

Community Resources

The Aging in Paradise Resource Center is working with community organizations and individuals who can serve as a resource to help people age gracefully.

Here is a partial list of our Community Resources:

- Alzheimer's association
- CPA Secure Aging
- Florida Home Health
- Jewish Family & Children's Service of Sarasota-Manatee, Inc.
- Tidewell Hospice
- Youthful Aging Home Health Care
- Local churches and temples



There are people on Longboat Key and surrounding areas facing the challenges and opportunities that come with aging on a daily basis. These include staying healthy and vital, aging-in-place, navigating through the medical system, finding quality caregivers and service providers as well as dealing with issues that affect many of our friends and loved ones.

Serving Our Community

The Aging in Paradise Resource Center has one simple goal – working with community organizations and individuals which can serve as a resource and clearinghouse to help people in our community age gracefully.

Our approach is holistic – body, mind and spirit – is rooted in a caring community where friendship and support sustain our efforts.



AGING in PARADISE

Helping Seniors Navigate Their Future

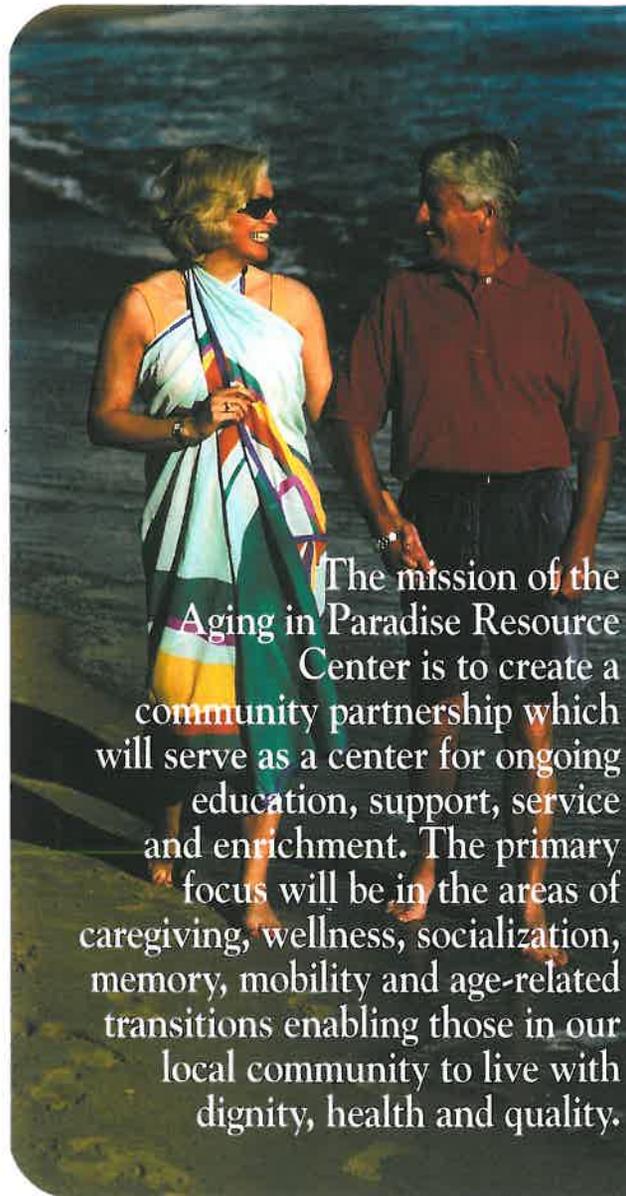
AGING IN PARADISE
6200 GULF OF MEXICO DRIVE
LONGBOAT KEY, FLORIDA 34228

Donations may be mailed to the above address.

To learn more about our programs and services call 941.383.6491 or visit our website at www.aginginparadise.org

AGING in PARADISE

Helping Seniors Navigate Their Future



The mission of the Aging in Paradise Resource Center is to create a community partnership which will serve as a center for ongoing education, support, service and enrichment. The primary focus will be in the areas of caregiving, wellness, socialization, memory, mobility and age-related transitions enabling those in our local community to live with dignity, health and quality.

About Us

The Aging in Paradise Resource Center is affiliated with the Longboat Island Chapel. We are located in the 2nd floor of the Chapel, 6200 Gulf of Mexico Drive, Longboat Key Florida, 34228. The Resource Center is self-funded. We do not promote any religious community. All who wish to take part in our activities or need assistance are welcome. Peace, freedom, love and humanity are the cornerstones of all Resource Center activities and services.

Our purpose is to make every moment count as the aging process continues. While fading abilities and skills may take place we offer topics and information that may assist in these challenges.

Our hope is to give more peace of mind, more joy, more comfort, more knowledge, more security, more health-related information to seniors on the islands and surrounding areas, in order to live independently, younger, with more dignity and vitality.

*Today lived well, makes
every yesterday a dream
of happiness and every
tomorrow a vision of hope.*

— Sanskrit

Programs We Offer Through Our Community Resources

Wellness – Classes on specific topics and activities for healthier living and programs to help individuals maintain the best lifestyle possible.

Education – Seminars for seniors covering broader topics to make informed decisions and better life choices.

Individual and Group Counseling – Sessions in a confidential, caring environment to enable individuals to cope with life's losses and transitions.

Individual Assessment and Home Care – Personalized, caring, trusted assistance in dealing with crises faced by everyday living.



A partial listing of programs we are offering for the 2012 – 2013 season

OCTOBER 2012

- “Medicare 101” presented by Donna Blizman, Your Safety Net Specialist, Member of National Association Health Underwriters
- Flu Shot Clinic provided by CVS Pharmacy
- National Breast Cancer Month Walk

NOVEMBER 2012

- Veteran’s Benefits Program “Are You Aware of All Your Veteran Benefits” including a presentation about the National Cemetery in Sarasota
- “The Hospice Philosophy of Care” presented by Tidewell Hospice (November is National Hospice Month)

DECEMBER 2012

- “Fundamentals of Care Giving: What, Where, When and How – a Resource Guide for Sarasota” presented by Paula Faulk from Senior Friendship Center.
- Chair Massages

JANUARY 2013

- Legal Series: Three separate seminars on important decisions we face as we age

FEBRUARY 2013

- National Heart Month Series: Three separate seminars including a Cardiologist, Diet & Nutrition Specialist and Exercise Expert, Mirabai Holland

MARCH 2013

- Health Fair

For specific times and dates of these and other programs, please refer to our website www.aginginparadise.org or check your local newspapers.

DON'T MISS THIS WONDERFUL OPPORTUNITY FOR YOUR HEALTH.



HEALTH FAIR

Saturday, March 9th | 9 a.m to 12 Noon

LONGBOAT ISLAND CHAPEL INDOORS AND OUTDOORS



25 Medical Resources on site providing essential Healthcare Information



Bloodmobile: Here's your opportunity to give the Gift of Life

Longboat Key Fire Department Ambulance and paramedics will provide educational material

Blood Pressure
Hearing Exam
Eye Exam

All FREE!



LECOM medical students will be taking vital signs

THERE WILL BE A SIGN UP OPPORTUNITY FOR FUTURE BREAST CANCER SCREENINGS

For more information call 941.383.6491 or visit our website at www.aginginparadise.org



End of Agenda Item