.

Thanksgiving Day was kicked off by the kitchen at St. Vincent’s Riverside, the staff of whom prepared 900 pounds of food for our clients. The drivers from Jacksonville’s Checker Cab company and zTrip lined up later in the morning to receive the meals they were to deliver. Each driver took time from their Thanksgiving morning to greet our clients and wish them a happy holiday. Members from different volunteer groups such as Mad Dads also helped pack and load the meals.

Christmas morning was much the same, as the members of the Jewish Community Center and Temple Ahavath Chesed packaged their fresh meals for the day. Alongside a nutritious meal were home-baked Christmas cookies. Watt Bowers, board member at the Temple, said, “Healing the world is a key tenet of Judaism—we are here to show that the Jewish community is here for everyone.”

Holiday cards for both events were made by the Girls Scouts of Gateway Council and students from both Ortega and Crystal Spring Elementary.

We would like to extend our gratitude to all the holiday season volunteers and we look forward to working with them again next year!

**Seniors Caring for Minors - How Aging True Supports Them**

Aided by the Delores Barr Weaver Fund, Aging True’s Relatives as Parents program (RAPPJax) looks to serve and guide Jacksonville’s seniors who care for young relatives.

In 2015, the Florida Department of Elder Affairs reported that 10-11% of seniors in Duval County are the primary caregivers for children aged 18 and younger. Aging True’s RAPPJax program seeks to find and aid these seniors, of which there are hundreds in our community. The program delivers trainings, support groups, transportation, long term goal planning, a bi-monthly newsletter, caregiver respite, stipends for children’s summer camps and much more. Program participants have found comfort and confidence via the network of friends they acquire as they attend events and the knowledge that trainings such as basic computer courses provide them.

RAPPJax is currently accepting new members! Contact Aging True today to receive aid, camaraderie, and empowerment that will help you and those you care for succeed.

To learn more about the program, please contact Melynda Rackley at (904) 807-1292 or via email at mrackley@agingtrue.org.

To support the program with a gift, please call (904) 807-1307 or visit our donation page at www.agingtrue.org.

**Looking to Volunteer? Join Our Stipend Volunteer Programs!**

Aging True’s clients have always benefited from the efforts of generous volunteers from our community. We are currently searching for the willing and the able to join our Senior Companion and RELIEF volunteer programs. The Senior Companion program is open to volunteers 55 years of age or older; duties include personal care activities, encouraging exercise, running errands, and more. Senior Companion volunteers receive an hourly stipend of $2.65 as well as meal and mileage reimbursement. RELIEF volunteers, who must be at least 18 years of age to apply, provide companionship, encourage exercise, and foster socialization. An hourly stipend of $3.00 as well as mileage and meal reimbursement is available for RELIEF volunteers. For more information, please call Francine Castillo at (904) 807-1239 or email fcastillo@agingtrue.org.

**New Meals on Wheels Volunteer Drop Site Coordinator Needed!**

Aging True’s Meals on Wheels program is Duval County’s premier provider of hot, nutritious meals for seniors in our community. Meals are delivered Monday through Friday, 252 days of the year. Our volunteer drop sites, located throughout the city, are crucial reaching some of our clients. Volunteer drop sites are given a route(s) and corresponding number of meals which the volunteer coordinator and others deliver. Aging True is in need of a volunteer who is willing to take on the responsibility of coordinating a drop site in Jacksonville proper, from scheduling volunteers to maintaining accurate paperwork for the meals delivered. Aid in finding a drop site location and supplementary volunteers can be provided by Aging True staff.

If you are interested in learning more about organizing a drop site, please call Nicole Kirkpatrick at (904) 807-1260 or email nkirkpatrick@agingtrue.org.