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UPLIFT Florida Network

September 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.



Pictured left to right: Pam Mahoney, Rachel Rivlin, Sue Berger, Emile Gauvreau, Cathy Lieblich, Roger Blanken
Pictured on the computer's Zoom screen from left to right: Maribel Martinez, Cynthia Kemp, Bill Little

Moving Up with Uplift!

The health care aging literature is rife with information and data regarding the growing crisis in care for our aging population in the U.S., especially in Florida, where the average number of individuals over 65 is higher than the national average. Florida also ranks below the national average on many measures related to care delivery for its aging populations. To continue to address this growing need, the UPLIFT Board has been actively refining its strategic plan. Key to this was reaffirming our:

- **VISION** – Communities where individuals thrive together.
- **MISSION** – To improve the well-being of individuals and communities via a network of villages and organizations supporting them.

After re-committing to our overall purpose, we focused our attention on four areas:

1. **Hub Capacity:** Building the infrastructure of the UPLIFT hub organization to enable it to deliver all the services and functions in the organizational design.
2. **Fund Development:** Bring funding to fuel UPLIFT's activities.
3. **Village Formation and Integration:** Work with [existing and developing villages](#) in Florida to integrate them as an integral part of UPLIFT.
4. **Digital Access Pilot Project:** Bring needed services and resources to our UPLIFT villages and their members.

UPLIFT has taken on a lofty task and is determined to complete the necessary work. We are a small but growing group of volunteers committed to our vision and mission and addressing the needs of Florida's aging population. Get involved as a [volunteer](#) contributing your expertise or a [partner](#) to helping us build a better future so Floridians can thrive and age in community. Contact us [here](#) or email info@upliftflorida.org.



Volunteer Spotlight: Bill Little

Bill retired in 2013 after 44 years of public service in healthcare administration and public health. During his time in public health, he grew to appreciate the importance of community and creating opportunities for individuals and organizations to connect and collaborate around important issues. The village concept and UPLIFT give him a chance to re-experience the excitement of creating something new and working with passionate and innovative community leaders to help reimagine what our communities can do through villages to support older adults. Sarasota and other communities in Florida are great places to explore possibilities with the wealth of talent and skills its aging population is willing to share. Sarasota is a special place, and he and his wife enjoy the beaches,

Associate Village Spotlight:



Founded by former Wellington mayor Kathy Foster, [Wellington Cares](#) was created to address the challenges to healthy aging. These include health and social service gaps, transportation problems, and lack of infrastructure—all factors that could prevent older adults from staying in their homes. The area of Wellington spans 20,000 acres in western Palm Beach County, with about 17,000 residents ages 62+ out of a population of 65,000.

The overall goal of Wellington Cares is to ensure that people can grow older and remain in their homes. Wellington works collaboratively with organizations, not duplicating existing services but augmenting them with free services that can make a big difference in the quality of life for the aging community. Services provided by Wellington volunteers include pick-up and delivery of prescriptions and groceries, in-home or phone social visits, bill paying, transportation to medical and non-medical appointments, light home repairs,

fishing, biking, and the many cultural amenities their town offers.

patient advocacy, coordination of community services, and respite companionship.

Visit their [website](#) to learn more about how this visionary organization enables older adults to age in place.

September is Healthy Aging Month & World Alzheimer's Month



UPLIFT is designed to connect people, activities, and resources to enrich our lives while maintaining our health and well-being as we age – and we are all aging. Various health observances during September emphasize the importance of health and well-being. For example, September is...

- **Healthy Aging Month**, an opportunity to raise awareness of the positive aspects of growing older and encourage healthy lifestyles. Learn how you can maintain a healthy lifestyle during the fall [here](#).
- **World Alzheimer's Month**, an opportunity to spotlight those affected by Alzheimer's and mobilize action to help end Alzheimer's disease. Learn more about Alzheimer's Disease and related dementias [here](#).

Florida Conference on Aging 2022

Pam Mahoney and Sue Berger share their experiences and highlights from various sessions at The Florida Council on Aging's annual aging conference in Orlando, highlighting current trends and future forecasts for the aging landscape and lessons learned. Read their in-depth blogs below to relive the conference.

Energy, Enthusiasm, Excitement: Florida Conference on Aging 2022

By Pam Mahoney — [Read it here](#).

Reconnecting Face-to-face at the Florida

Conference on Aging 2022
By Sue Berger — [Read it here.](#)



Florida Conference on Aging



**National Virtual Village Gathering
2022: Celebrating 20 Years of the
Village Movement (Oct. 11-13 2022)**

The Village to Village Network (VtV) Gathering, an annual conference, will be held from October 11th to October 13th this year. The Gathering provides informative content for those working on Villages, developing villages in all stages. Learn more on how you can participate [here](#).

**Kepro:
Free Services for People with Medicare, Including Advantage Plans**

Kepro helps people who are on Medicare, and their families and caregivers, file quality of care complaints, hospital discharge, and skilled service termination appeals. Learn more [here](#).

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