



# The BLS Bugle

AUGUST 2017

## A Message from the BLS President

### WELCOME TO THE BUGLE NEWSLETTER!

The Bugle is intended to be an informative, educational, and helpful publication – rather than a platform for sales and marketing. Many of the tips, tricks, and stories will be based on our members experience at their “day job.” If you would like to contact the person submitting the article, please use the Membership Directory located at [www.BLSPinellas.org](http://www.BLSPinellas.org). Please submit any questions, comments, and ideas for article submissions for future editions to: [BLSPRCommittee@gmail.com](mailto:BLSPRCommittee@gmail.com).

### MARK YOUR CALENDARS FOR THE NEXT BLS CONSORTIUM

Hosted by the  
Mental Health Awareness  
Sub-Committee

FRIDAY, AUGUST 11TH,  
8:30 AM – 11:00 AM

BROOKDALE BECKETT LAKE  
2155 MONTCLAIR RD.  
CLEARWATER, FL 33763

MENTAL HEALTH AWARENESS  
& THE AGING POPULATION

Please RSVP at:  
[www.BLSPinellas.org](http://www.BLSPinellas.org)

### TO MY BLS FRIENDS & NEW MEMBERS,

We have added many new memberships in 2017 and we welcome you to BLS. We will be showcasing Mental Health Awareness at our upcoming Consortium August 11, 2017 8:30am - 11:00am at Brookdale Beckett Lake, 2155 Montclair Rd, Clearwater, FL 33763. I would like to thank LynnMarie Boltze and her Committee for stepping up and putting this Consortium on.

#### Did You Know?

These fact sheets are brought to you through a joint partnership with the National Council on Aging. Mental Health America collaborates with the National Council on Aging (NCOA).

Have you ever suffered from extended periods of sadness, loss of pleasure in everyday activities, poor sleep, or feelings of worthlessness or guilt? Have you quickly lost or gained weight, or lost all energy to complete everyday tasks? If so, you may be experiencing symptoms of depression.

Contrary to stereotypes about aging, depression is not a “normal” part of getting older. It is a medical problem that affects many older adults and can often be successfully treated. A recent study from the American Journal of Geriatric Psychiatry found that 27% of older adults assessed by aging service providers met the criteria for a diagnosis of major depression, and 31% had symptoms of depression that didn’t qualify as a diagnosable disorder, but significantly impacted their lives.

#### Identifying Risk Factors for Depression

Depression is often under-recognized and under-treated in older adults. Without treatment, depression can impair an older adult’s ability to function and enjoy life, and can contribute to poorer overall health. Compared to older adults without depression, those with depression often need greater assistance with self-care and daily living activities, and often recover more slowly from physical disorders. .

If you would like to learn more click [here](#). You can also go to [Mental Health](#) to browse bills in the U.S. Congress related to the subject Mental Health.



**ETERNALLY YOURS,  
MARK GRANDE  
BLS PRESIDENT**

# Better Living for Seniors Consortium



*Hosted by:* Mental Health  
Awareness Subcommittee

A "DO NOT" miss event!  
Mental Health impacts  
all of us 

*When:* Friday, August 11<sup>th</sup>, 2017 8:30 am – 11:00 am

*Where:* Brookdale Beckett Lake  
2155 Montclair Rd, Clearwater, FL 33763

*Guest Speaker:* Elizabeth Statzer, Director of Behavioral  
Health Outreach, Largo Medical Center

**"Mental Health Awareness and the Aging Population"**

With contribution from the National Alliance on Mental Illness

*Cost:* Suggested donation at the door for BLS members is \$5.00. \*BLS members attend for free (bring your card), which benefits the AAAPP and the Mental Health Awareness Subcommittee.

The cost for Non-Members is \$10.00.

*Parking:* Parking is available at the community as well as on the lawn directly in front. People will be directing for parking as needed.

*Door Prizes:* Gift baskets and gift cards are encouraged and welcome. Don't miss out on the 50/50 Raffle. It may be your lucky day!

*RSVP:* On the BLS website: [www.blspinellas.org](http://www.blspinellas.org)



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of Pasco - Pinellas, Inc.

## HOW CAN YOU GET INVOLVED?

Visit [BLSPinellas.org](http://BLSPinellas.org) for meeting locations

### OFFICERS

President - Mark Grande  
 Vice President - Greg Moore  
 Secretary - Mikel Blackburn  
 Members at Large - Debi Dietrich & Katie Riston  
 Immediate Past President - Mel Coppola

#### COMMUNICATIONS COMMITTEE

Meets last Wednesday, 10:30 a.m.  
 Chair: Trisha Randall  
 Vice Chair: Dale Griffen  
 Liaison: Dale Griffen

#### FUNDRAISING COMMITTEE

Meets: 1st Tuesday, Noon  
 Chair: Carol Radin  
 Vice Chair: Ginny Moore  
 Liaison: Linda Burhans

#### ELDER ADVOCACY COMMITTEE

LGBT SUB-COMMITTEE  
 Meets first Wednesday, 9:00 a.m.  
 Chair: Val Palla  
 Vice Chair: Carol Radin  
 Liaison: Michelle Kalanja

#### MEMBERSHIP COMMITTEE

Meets 3rd Tuesday, 9:00 a.m.  
 Chair: Tammy Mohr  
 Vice Chair: Becky Moultrie  
 Liaison: Debi Dietrich

#### MENTAL HEALTH AWARENESS SUBCOMMITTEE

Meets first Friday, 10:00 a.m.  
 Chair: LynnMarie Boltze  
 Vice Chair: Natalie Lemke  
 Liaison: Michelle Zamparelli

#### PROFESSIONAL DEVELOPMENT COMMITTEE

Meets 4th Tuesday, 9:00 a.m.  
 Chair: Pat Smoot  
 Vice Chair: Tina Costa  
 Liaison: Chris Ennest

#### FALL PREVENTION COMMITTEE

SUB-COMMITTEE LEADERSHIP  
 Meets 2nd Thursday, 8:45 a.m.  
 Chair: Carole Ware McKenzie  
 Vice Chair: Arlene Grosso  
 Liaison: Katherine Campbell

#### SENIOR RESOURCE COMMITTEE

Meets 3rd Thursday, 3:00 p.m.  
 Chair: Frank Pascoe  
 Vice Chair: Tal Britton  
 Liaison: LynnMarie Boltze

## THE BUGLE NEWSLETTER CONTEST!

How many Bugles, like the one below, do you count throughout the pages of this Newsletter?

Bring your guess to the  
**Quarterly Consortium**  
 for a chance to  
 win a gift card!



## WELCOMING ANN MARIE WINTER

The Area Agency on Aging of Pasco-Pinellas, Inc. is pleased to introduce their new Executive Director, Ann Marie Winter, to the Better Living for Seniors' members. Ann Marie started with us on July 19, 2017.

Ann Marie was the Chief Operating Officer, Specialized Programs at Gulf Coast Jewish Family and Community Services, AAAPP's Lead Agency in Pinellas County. In her nine year tenure there, she oversaw the organization's daily operations, led its advocacy and policy efforts and helped expand the agency to its current 67 programs, 550 staff and \$33,000,000 budget. She has 24 years of experience working with complex domestic and multi-national social service and humanitarian organizations.

Prior to joining Gulf Coast, Ann Marie was the Regional Director of the US Refugee Resettlement Program based in Nairobi Kenya where she and her team of 165 staff assisted over 20,000 refugees resettle from sub-Saharan Africa to the United States every year. Prior postings to Switzerland, Gabon, Turkey, Bosnia and Croatia afforded her the opportunity to work with marginalized and vulnerable populations including the elderly from war torn countries.

Ann Marie was the Chairwoman of the Board of Chesed Home Care, a social enterprise venture established to provide companion and home care services to the elderly in the Tampa Bay area. She was a member of the Policy Committee of a national Elder Services Advisory Board that crafted language adopted by the Administration for Community Living for use by programs serving Holocaust survivors. Ann Marie received her Bachelor's Degree in Political Science from New York University and speaks French and Croatian fluently.

Ann Marie lives in Tampa Bay with her husband and son.



*Ann Marie Winter*



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# FAMILY FUN

**Supporting  
Better Living for Seniors  
Wednesday, August 9<sup>th</sup> • 5pm - 8pm**



Come inside or use the drive thru for an easy  
lunch/dinner option.

**Remember to mention Better Living for Seniors**

when ordering and a portion of your total will be  
donated to the BLS!!

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## BLS TO GIVE UP TO \$10,000 TO CHARITABLE ORGANIZATIONS SERVING SENIORS

July 20, 2017

Dear Friends,

Better Living for Seniors (BLS), affiliated with the Area Agency on Aging of Pasco-Pinellas, Inc. (AAAPP) will be providing special funding to several charities this year. A total of \$10,000 will be awarded. We encourage you to submit a request for funding on behalf of your organization.

The following is the minimum criteria for an organization to be eligible to submit an application to BLS for funding:

1. Located in and service to seniors in Pinellas County
2. Legal status must be Non-profit or governmental
3. Demonstrated need for the funds and assurance that funds will benefit seniors
4. Program/service of applicant agency predominately serves seniors
5. Non-denominational
6. Organization does not have to be a BLS Member.

Please submit the completed application by email to Helen King ([helen.king@aaapp.org](mailto:helen.king@aaapp.org)) no later than 5:00 PM on September 8th.

It will be the responsibility of the BLS Board to review and prioritize received applications to assure compliance with specified criteria. The BLS Board of Directors have the final decision on which applications deserve funding and at what level. These decisions will be made at the BLS Board meeting on September 20th.

Shortly thereafter, all organizations who submitted applications will be notified of their selection for funding or lack thereof. Organizations selected for funding will be asked to send a representative from their organization to attend the November 3rd consortium to accept recognition.

Thank you and good luck,  
Mark Grande  
BLS President



**PLEASE SEE PAGE 7 FOR APPLICATION**

## 2017 BLS FUNDING APPLICATION

Organization's Name: \_\_\_\_\_

Contact Name/Title: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Business Type: Non-Profit

Government  

Brief description of your organization and its programs/activities:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Indicate if your organization predominantly (50% of more) serves seniors (age 60+)?  Yes  No

Amount of Funding you are Requesting: \$ \_\_\_\_\_

Please explain what the funding will be used for and why is it needed? (please include assurance that funds requested will serve elders)

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\_\_\_\_\_  
Signature of organizational representative submitting application

\_\_\_\_\_  
Date

**Note: No additional materials should be submitted with this application.**

Click on [this link](#) for user-friendly application.

Email completed application to Helen King at [helen.king@aaapp.org](mailto:helen.king@aaapp.org)

***no later than September 8th, 5:00 PM***

# Heard it through the Grapevine!



**Amanda Wood** of the Alzheimer's Association recently welcomed a daughter into her family, Leah Wood was born on March 3!

**LynnMarie Boltze** recently volunteered for the position of Chairperson for the BLS Mental Health Awareness committee. The committee is in full swing planning the August quarterly consortium.

**Voice of Hope for Aphasia** launched a new technology program, STARS, designed to help people with communication disabilities overcome barriers through access to technology. A ribbon cutting was held on June 28 at the Sunshine Senior Center with Deputy Mayor Dr. Kanika Tomalin and St. Petersburg Chamber of Commerce President Chris Steinocher, among many other guests. The STARS program honors Danniella Muheim, who had a stroke at the age of 46 that left her with aphasia. Two years later she returned to her job as a NASA engineer, thanks to their great use of technology. After she passed away due to cancer, she left a donation to Voices of Aphasia that will support success of many others through the new program. Read more at <http://www.vohaphasia.org/nasa-engineer-leaves-legacy-stars/>

**Jamie Lee Silver**, Certified Life-Cycle Celebrant, author and public speaker gave a workshop sponsored by First Unity Spiritual Campus on July 18th called "Grief Relief!" Jamie shared her tools for thriving, not dying, after the loss of her 22-year-old son Ben two years ago. Participants learned EFT Tapping for emotional release, and Jamie's powerful journaling technique for grief release called "Wisdom Writing." Jamie's personal brand of uplifting people's spirits is her greatest joy.

**Attorney Melissa Finley Williams** was featured in the Tampa Bay Times' "Best of Tampa Bay 2017" for her commitment to compassionately advocating for her clients' rights as aging members of our community.

**Attorney Melissa Finley Williams** (Finley Williams Law Firm) is now offering mediation services to families who are struggling with estate, trust, adult guardianship, and elder law related disputes. Melissa is a Supreme Court Certified Mediator and works with families to resolve common disputes which would otherwise lead to costly litigation and strain on the familial relationships.

**Linda Burhans** will be honored in October at the 2017 People of Distinction Humanitarian Awards "Unsung Heroes" by Al Cole, the founder of the groundbreaking People of Distinction Humanitarian Awards. Al Cole is the author of New York Times best seller "Angels Among Us" published by Chicken Soup for the Soul.

**Sharon Lena** is the newest member of the Care Resources team! Sharon Lena adds over 35 years professional nursing experience with the last 21 years in the Florida healthcare industry. Sharon relocated from Connecticut with her husband. She has a fierce love of family and has experience in providing quality support to the elderly since her own parents are alive and in their nineties. Her passion also extends to veterans as well since she is the proud mother of two active military officers. Sharon wants to continue to make a difference in the lives of those in need. She has strong faith and believes in sharing her expertise. Sharon is also one of two newly appointed members of the Area Agency on Aging of Pasco – Pinellas Advisory Council Board. She will assist with developing and coordinating community based services for elders throughout the area. She is truly honored to be selected to serve on this board.

## SAME-SEX SPOUSES DENIED ACCURATE DEATH CERTIFICATES IN FLORIDA

by Melissa Finley Williams, Attorney

In January 2015, Florida became the 36th state to legalize same-sex marriage after the United States Supreme Court rendered its opinion in the case of *Obergefell v. Hodges*, 135 S.Ct. 2584 (2015). The Court found that all states must issue marriage licenses for same-sex couples because the “right to marry is a fundamental right inherent in the liberty of the person . . . [and] couples of the same-sex may not be deprived of that right.” The Court also held that states cannot “refuse to recognize a lawful same-sex marriage performed in another State on the ground of its same-sex character.” Despite the Court’s ruling, discrimination against same-sex couples still occurs in Florida. 

Florida residents Paul Mocko and Greg Patterson were together for 26 years, and were legally married in April, 2014 in San Francisco. Sadly, Greg passed away from lung cancer only a few months after they were legally wed. Paul was shocked when he received Greg’s death certificate which stated that Greg was never married and merely listed Paul as Greg’s “executor and informant.” Paul and Greg’s marriage had been unconstitutionally erased from existence by the State of Florida.

After State officials refused to amend the death certificate without payment of a \$400 fee and a court order, Paul contacted Lambda Legal, which took his case. On June 20, 2016, Lambda Legal filed papers with the U.S. District Court for the Northern District of Florida asking the court to end the discrimination caused by the denial of accurate death certificates for same-sex spouses. Karen Loewy, Lambda Legal counsel and senior strategist, stated that “[t]he State of Florida fought the case with technical arguments about

*continued on page 10*



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why they shouldn't have to fix the discriminatory error, but the judge found that the burden rests with the state, not the survivor who suffered the discrimination in the first place." The judge's ruling means that surviving same-sex spouses will no longer be required to pay a \$400 fee or get a separate court order to request the amendment of their beloved's death certificate to acknowledge they were married and recognize them as the surviving spouse.

"I've never seen a civil-rights movement that was finished overnight.", states Loewy. While Florida is slowly making gains in the fight against discrimination of same-sex couples, the deliberate omission of marital status for same-sex spouses continues to be prevalent in other states.

## Getting to Know You....

### WHO WAS YOUR CHILDHOOD SUPER HERO?

**Kelli Edwards** – my granny

**Frank Pasco** – Roberto Clemente, MPV right fielder for the Pittsburgh Pirates and humanitarian

**Daphni Austin** – my school librarian, books have changed my life!

**LynnMarie Boltze** – Mrs. Schurock, my kindergarden teacher, Wonder Woman & Barbra Streisand

**Carole Ware** – Helen Keller & Anne Sullivan

**Tammy Mohr** – my great-grandmother

**Linda Burhans** – Mother Teresa

**Ron Regan** – Roy Rogers

**Greg Moore** – my biological father

**Lloyd Needleman** – Mickey Mantle

**Barbara Wojcik** – a nurse named Marion Neely, I wanted to be just like her

**Becky Moultrie** – Wonder Woman, of course



**Linda Burhans** – Mother Teresa

**Trisha Randall** – Helen Keller, I was obsessed!

**Michelle Lowack** – my grandfather, Clayton K. Slack Sr. and my daddy – interesting fact, my grandfather was the first Private in the history of Wisconsin to be awarded the Congressional Medal of Honor for Valor!



## Member Spotlight ...ON DOUG BARTHOLOMEW

SUBMITTED BY THE MEMBERSHIP COMMITTEE

Doug Bartholomew was born in Massillon, Ohio and has a B.A. from University of Cincinnati. After graduating, he moved to Grapevine, Texas for about seven years where he was in printing and document management. Doug then moved to Nashville, Tennessee where he was in information management and then returned to the family business of construction.

Doug subsequently moved to Florida where he engaged in restoration construction needed due to hurricane, storm, and fires. He is now with Two Lab Construction which specializes in making homes safe for the elderly; for example: grab bars, ramps, roll in showers, widening of doorways, specialized cabinets with shelves that raise or lower.

Doug joined the Guardian Association and attended the BLS Consortium hosted by the Falls Committee. He is now an active member of that committee. Doug is also a member of the NE Exchange Club which puts on Rib Fest to raise money to assist children.



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# HOW TO GIVE YOUR BRAND A VOICE ON SOCIAL MEDIA

BY DALE GRIFFEN & MIKE WEISS

Branding is a major facet of marketing and company recognition. It's about keeping a consistent and recognizable identity for companies of any size, and ensuring the customer, client, or patient that they are getting what they have come to expect from such a great company as yours. So how can social media help with such an important endeavor?

Do you struggle with expressing your brand's message online? You aren't alone. My team and I work with professionals every day who don't know how to clearly express their business through marketing.

The following five steps will help you keep your company's voice consistent throughout the world of social media.

## 1. TONE

As you would imagine, an attorney would speak with a client in a more serious tone than, for instance a travel agent, who would be much more carefree in their communications. Social media is all about communication between person and person, or brand and customer. As such, a company needs to ensure their message's integrity is upheld, but also their voice.

## 2. IMAGERY

When you think of a company, you might think about their logo, products' packaging, or an iconic color. All this is relatable when creating a loud and recognizable voice on Facebook, Twitter, Instagram, and the other platforms. Is your imagery consistent, relatable, and memorable?

## 3. PRODUCT

What do people expect when they think of your brand? Is it a specific product? Maybe it's your signature service? Put your thinking cap on and explain what it is that people love about your company. Then, utilize that in your marketing and make sure it's a central element to your tweets, posts, snaps, etc.

## 4. CUSTOMER SERVICE

Branding is all about reputation. Well, you can't have a good rep without providing excellent customer service. Take pride in how you handle your customers' issues and what you do for them, even if it doesn't directly affect your bottom line. Reply immediately to any customer service issues on social media - it shows that you care and want nothing but the best for your clients, AND your brand advocates will come to your defense should you have a negative comment.

## 5. BE HUMAN

This is where social media changes things in the marketing world. Yes, we're promoting products as marketers always have, but a big part of branding now is humanizing your brand. Talk about things that a person would talk about – holidays, weekends, fun times in general. Tap into trending topics and continuously pop up on your users feed with more than just promotions.

How do you create a dynamite social media marketing branding strategy? It's simple- be yourself! Present your brand in a real, organic, and smart fashion that upholds everything your customers expect from your brand.



SOCIAL MEDIA MARKETING & MANAGEMENT SPECIALISTS

## LGBT ELDER INITIATIVE PARTICIPATES IN PRIDE STREET FESTIVAL

For the 2ND year in a row, the LGBT Elder Initiative, a subcommittee of BLS's Elder Advocacy Committee, exhibited at the St Pete PRIDE Street Festival, held on Sunday June 25th. The Street Festival involved more than 350 exhibitors lined up on both sides of Central Avenue for six city blocks. Exhibitors represented food and beverage vendors, artists, small businesses, corporations, professional sports teams, community outreach groups, non-profit organizations and Pride themed merchandise. We are so pleased to have been able to participate due to the generous support of Metro Wellness and Community Centers, National Cremation in Clearwater and Val Palla and Pam Anderson.

One might ask, "why do PRIDE events occur in the month of June?" June is officially LGBT Pride Month in the U.S. in commemoration of the Stonewall Riots in 1969. Stonewall has been regarded by many as history's first major protest on behalf of equal rights for the gay community.

Gay pride is taking a positive measure against discrimination and violence. Pride rather than shame is the theme.

Although the event is marketed to persons of all ages, races, sexual orientations and gender identities, the LBGT EI wanted to be there as a message to the elder gay community. It was a fun, friendly event and information/education was passed both by our committee members as well as the public that visited our exhibit table. Our booth made contact with an estimated 250 festival attendees and those contacts were asked "what are your concerns as an LGBT elder". The most prominent question/concern expressed was the need for more information on LGBT owned/operated/friendly 55+ residential communities and assisted living facilities. Several committee members will be following up with individuals who left cards offering assistance or information. We were thanked on multiple occasions that day for being a group that focused on the aging LGBT community.



**MARK YOUR CALENDARS!**

**Our Next Consortium will be Friday, November 3rd, 8:30 a.m.**

# DEPRESSION IN THE ELDERLY

SUBMITTED BY LYNNMARIE BOLTZE  
CHAIR, MENTAL HEALTH AWARENESS SUBCOMMITTEE,  
PROFESSIONAL GUARDIAN / MOBILE HELP

Clinical depression in the elderly is common. That doesn't mean it's normal. Late-life depression affects about 6 million Americans ages 65 and older. But only 10% receive treatment for depression. The likely reason is that the elderly often display symptoms of depression differently. Depression in the elderly is also frequently confused with the effects of multiple illnesses and the medicines used to treat them.

## How Does Depression In the Elderly Differ From Depression in Younger Adults?

Depression impacts older people differently than younger people. In the elderly, depression often occurs with other medical illnesses and disabilities and lasts longer.

Depression in the elderly often increases their risk of cardiac diseases. Depression is associated with an increased risk of cardiac diseases and an increased risk of death from illness. At the same time, depression reduces an elderly person's ability to rehabilitate. Studies of nursing home patients with physical illnesses have shown that the presence of depression substantially increases the likelihood of death from those illnesses. Depression also has been associated with increased risk of death following a heart attack. For that reason, it is important to make sure that an elderly person you are concerned about is evaluated and treated, even if the depression is mild.

Using a series of standard questions, a primary care doctor can provide an effective screening for depression, allowing for better diagnosis and treatment. Doctors are encouraged to routinely screen for depression. This can happen during a visit for a chronic illness or at a wellness visit.

Depression also increases the risk of suicide, especially in elderly white men. The suicide rate in people ages 80 to 84 is more than twice that of the general population. The National Institute of Mental Health considers depression in people age 65 and older to be a major public health problem.

In addition, advancing age is often accompanied by loss of social support systems due to the death of a spouse or siblings, retirement, or relocation of residence. Because of changes in an elderly person's circumstances and the fact that elderly people are expected to slow down, doctors and family may miss the signs of depression. As a result, effective treatment often gets delayed, forcing many elderly people to struggle unnecessarily with depression.

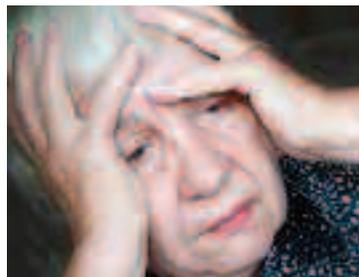
## How Is Insomnia Related to Depression in the Elderly?

Insomnia is usually a symptom of depression. New studies reveal that insomnia is also a risk factor for depression onset and recurrence -- particularly in the elderly.

To treat insomnia, experts sometimes recommend avoiding or minimizing exposure to benzodiazepines (such as Ativan, Klonopin or Xanax) or the newer "hypnotic" drugs (such as Ambien or Lunesta) that, according to the American Geriatric Society, pose an increased risk for impaired alertness, respiratory depression, and falls.

Geriatric experts often favor treating insomnia in the elderly with the hormone melatonin, or a low-dose formulation of the tricyclic antidepressant doxepin (Silenor). Other potentially sedating antidepressants, such as Remeron or trazodone, are also sometimes prescribed for both purposes. The novel sleep aid Belsomra also has demonstrated both efficacy and safety in older adults. If there's no improvement in the sleep disorder or depression, a psychiatrist or

psychopharmacologist may prescribe other medications, psychotherapy, or both.



*continued on page 15*

## Depression in the Elderly.... continued

### What Are Risk Factors for Depression In the Elderly?

Factors that increase the risk of depression in the elderly include:

- Being female
- Being single, unmarried, divorced, or widowed
- Lack of a supportive social network
- Stressful life events

Physical conditions like stroke, hypertension, atrial fibrillation, diabetes, cancer, dementia, and chronic pain further increase the risk of depression. Additionally, the following risk factors for depression are often seen in the elderly:

- Certain medicines or combination of medicines
- Damage to body image (from amputation, cancer surgery, or heart attack)
- Family history of major depressive disorder
- Fear of death
- Living alone, social isolation

- Other illnesses
- Past suicide attempt(s)
- Presence of chronic or severe pain
- Previous history of depression
- Recent loss of a loved one
- Substance abuse

Brain scans of people who develop their first depression in old age often reveal spots in the brain that may not be receiving adequate blood flow, believed to result from years of high blood pressure. Chemical changes in these brain cells may enhance the likelihood of depression separate from any life stress.



*This information was provided by WebMd.com.*

*In the next issue of The Bugle, we will share Treatment options available... *



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# WELCOME

to our new BLS members



The following individuals / companies have joined us February 1, 2017 through May 1, 2017

- Kathy Blair ..... ( [kathy@krbmovemanagement.com](mailto:kathy@krbmovemanagement.com) ) ..... KRB Move Management, LLC
- Bill Cavalieri** ..... ( [bcavalieri10@lifebackworks.com](mailto:bcavalieri10@lifebackworks.com) ) ..... **LifeBack Enterprises, Inc.**
- Linda Deyo ..... ( [linda@advrs.com](mailto:linda@advrs.com) ) ..... Advanced Senior Solutions
- AnnMarie DiMaio** .....( [annmarie.dimaio@inhealthmd.com](mailto:annmarie.dimaio@inhealthmd.com) ) ..... **Inhealth MD Alliance**
- Mary Lou Johnson Evans .....( [Beachn25@aol.com](mailto:Beachn25@aol.com) ) ..... Home Care Partners
- Christine Konger** .....( [Christinek@horizonhomehealthcare.com](mailto:Christinek@horizonhomehealthcare.com) ) ..... **Horizon Homecare**
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## **EXTRA! EXTRA! READ ALL ABOUT IT!**

**HOW TO PROPERLY RSVP TO A BLS EVENT:** when you receive an email regarding a BLS event and would like to register please click the event link that is included in the email or visit [www.BLSPinellas.org](http://www.BLSPinellas.org) and click on the event. Replying to the email is NOT an RSVP.

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# BLS Consortium

## May 12th, 2017 at Mease Manor



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next Consortium and encourage  
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**WE HOPE TO SEE YOU NOVEMBER 3rd FOR THE BLS CONSORTIUM!**

**8:30 - 10:45 a.m.**

**Location to be determined**

**Please RSVP on website at [www.BLSPinellas.org](http://www.BLSPinellas.org)  
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### **BLS Mission Statement**

The Better Living for Seniors Consortium will promote continuing service excellence to seniors through proactive, visionary, and ethical leadership in networking, education and collaboration.

The Better Living for Seniors Consortium of Pinellas County, Florida is affiliated with the Area Agency on Aging of Pasco-Pinellas, Inc. an Aging and Disability Resource Center located at 9549 Koger Boulevard, Suite 100, (Gadsden Building), St. Petersburg, FL 33702.