



LAKE COUNTY
FLORIDA

Elder Council Ledger

Elder Affairs

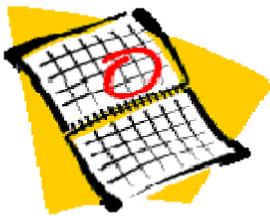
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July 2006

The Council FORUM

MARK YOUR CALENDARS!



**SEPTEMBER
28, 2006**

Please plan on joining the Lake County Elder Affairs Coordinating Council for the **3rd Annual Elder Symposium**. The Symposium will be held at Lake Receptions from 8:00 a.m. to 2:00 p.m. on Thursday, September 28, 2006. This year's theme is **HEALTH AND WELLNESS**. Come hear from 5 dynamic speakers covering the gamut of health and wellness. Cost for attending the symposium is \$10.00. **Space is limited**. Registration will be limited to the first 200 paid registrants. Registration includes a continental breakfast and lunch. Dr. Douglas Mason, Psy.D., aka "The Memory Doctor" will share some fun, simple techniques to improve your memory and boost your brain power. You will learn how to perform some low impact stretching and get a handle on appropriate nutritional food choices. Our keynote speaker will be Dr. Todd Husty from WESH Channel 2 news. For more information, please call 742-6525 or 742-6503



*The Joy of
Retirement*

Submitted by Ellen Miller ...

The joy of retirement is that work does not get in the way of life. We are free to devote ourselves to what really matters to us. We can make a difference! Aging is a time to give back to the world our gifts of time and talents. We must never surrender to the cliché that older people have no worth or value. Beautiful young people are accidents of nature: beautiful older people are works of art. Carl Jung said it well: "We cannot live the afternoon of life according to the program of life's morning."

(Ellen is Vice-Chairwoman of the Lake County Elder Affairs Coordinating Council)



THEY'RE HERE!!!

The NACO CareMark discount prescription cards are now available. Cards can be picked up at the Information Desk in the County Administration Building, all County Libraries and the Tourist Information Center.



July 20, 2006: Lake County Elder Affairs Coordinating Council Meeting, 9:00 a.m., Agriculture and Extension Center, 1951 Woodlea Road, Tavares (Hwy 19) *For more information please call Allison Thall at 352-742-6525*

Meetings of the Lake County Elder Affairs Coordinating Council are open to the public and are advertised as such. Mark your calendars for the 3rd Thursday of every month as we encourage public attendance and participation. If you would like to become a member or would like further information please give us a call at 352-742-6525.

July 29, 2006 - Issues to Answers Forum

SUBJECT: Memory Disorders

National Training Center at South Lake Hospital Campus in Clermont. 1:00 p.m. – 5:00 p.m.
Cost: FREE. Presenters:

“**The Memory Doctor**”, “The Memory Workbook” author Douglas Mason, Psy.D.

Dr. Thomas Valente, Medical Director
Lifestream Behavioral Center

“**To Drive or Not to Drive**”, Senior Resource Alliance, Brenda Reff, Fran Carlin-Rogers.

Alzheimer’s Association, Techniques for Overcoming Challenging Behaviors

Advance Directives, Hospice of Lake/Sumter

Please RSVP to Claire at 352-241-7109 by 7/26/06



What is a REVERSE MORTGAGE?

A **REVERSE MORTGAGE** is a unique loan that enables senior homeowners to convert part of the equity in their homes into income without having to sell the home, give up title, or take on new monthly mortgage payments. Reverse mortgages are available to individuals 62 or older who own their home. Funds obtained from the reverse mortgage are tax-free. Borrowers can choose to receive reverse mortgage funds as a lump sum, monthly income, line of credit or a combination. Borrowers can use the funds any way they wish. For a Reverse Mortgage calculation go to www.financialfreedom.com; click on “REVERSE MORTGAGE CALCULATOR”.

COMMONLY ASKED QUESTIONS

- Q. Can a reverse mortgage be taken out if there is already a conventional mortgage on the home?**
- A. Yes, but existing mortgages must be paid off at closing. The proceeds from the reverse mortgage may be used for that purpose. This eliminates a monthly mortgage payment.
- Q. What about a home in a “living trust”?**
- A. A homeowner who has put the home in a living trust can usually take out a reverse mortgage, subject to review of the trust documents.
- Q. Will I have any tax liability for the reverse mortgage proceeds?**
- A. Currently the Internal Revenue Service treats monies received from a reverse mortgage to be loan advances and not taxable income (consult your tax advisor).

Continued on Page 3...

Programs and RESOURCES

Prepare Now For Storm Season

Julie England

UF/IFAS Lake County Extension

Hurricane season is from June 1 to November 30. Hopefully you have already made preparations around your home and replenished your hurricane supplies.

Everyone should plan what they will do if a storm threatens. Make a list of items you will need if you stay in your home and a list of what you will need if you must evacuate. Use your lists to gather the necessary items and keep in a convenient place. Keep your important papers such as Medicare card, insurance information, credit card numbers and birth/death certificates in a waterproof container. Older adults and caregivers may need to make additional preparations.

Things to remember:

- List emergency contact information. Include names, addresses and telephone numbers of doctors, friends and relatives who should be notified if you are hurt.
- Inform the utility company and county emergency services if you have special needs. Write down phone numbers of all essential services such as power and water.
- Learn location of special needs shelters available in your area.
- If you are dependent on dialysis or other life sustaining treatment, know availability and location of other facilities where you can receive treatment.
- Show others how to operate your medical equipment

Keep extra supplies on hand

- Prescription medications including list of all medications, including dosage, list of any medical or food allergies.
- Extra eyeglasses, hearing-aid batteries and incontinence supplies.
- Extra wheelchair batteries, oxygen and other necessary medical equipment.

Planning ahead can reduce stress and increase safety when a storm threatens. Write down a plan of action for the different situations and prepare accordingly. It is better to be over-prepared than caught off guard. Make sure you know your neighbors and be prepared to help others in need.



calendar COUNCIL

Continued from Page 3...

Q. Can the interest charged on my loan principal be deducted for tax purposes?

A. The interest accrues and is deductible when the loan balance and interest are repaid after the borrower permanently leaves the property.

Q. How do the monies from a reverse mortgage affect Social Security and Medicare?

A. The proceeds from a reverse mortgage do not affect these benefits.

Q. What are the upfront costs associated with a reverse mortgage?

A. The borrower will pay an origination fee and actual closing costs, including charges by the title and escrow companies, and an insurance fee to HUD when applicable. All of these costs can be financed as part of the initial loan advance.

Q. Does the lender take the house?

A. This is a misconception; a reverse mortgage is merely a loan against the property. The title remains in the name of the borrower and the lender is only repaid the loan balance.

Q. When does the loan become due and payable?

A. The loan is due and payable when the borrower sells the property, permanently leaves the home, or passes away. In the case of a couple, it is the second to move out or die that triggers repayment. Until these events take place you live in the home and make no payments to the lender.

Q. Do I or my heirs have to sell the property to repay the loan?

A. No, repayment can be accomplished by refinancing the existing reverse mortgage with a conventional mortgage loan.

For more information call, Frank McCormack @ 1-866-586-3513

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NEWS ELSEWHERE

√ **New Magazine** – Merck has launched a new magazine, *Your Health Now*, that is available for free by visiting www.YourHealthNow.com or you can subscribe and receive it free in your Inbox at www.merck.com/yourhealthnow/email_alerts.html

√ **Drug Pricing** – The Florida Prescription Drug Price website provides pricing information for the 50 most commonly used prescription drugs in Florida. The prices are the “usual and customary prices,” also known as retail prices reported monthly by pharmacies. Visit <http://myfloridarx.com/rx.nsf.finder>

√ **Disaster Planning** – AARP’s website now has an entire section devoted to helping seniors during time of disaster. Information includes lessons learned advice for communities, tips for seniors and links to other helpful sites. Visit www.aarp.org/katrina.

√ **Top Relocation States** for Americans ages 42 to 60 are Florida, California, Texas, Arizona and Virginia (in that order) according to MapInfo Corp.



FAST FACTS

90% of Americans underestimate their chances of getting cardiovascular disease by retirement age.

19% of men age 65 and over were in the U.S. labor force in 2003, down from 46 percent in 1950

57% of workers have to go in late, leave early or take time off to care for a loved one. Six percent give up work entirely.

[Solution aisle-17, apricot-33, axis-171, peasant-318, power-818, pride-7213, success-7812]

Brain AEROBICS

Split Shifts Try thinking both numerically and alphabetically at the same time. Beginning at AISLE, link a word with a number and then another word with another number until you arrive at 7812. Words must be in alphabetical order. Numbers must be in ascending order. You can use each word and number only once.

7812		17	
	Peasant	Pride	
			171
		7213	
			Apricot
318		Axis	
	Power	33	818
	Aisle (begin)	Success (end)	

SOLUTION

For more workouts, go to www.happyneuron.com or www.aarpmagazine.org/games.

TIP OF THE DAY

Green tea is not only good for your body, but it also may be good for your brain.

In a study, older people who drank at least 2 cups of antioxidant-rich green tea per day were about 50% less likely to develop cognitive impairment compared to the people who drank 3 or fewer cups per week. Exercising regularly and keeping your brain busy with puzzles, books and problem solving are other good ways to stay sharp.

BENEFIT – Getting the right amount of antioxidants through diet or supplements can make your RealAge 6 years younger.

Learn More...www.realage.com