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UPLIFT Florida Network

August 2022

UPLIFT Florida Network's mission is to improve the well-being of individuals and communities via a network of villages and organizations supporting them. For more information or to get involved, contact us at info@upliftflorida.org.

2022

Florida Conference on Aging

August 22-24, 2022

Hyatt Regency, Orlando, FL

The 2022 Florida Conference on Aging

The 2022 Florida Conference on Aging (FCOA) Conference will be held August 22-24, 2022, at the Hyatt Regency, Orlando. The Florida Conference on Aging is a multi-disciplinary conference held annually. View the conference agenda [here](#). Learn more [here](#).



Interested in Starting a Village?

UPLIFT Florida Network is committed to supporting people who are interested in creating villages. [Villages](#) are communities of belonging, supporting individuals to thrive in community. They promote neighbor-to-neighbor support and community connectivity, enhance interdependence and healthy living, and are run by volunteers and/or paid staff. Members engage in projects to improve their communities through volunteering, advocating, and creating solutions to community issues. If you are an individual or organization interested in the possibility of creating a village in your community, contact us at info@upliftflorida.org.



Associate Village Spotlight: LIV-UP (BM)

LIV-UP (Lutheran Intentional Village – Upper Pinellas) assists adults 55+ as they navigate the challenges of living in their own homes and staying engaged in their community.

In keeping with the spirit of an intentional community, LIV-UP is about mutual care and support and looking out for each other. A sense of belonging is part of being a member of an intentional community, where members find meaning and purpose in a social setting that is positive and life-affirming.

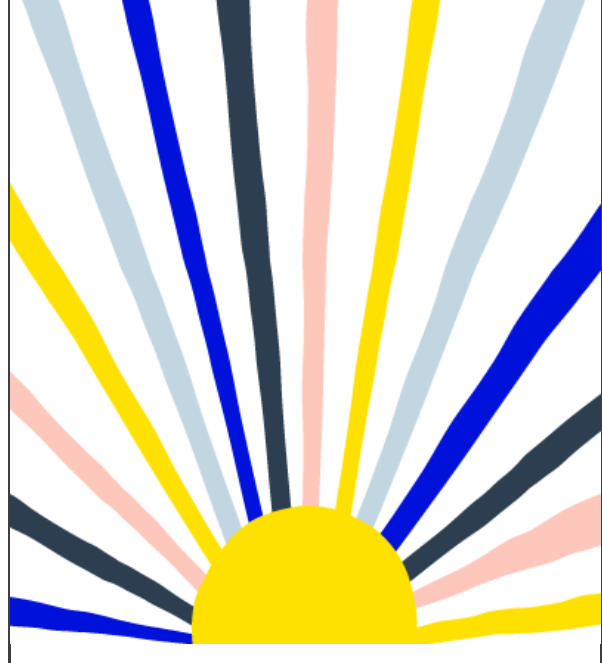
Just as neighbors help each other, LIV-UP's trained volunteers provide a variety of services to members. For example, they offer computer and other technology help, perform basic household tasks and repairs, read to a member whose vision has diminished, drive to appointments, assist with grocery shopping, and more. LIV-UP also helps as a resource for services that are beyond what volunteers do. In addition, members can attend social and educational events.



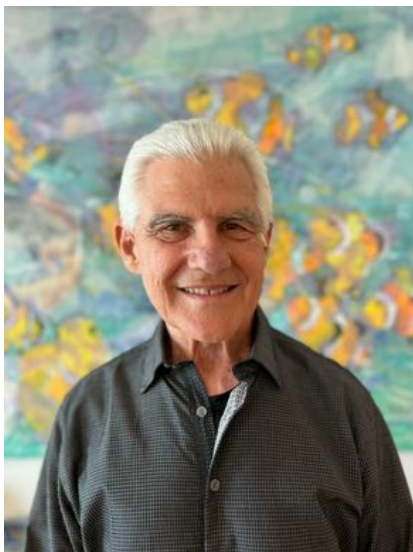
SHINE Counseling(SHINE)

SHINE (Serving Health Insurance Needs of Elders) is a free program offered by the [Florida Department of Elder Affairs](#) and your [local Area Agency on Aging](#). Specially trained volunteers can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. **SHINE services are free, unbiased, and confidential, and you can find a counseling site in your area [here](#).** You can also volunteer with SHINE to help support this free program and meet its mission. Volunteer functions include providing information, counseling, and assistance in person or by phone, assisting with general program support, and more. **Learn about volunteering [here](#).**

Building on the Lutheran tradition of service to others, LIV-UP continues its mission to enhance its members' physical, emotional, and spiritual well-being. For more information, visit LIV-UP's [website](#).



Volunteer Spotlight: Emile Gauvreau



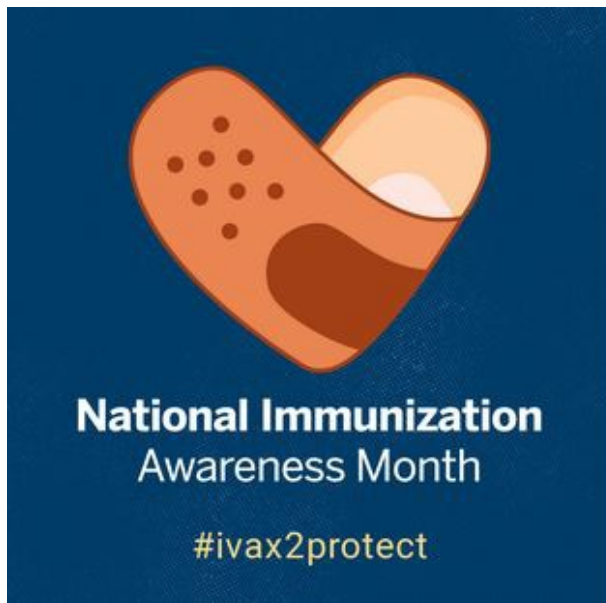
Emile Gauvreau has been participating with UPLIFT since the latter part of 2020. In March 2022, he was elected as the first Board President of UPLIFT. He has a long history of serving on nonprofit boards and in the startup of organizations. Emile says that he is excited about the potential that UPLIFT has to change the landscape of aging for the residents of Florida. UPLIFT's goal is to assist in the startup of new villages throughout the state. The power of villages lies in the person-to-person connection that develops through community engagement and participation of individuals as volunteers and recipients of services. It is through this type of engagement that together we will address issues of isolation and health equity while addressing the social determinants of health. This is an exciting time for Florida.

The Florida Department of Elder Affairs Secures Key Investments to Support Florida Seniors

The Florida Department of Elder Affairs (DOEA) mission is to promote the well-being, safety, and independence of Florida's older demographic, their families, and caregivers. The key investments secured will support their efforts to do so. These key investments in the 2022-2023 budget include:

- \$12 million increase for Alzheimer's Disease Initiative services (Click the links to access the [Florida Alzheimer's Disease and Related Dementias Training Survey](#) and the [Florida Alzheimer's Disease and Related Dementias Outreach Toolkit Survey](#).)
- \$9 million increase for Community Care for the Elderly services
- Nearly \$1 million for information technology

Learn more about these key investments [here](#).



August is National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including the ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse, or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations. Make sure to receive any vaccines you need to stay healthy. Use the [CDC's adult vaccine assessment tool](#) to see which vaccines might be right for you..

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