

# CAREGIVERS

2024-25 GUIDE



## Challenges

CAREGIVERS FACE

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# Welcome

Being a caregiver is both challenging and rewarding. Our goal is that you find the information provided here as not only a comfort but a resource to help make decisions and assist you with finding the right resources for yourself or your loved one.

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# Q&A

## Hospice & Palliative Care

Illnesses and aging can force families to make challenging decisions regarding the health and well-being of people they love. Care facilities, home health aides and other services can help improve quality of life for those people who are no longer well enough "physically or cognitively" to care for themselves. Palliative and hospice care are part of these care offerings.

### What is palliative care?

Palliative care is specialized medical services for individuals living with serious illnesses. It is not designed to cure or treat the condition itself, but it is a way to manage symptoms. It is typically used in conjunction with other forms of medicine that are attempting to treat or cure the disease.

### What is hospice care?

Hospice is similar to palliative care in that it is geared to enhancing quality of life. Hospice care is for people in the last phases of incurable diseases and is intended to ensure they live as fully and comfortably as possible, according to the American Cancer Society. Unlike palliative care, which accompanies traditional medical care, those who accept hospice care typically cease any other care attempting to cure the illness.

### Who can benefit from palliative or hospice care?

The National Institute on Aging says anyone living with a serious illness, such as cancer, dementia, Parkinsons disease, and heart failure, can appreciate the support palliative care provides. It is helpful at any stage of the illness, and is best started soon after diagnosis.

Hospice care is for those who are in the final stages of their illnesses. Generally, hospice services

are reserved for people who are expected to live another six months or less if their illness continues to run its course.

### Are these services permanent?

The good news about palliative care and hospice care is that wishes are completely driven by the patient and his or her family. If the patient is incapable of making medical directives, his or her medical proxy can make changes to care wishes.

Research indicates that many times hospice care is started too late because people think its a form of giving up. However, anyone in hospice care can resume active care if they or their caregivers choose to do so.

### What can palliative and hospice care resolve?

The Mayo Clinic says that palliative and hospice care can improve symptoms such as pain, nausea or vomiting, anxiety, depression, constipation, difficulty breathing, fatigue, and trouble sleeping, among others.

Hospice care also can include spiritual and bereavement care. Hospice teams typically follow up with members of the immediate family to offer them counseling or other services.

### Who is in charge?

Patients and their families decide what they want out of these care measures. Palliative care teams are separate from the patients medical care team thats managing their treatment. Hospice care teams coordinate the majority of care for the patient and communicate with the patients medical care team.

Hospice and palliative care are considerations for people with serious conditions.

## CLAYTODAY

3513 U.S. Hwy 17, Fleming Island  
**claytodayonline.com**  
904-264-3200

*Caregiver's Guide is published annually by Clay Today. Copies are available at all advertiser's locations and the Clay Today office.*



# Challenges

## CAREGIVERS FACE



**M**any people serve as caregivers to help a loved one manage an illness or injury. The senior housing resource A Place for Mom says, between 2015 and 2020, the number of unpaid caregivers increased from 43.5 million to more than 53 million. Many caregivers assist seniors, but some also help younger adults with physical or mental disabilities.

Caregiving can be time-consuming on both a daily and yearly basis. The average length of time caregivers provide unpaid care is 4.5 years. As life expectancies increase, the number of caregivers is likely to grow. As more people take on caregiving duties, the challenges those individuals may confront have drawn more attention.

### Emotional and physical stress

American Senior Communities reports that 22 percent of caregivers say their personal health suffered upon taking on a caregiver role. Emotional stress has been particularly prevalent among people caring for someone with dementia.

### Conflict about care

Unpaid caregivers often juggle caregiving duties with the responsibilities of their own lives. Sometimes there is not an equitable division of time and one person or another may feel overburdened by caregiving tasks, resulting in disagreements with others.

### Increased depression and psychological distress

Research conducted by Maastricht University in 2018 revealed unpaid caregiving for 20 hours or more each week can result in impaired self-care for the caregiver. That may lead to feelings of depression or additional mental health issues.

### Financial stress

Providing unpaid care requires some to leave a full- or part-time job to provide assistance to a loved one. That results in lost wages that can adversely affect caregivers financial security. Furthermore, there may be expenses directly related

**The average length of time caregivers provide unpaid care is 4.5 years.**

to caregiving that caregivers pay from their own savings. According to AARP, 22 percent of caregivers report using all of their short-term savings, while 13 percent say they went through all of their long-term savings while taking care of elderly parents at home.

### Isolation and lack of privacy

Caregivers may not be able to get out as much to engage in recreational or even typical family activities. In addition, some caregivers report that caring for a loved one in a small space means boundaries are broken and it's hard to enjoy any semblance of privacy.

### Physical demands

Caregivers can injure themselves or face physical strain when tasked with caring for someone

with mobility issues. Lifting or helping someone move from beds, chairs or wheelchairs can strain various areas of the body.

### Time management

Balancing caregiving with other responsibilities can make it feel like there are not enough hours in a day. Caregivers also often decline invitations or miss out on gatherings because they cannot manage time to make it to events when the needs of the person in their care must take priority. Job loss also may occur when caregivers must be away from work to go to appointments or help in a caregiving setting.



# Stages of



## Alzheimer's disease

**D**ementia is a broad term for memory loss and other cognitive issues, such as language and problem-solving problems, that can interfere with daily life. Alzheimer's disease is one type of dementia. More than 6.2 million Americans are currently living with Alzheimer's disease, indicates the Alzheimer's Foundation of America. The Alzheimer's Association says more than 747,000 Canadians are living with Alzheimer's disease or another dementia, and worldwide 44 million people are living with dementia.

AD is caused by damage to nerve cells in the brain, known as neurons, that are essential to thinking, walking, talking, and all human activity. Researchers say that the first noticeable symptoms tend to be memory, language and thinking problems. However, the brain changes that cause the symptoms are believed to begin 20 years or more before the appearance of symptoms.

Once AD sets in, it is a progressive disorder. There is no cure and cognitive issues will only continue to get worse as time goes on. At some point, around-the-clock care may be required, and patients with AD may need to enter a memory care facility because their needs may exceed the abilities of caregivers.

The AFA notes there are three stages of AD, mild, moderate and late, and each stage produces unique symptoms.



People may wonder why AD is eventually fatal when it seemingly only affects cognition. Although cognitive issues that result in memory impairment are not necessarily life-threatening, the disease also can affect the body physically. The most common cause of death among Alzheimer's patients is aspiration pneumonia. That happens when, due to difficulty in swallowing, an individual inhales food particles, liquid or even gastric fluids inadvertently, says UCLA Health.

Alzheimer's disease is a serious condition that affects millions of people. It's important to discuss warning signs with doctors and get the facts about this form of dementia as early as possible.

### Mild

- Forget words or misplace objects
- Forget something they just read
- Ask the same question over and over
- Have increasing trouble making plans or organizing
- Fail to remember names when meeting new people

### Moderate

- Increased memory loss and confusion
- Problems recognizing family and friends
- Continuously repeating stories
- Decreased ability to perform complex tasks or handle personal finances
- Lack of concern for hygiene and appearance
- Requiring assistance in choosing proper clothing to wear for day, season or occasion

### Severe

- Recognize faces but forget names
- Mistake a person for someone else
- Delusions may set in
- Strong need for holding something close for tactile stimulation or companionship
- Basic abilities fade during this period. Individuals will need help with all basic activities of daily living.

# Emotional toll weighs on sandwich generation caregivers

Gerontologist, Social Works suggests where to find help

By Dr. Macie P. Smith

Caregivers struggling to look after multiple generations of family members face increased rates of depression, poor performance at work and compassion fatigue, all of which put their health at risk, said gerontologist and licensed social worker Dr. Macie P. Smith.



Dr. Macie P. Smith

"You can't be everything to everybody because if you're everything to everybody, then you can't be anything to yourself," Smith said. "A lot of times, people don't reach out for help because they don't know where to reach out."

For more than 24 years, Smith has been helping family caregivers and their loved ones navigate diagnoses of Alzheimer's and dementia. In her new book, *A Dementia Caregiver Called to Action: The Journey*, she covers critical concerns for the sandwich gen and all caregivers, including what to consider when moving your older adult loved one in with you, the emotional toll that decision takes (and how to channel those emotions in healthy ways) and where to look for local respite services.

"As we age — and as we live, we are aging — we are going to need help with some level of support or care," Smith said. "No one is exempt from providing care or from needing care, so being able to understand better what caregiving entails and how truly it is a blessing to care for someone else ... you can never put a dollar amount on it."

In her book, Smith takes readers through the logical progression of a dementia care experience,



beginning with how to recognize potential symptoms before the diagnosis and what questions to ask the individual's primary care physician. She then describes what to expect after a dementia diagnosis, answers common questions and details a range of care options available to dementia patients.

"Although there's not a cure for progressive types of dementia, like Alzheimer's, there is care — your care," Smith said. "So, here's to getting ahead of the journey."

Emmy-winning TV host and

bestselling author Leeza Gibbons said, "Macie has a unique way of supporting caregivers through real-world scenarios and practical guidance. I've seen her make the challenge much more manageable for many at the end of their ropes. If you need a basic starting position for dementia care, this book is for you." Dr. Macie P. Smith has over 24 years of expertise as a licensed social worker and gerontologist, dedicated to serving aging and vulnerable populations alongside their family caregivers.

## Looking Forward To

# Independent Living?

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# By the numbers

Caregivers come from all walks of life, even if people may be most likely to associate caregiving with the paid professionals who work as home health aides or in nursing care settings. However, many caregivers are informal, family caregivers who are not paid for their services, but step in to help someone they love. Here's a look at some of the numbers regarding family caregivers, courtesy of the National Alliance for Caregiving, AARP, Gallup-Healthways Well-Being Index, Respect Care Givers, and the career experts at Zippia.

**53** Million. The number of Americans who are providing unpaid care to a family member or a friend.

**9.5** million. The amount by which caregiver numbers increased between 2015 and 2020.

**1 in 5** The number of Americans who are caregivers.

**22** The percentage of caregivers who are middle-aged.

**46** The average age of an employed caregiver.

**70%** The percentage of working caregivers who suffer work-related difficulties due to their dual roles.

**34.7** The number of hours employed caregivers work each week, not including caregiver services.

**70.7** The percentage of family caregivers who are women (29.3 percent are men).

**88** The percentage of caregivers residing in urban or suburban areas.

**69** The percentage of caregivers caring for parents or parents-in-law. Fifty-one percent care for a spouse or partner.



## The role of a home health aide

Caregivers come from all walks of life. Doctors and nurses may be the frontline medical providers people encounter most frequently, but there are plenty of others who do their part to maintain the well-being of individuals, including home health aides.

Home health aides, sometimes called personal care aides, are brought in to assist a person with activities of daily life. An HHA typically helps a person who may need some assistance with tasks they cannot perform due to illness or disability. HHAs may work in a person's home, in a group home or in another care facility.

AARP says home health aides are considered health care paraprofessionals and must meet established training requirements, which vary by location.

### HHAs may perform various duties, including:

- assistance with personal care, such as dressing, toileting, feeding, and moving from bed to chair, etc.
- checking vital signs
- monitoring a client
- light housekeeping
- meal planning and cooking
- picking up prescriptions
- companionship



HHAs typically will not provide skilled nursing care and may not be able to offer recommendations on treatment or medications.

Individuals can find the services of HHAs who may work independently or are placed through agencies. Sometimes a doctor or hospital will have connections to HHA services and can make referrals. It can be useful to interview several potential HHAs to find one who will fit with the needs and personality of the

person requiring assistance. A good HHA will be compassionate, patient and flexible.

As illness or injury also can affect a person's mood, HHAs must be able to adjust if a client is reluctant to receive help or is depressed or anxious from his or her limitations.

Home health aides serve vital roles in the health care community by providing care and companionship to those who can no longer live independently.



# Living well with

## Parkinson's Disease

**P**arkinson's disease is a progressive neurological condition that can affect patients lives in many ways due to its physical symptoms, which typically begin gradually and then worsen over time. Symptoms of PD can include everything from involuntary movements called tremors to stiffness and difficulty balancing and walking. The National Institute on Aging says as the disease progresses, people may experience mental and memory issues and exhibit difficulty speaking.

Sometimes PD can affect a persons ability to engage in ordinary daily activities. Things that once came easily, such as dressing, eating and sleeping, may become more challenging. Living successfully after a Parkinson's diagnosis requires adjusting to changes as they come.

### Learn all you can

After a PD diagnosis, its important patients learn as much as possible about the condition. Everyone experiences medical issues in different ways, so there is no uniform way that the human body responds to PD. However, there are some commonalities, and awareness of what may occur can remove some of the surprises.

### Choose your care team wisely

It certainly can take a village for you to manage PD. One of the first steps is finding competent doctors and allowing caring friends and family who have your best interests at heart to pitch in. As a person with PD, you'll need support. That can include medical teams who prescribe the best medications to help manage symptoms and therapists who can help you through frustrations. Friends and family may have to assist with certain tasks, including running errands and helping keep your home clean.

Parkinson's Foundation Helpline (800-4PD-INFO)



[www.parkinson.org](http://www.parkinson.org)

### Keep safety in mind

Speak with a doctor about situations when your safety can be compromised, particularly if you live alone. The Parkinsons Foundation reports that, as the disease progresses, people with PD may experience Freezing episodes. Freezing is a temporary situation where you will not be able to move. These episodes cause increased risk of falling. Episodes may only last a few seconds, but they are a potentially dangerous symptom of PD.

Additional safety concerns may involve walking without assistive devices or knowing when to give up driving. It's also good to get a medical alert band so, in the case of an emergency, first responders will be aware you have PD.

### Plan ahead

While it may initially seem you will need to stick closer to home, this isn't always the case. Ask your neurologist to provide names of caregivers in areas where you would like to travel for business or vacation. Also, the Parkinson's Foundation Helpline (800-4PD-INFO) can help you locate local resources, such as exercise classes, activities and support groups. Parkinsons disease can be challenging, but most people learn ways to manage its symptoms so they can continue to live fulfilling lives.



## HOW TO

# Balance caregiving and working

**E**ven though thousands of trained professionals play vital roles in the care of the aging population, many of the unsung heroes of long-term care are the unpaid or informal caregivers who step in to provide assistance to someone they love.

A 2019 study published in the journal *Geriatric Nursing* found approximately 16.6 percent of the United States population age 18 and older self-identify as informal caregivers who provide care for adults with health conditions and disabilities. Assistance needs range from old age care requirements for Alzheimers disease and related dementias to impaired mobility assistance. Furthermore, Assisting Hands Home Care says roughly six in 10 family caregivers also work full- or part-time.

While it can be a noble effort to step in and provide care to a

friend or family member, caregiving can be time-consuming and emotionally and physically demanding, particularly for those who also are balancing careers and families. The Centers for Disease Control and Prevention indicates that while some aspects of caregiving can be rewarding, caregivers may be at increased risk for negative health consequences, such as depression and difficulty maintaining healthy lifestyles. These effects may be exacerbated by stresses at work.

The challenges of managing caregiving and a career can be challenging, but it's not impossible to perform both roles successfully.

### Use company assistance or benefits

Some companies have policies in place that enable a person to handle certain aspects of caregiv-

ing more effectively. These can include unpaid Family and Medical Leave Act leave, employee assistance counseling programs, flex time, and even telecommuting capabilities to coordinate work around caregiving.

### Speak with your employer

Employees should be honest with their human resources departments or supervisors about their roles as caregivers. Honest communication can help the employers understand the situations and perhaps find workarounds that will satisfy all needs.

### Get organized

Create a shareable family calendar so that everyone stays up-to-date about caregiving schedules, family appointments, work responsibilities, and other pertinent events. Seeing responsibilities spelled out can help all parties involved divide time accordingly.

### Develop a safety net

Reach out to trusted friends or

reliable neighbors who can step in during emergencies when work schedules cannot immediately be adjusted.

### Practice self-care

Self-care is crucial to ensuring a person has the energy to provide quality care to a loved one as while simultaneously navigating his or her career. Take breaks as needed.

### Consider professional care services

Relying on a home care agency or a skilled nursing facility can be a solution when a person needs to simultaneously work and care for a family member. Individuals also can look into respite care, which is a temporary care situation that enables informal caregivers to get a break for a set time. Respite care is offered through various assisted living facilities.

Informal caregivers can explore various tips for balancing careers with caregiving.

# Signs a loved one might need assisted living

**A**ssisted living facilities provide an invaluable service. When a medical condition, developments associated with aging or another variable affects an individual's ability to live independently, assisted living facilities can ensure such men and women get the help they need to live as fully and actively as possible.

It's not always easy to identify when an individual may need to move into an assisted living facility. Some individuals choose to do so on their own, but families often make such decisions together. As families work to determine if a loved one should move into an assisted living facility, they can look for various signs that suggest the time is right to do so.

It's important for families to recognize that some of the signs noted above might suggest the presence of a condition or disease that would not, if treated successfully, compromise an individual's ability to live independently. For example, the SilverSneakers program offered through Tivity Health notes that weight gain among seniors may be attributable to slower metabolism, a less active lifestyle or menopause for women. Each of those conditions can be addressed without requiring a relocation to an assisted living facility. Family members are urged to discuss anything that seems to be affecting a loved one's ability to live independently with that person's health care team before



**According to the Elder Care Alliance, signs that an individual may benefit from assisted living include:**

- Requiring routine reminders to take medication
- Noticeable changes in weight, including weight loss or gain
- Loss of mobility or increase in falls
- Signs that household maintenance is being neglected
- Difficulty with daily tasks like grooming and meal preparation
- Increased isolation
- Loss of interest in hobbies

they consider if a person needs to move into an assisted living facility. It's equally important to ask a loved one's health care team which type of facility they think might be most beneficial if, in fact, they think it's in an individual's best interest to relocate. No two facilities are the same, and the Elder Care Alliance notes many specialize

in specific types of care, such as tending to individuals with cognitive issues like dementia or physical issues like limited mobility.

Assisted living facilities help millions of individuals every day. Families can work together to decide if a loved one can benefit from moving into such a facility.



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# How to get ready for in-home care services

Ensuring that aging loved ones can be as independent as possible while also safe and secure may require the services of a caregiver.

According to the Family Caregiver Alliance, on average, caregivers spend 13 days each month on tasks like shopping, food preparation, housekeeping, laundry, transportation, and administering medication.

Many caregivers provide help with activities of daily living, whether they are informal caregivers (unpaid family) or formal caregivers (paid caregivers). Skilled nursing homes or assisted living facilities are options, and many families choose to rely on in-home care providers a few days a week or even for 24-hour-per-day care. Here's how to make the transition go more smoothly and prepare a home for the caregivers arrival.

## Identify the main care space(s)

Receiving care at home may necessitate moving the person to a different room or rooms. Ideally that space should be on the ground floor, easily accessible and close to a bathroom. If an in-home caregiver will be a live-in as well, he or she will need a room close to the individuals room.

## Gather important information that will be needed

Companions for Seniors suggests collecting important supplies, paperwork and information, such as contacts for doctors and other important people, and making them easily accessible. A caregiver may need access to healthcare directives and maybe even bills or other financial documents if the person will be helping with tasks of that sort.

## Label and organize the home

Consider labeling cupboards,



According to the Family Caregiver Alliance, on average, caregivers spend 13 days each month on tasks like shopping, food preparation, housekeeping, laundry, transportation, and administering medication.

drawers and storage containers so that caregivers can find things more easily. Also, this is a good time to clear out clutter and organize rooms even further.

## Stock the home

Purchase certain necessities, such as groceries, pet food and supplies, paper products, cleaning supplies, and whatever else is needed. Even if the caregiver agrees to do some shopping, supplementing can be a big help.

## Install safety gear

Be sure that the home is safe to navigate for the senior as well as the caregiver. Remove tripping hazards like area rugs, and take out excess furniture that isn't serving an immediate purpose.

Utilize mounted grab bars near the toilet and tub, lower the hot water heater temperature, purchase a shower chair, and ensure that walkers, scooters or canes are in good repair. Ask the caregiver if there is anything else that is needed in terms of home modifications.

## Consider a security system

Installation of cameras and alarms can make everyone in the home feel safer. Be sure the caregiver knows the placement of cameras and that they will be monitored for everyone's protection. In-home care is a necessity for many aging adults. Certain steps are needed to prepare for the caregivers arrival at home.

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# Resources

## Assisted Living Locators of Northeast Florida

### Elder Care, Rent/Housing

<https://assistedlivinglocatorsnortheastflorida.com/>

Open 24 hours, 7 days a week  
(904) 559-3203

Unlike other companies that try to be all things to all people, Assisted Living Locators of Northeast Florida specializes in the greater Jacksonville area. We visit all the communities that we represent, check their department of health reports and assisted living licenses, talk with residents, and get to know the owners and administrators. This kind of in-depth knowledge takes the guesswork out of choosing a community for mom or dad. The Northeast Florida Assisted Living Locators office covers all of Nassau, Duval, Clay, St. Johns, Flagler and Volusia counties. We have other offices in many other areas of the country.

## Assisting Hands Home Care

1950 Miller Street, Orange Park

<https://www.assistinghands.com/southjax>

(904) 746-1036

Assisting Hands is a family owned and operated Home Care agency with a heart

for our community. Assisting Hands Home Care® grew out of a desire to provide seniors, and others needing non-medical assistance at home, with the option that most people prefer – to remain independent, safe and comfortable in their own homes. We deliver care at home for anyone who may need assistance with bathing, grooming, dressing, driving, light house-keeping, dementia care, companionship and more.

## Clay County Fire Rescue Community Paramedicine

<https://www.claycountygov.com/community/opioid-substance-addiction-help>

Mon-Friday 8am-4:30pm  
400 College Drive, Middleburg,  
(904) 284-7703

Clay County Fire Rescue has been able to undertake a "Community Paramedicine Program" with efforts specifically geared toward opioid overdose reduction in Clay County. The objective of this program is to provide medication-assisted therapy (MAT) to increase the success rates of those individuals desiring to live an opioid-free life, and to decrease opioid use fatality rates.

## Dementia Care Central

<https://www.dementiacarecentral.com/>

Dementia Care Central is a resource center for dementia caregivers and more. They provide information on various topics, including costs, regulations, and financial help for individuals needing support with residential Alzheimer's care

## ElderSource

<https://www.myeldersource.org>  
10688 Old Saint Augustine Road,  
Jacksonville

Monday through Friday, 8 a.m. - 5 p.m.  
(888) 242-4464

The Area Agency on Aging & Aging and Disability Resource Center. Our Helpline provides resources, information, benefit determination, and assistance in understanding your Medicare and other health insurance benefits.

## Florida Department of Elder Affairs

<https://elderaffairs.org/>  
(850) 414-2000

The Department of Elder Affairs administers programs and services for elders across the state of Florida through 11 Area Agencies on Aging, which operate as Aging and Disability Resource Centers (ADRCs). These ADRCs function as a single, coordinated system for information and access to services for all Floridians seeking long-term care resources. The ADRCs provide information and assistance about state and federal benefits, as well as available local programs and services.

## Green Insurance Agency

<https://www.greenins.com>  
Monday through Friday 9-5

(904) 717-1176

1542 Kingsley Avenue, Orange Park,  
We offer education and assistance with enrollment into health insurance and Medicare.

## James Boys

[www.orangeparkumc.org/james-boys](http://www.orangeparkumc.org/james-boys)  
152 Stowe Ave, Orange Park  
(904) 213-1121

The James Boys provide four main services each year exclusively to residents of Clay County in need of assistance, including many aging Veterans. These services include building handicap ramps, refurbishing/repairing bicycles, making home repairs, and working with Clay County Habitat for Humanity, Inc.

## Senior Helpers

[www.seniorhelpers.com/fl/west-jacksonville/](http://www.seniorhelpers.com/fl/west-jacksonville/)

165 Wells Road, Orange Park  
Office: Monday - Friday 9 a.m. - 5 p.m.,  
Phone number: 24/7 (904) 559-3268

Senior Helpers West Jacksonville is the premier provider of in-home senior care. We offer tailored home care services ranging from companion care for seniors who need daily assistance to in-depth specialized care for those with Alzheimer's, Dementia, Parkinson's and other chronic diseases.

## Assisted Living Local LLC

[letjanethelp.com](http://letjanethelp.com)  
904-469-1042

Owned and operated by Janet Peterson offers assistance for locating and securing the ideal Independent, Assisted Living, or Memory care community at no cost to the families for the service provided.



# No-Cost senior living placement



Let Janet Help  
You Find Your  
Ideal Assisted  
Living Space!

LetJanetHelp.com



904-469-1042

# Resources

## **VA NFL/SGA Community**

**Mon-Thursday 7am-5:30  
(904) 429-2031**

Works with community organizations to create programs and activities to reduce Veteran Suicide.

## **Operation Barnabas**

**www.operationbarnabas.com  
(904) 788-5926**

1140 Kingsley Avenue, Orange Park, Making Veterans and First Responders whole again through Faith, Action, and Encouragement.

## **Parkinson's Support Group of Orange Park**

**https://jaxhopeinc.org/  
Sacred Heart Catholic Church 7190  
HWY 17 Fleming Island, FL 32003  
(808) 313-0966**

Exercise class developed for those with Parkinson's and other movement disorders. Classes are held every Monday and Thursdays at 9:30 am. Classes are free and open to all

## **Pet It Forward**

**https://petitforwardfoundation.org  
M-Sat. 9am-6pm  
(904) 536-0036**

Pet It Forward Non Profit Foundation helps pets and their owners stay together! We help pay a portion of vet bills, food, spay and neuter to the less fortunate.

## **Quigley House 24-Hour Crisis Helpline**

**https://www.quigleyhouse.org/  
3373 U.S. 17, Green Cove Springs  
(904) 284-0061**

Certified domestic violence and sexual assault center assisting survivors in Clay County.

## **The Foundation of Community Hospice & Palliative Care**

**8am-5pm  
4266 Sunbeam Road, Jacksonville,  
www.communityhospice.com/foundation  
(904) 886-3883**

The Community Hospice & Palliative Care Foundation is dedicated to advancing philanthropy to enable Community Hospice & Palliative Care to fulfill its mission and vision of improving the quality of life for patients and families and being the Compassionate Guide for end-of-life hospice care in our community. Funds raised through The Foundation support unfunded and underfunded programs, services, and outreach for patients with advanced and life-limiting illnesses and families going through grief. Our donors ensure that compassionate care continues to be offered to all who need it, regardless of their ability to pay. Since 1979, Community Hospice & Palliative Care has become a trusted leader in compassionate hospice care and palliative care for patients and

families living throughout Northeast and North Central Florida. Our experienced staff provides patients with specialized care, helping alleviate physical and emotional pain while addressing their spiritual and social needs.

## **The Shepherd's Center of Orange Park**

**www.tscoop.org/  
Monday-Thursday 9:00am-4:00pm,  
Friday 9:00am-12:00pm**

**2105 Park Avenue suite 30, Orange Park**  
Offer adventures in learning, education for SRs 55+ enrichment classes M-Thursdays

## **The Way Free Medical Clinic**

**(904) 531-9504  
thewayclinic.org  
info@thewayclinic.org**

Basic healthcare for uninsured, low income in Clay County UTI, Ear Infections, Diabetes, etc.

## **YMCA - Barco-Newton Family**

**https://fcmca.org/locations/barco-newton-family-ymca/  
2075 Town Center Boulevard, Orange Park,  
Monday & Tuesday 5:00 am – 9:00 pm  
Wednesday & Thursday 5:00 am – 8:00 pm  
Friday, 5:00 am – 7:00pm,  
Saturday 7:00 am – 3:00 pm  
Sunday 12:00 pm – 3:00pm**

## **YMCA - Dye Clay Family**

**https://fcmca.org/locations/dye-clay-family-ymca/  
3322 Moody Avenue, Orange Park  
(904) 272-4304  
Monday - Thursday 5:00am-8:00pm,  
Friday 5:00am-7:00pm, Saturday  
8:00am-3:00pm**

## **Mercy Support Services**

**https://mercysupportservices.org  
515 College Drive, Middleburg  
(904) 297-4052**

Mercy Support Services coordinates various components and services that are needed to transition people to self-sufficiency utilizing their own skills and abilities to care for themselves and their families. Mercy utilizes intake and referral services through our call center, and using the Care Coaching approach to coordinate services for those who are circumstantially in need.

## **Clay County Community and Social Services**

**https://www.claycountygov.com/community/community-services  
420 College Drive  
Mon-Fri 8am-4:30pm  
(904) 529-4256**

Clay County Community and Social Services is a department dedicated to the overall well-being of all Clay County residents. By creating lasting collaboration and partnerships our goal is to achieve quality services and support for all in reaching self-sufficiency. We strive to strengthen, empower, and preserve the dignity of all Clay County individuals and families by providing leadership, advocacy, and quality programming. We offer individual financial assistance, non-profit partnerships, veterans services, volunteer services, and indigent burial services.

## **Challenge Enterprises**

**www.challengeenterprises.org/  
Mon- Fri 8:00-4:30  
(904) 284-9859**

**3530 Enterprise Way, Green Cove Springs**

Our support programs are available to individuals with intellectual, physical, and developmental disabilities, while staff assists families in navigating Florida's eligibility for services. Promote the power of people and possibilities for individuals living with different abilities. Programs, Adult Day Training, Residential Life, Recreation, Job Training, and Club Challenge. Food Distribution every Friday 10a-11a.

## **Hope Therapy**

**https://hopetherapy.org%20  
Mon- Fri 9 am -6 pm Sat 9 am- 12 pm  
1591 Big Branch Road, Middleburg  
(904) 291-6784**

Provides no-cost equine therapy to people with disabilities - We are a 501 (c) 3 non-profit equine-assisted activities and therapy program located in Middleburg, Florida. It is our mission to improve the quality of life of children and adults with various diagnoses with the help of our incredible horses.

## **NEFCAN**

**https://nefcaninc.org  
33 Knight Boxx Road, Orange Park  
(904) 272-5096**

A community network of resources and support services to wrap around individuals with disabilities and their families.

## **Feeding NE Florida**

**https://feedingnefl.org/  
1116 Edgewood Avenue North  
(904) 513-1333**

Feeding Northeast Florida is the largest, most efficient food bank serving Baker, Bradford, Clay, Duval, Flagler, Nassau, Putnam & St. Johns Counties. We work with retail partners, manufacturers, and farms to rescue high-quality food for those in need.

## **The Kitchen of Clay County**

**www.thekitchenofclaycounty.com  
Sat 11 am -1 pm  
(904) 863-5252**

Volunteers from local churches came together to establish and serve meals to local communities.

## **Lake Area Ministries**

**www.lakeareaministries.org  
Mon, Wed 10 am- 1 pm and Thu 5 - 7 pm  
(352) 473-2846  
131 N. E. Commercial Circle,  
Keystone Heights**

A non-profit, non-denominational, faith-based organization that has served the people of the Lake Region area for over 25 years.

## **Clay County Council on Aging**

**604 Walnut St., Green Cove Springs  
www.claycoa.com  
(904) 284-3134  
Mon-Fri 8 a.m.-4:30 p.m.**

Part of the United Way and also known as Clay County Council on Aging, the center provides cultural, educational and social activities at the center for active, engaged

citizens 60 years or older with physical or mental limitations restricting ability to perform normal activities. The senior center also has a limited bus and meal service.

## **Always Best Care Senior Services in Fleming Island**

**4711 U.S. Highway 17, Suite B2,  
Fleming Island, FL  
Alwaysbestcare.com/Jacksonville/  
(904) 701-7660**

Always Best Care offers 24-hour personal care services like companionship, hospice support, laundry services, medication reminders, overnight care, bathing, grooming and dressing, errands and transportation, hospital to home, light housekeeping, mobility, safety supervision, cognitive impairments, escort to activities, incontinence/toileting, meal preparation, nutrition monitoring and technology assistance; specialized services like cancer care and recovery, fall prevention, palliative care, ready, set and go home, surgery recovery, dementia and Alzheimer's care, in-facility care, post-hospitalization care, rehabilitation, transitional care, end of life care, neurological disorders, post-surgical care and respite care; and respite care services life meal preparation, dressing, grooming and bathing, laundry, transportation to appointments or events, professionally-trained caregivers, medication reminders, light housekeeping, in-home safety assessments, companionship and entertainment, assistance with activities of daily living, post procedure monitoring and structured activities for seniors.

## **Home Instead - Orange Park**

**1532 Kingsley Ave., Suite 105,  
Orange Park  
homeinstead.com/location/193  
(904) 215-8520**

Home Instead can help enhance the aging experience by providing practical support at home with a human touch. Their professional caregivers immerse themselves into wherever home is assist with common activities of daily living and build a lasting relationship with our and your family. Their services can help aging adults stay engaged in every day life with tailor-made support by professional caregivers to stay safe and well at home. Their services include personal, hospice and Alzheimer's care and meal prep.

## **A Place for Mom**

**71 College Dr., Orange Park, FL  
Aplaceformom.com/community/home-  
instead-orange-park-fl-1385133  
(866) 653-3721**

This service charges hourly rates for bathing and dressing, errands and shopping, companion care, helping with eating, housekeeping, live-in care, medication reminders, respite care, transfer assistance, incontinence care, meal preparation, mobility assistance and toileting. Caregivers are either Certified Nursing Assistants or have a Home Health Aide license and they have first aid, emergency care and proprietary certifications.

# Resources

**Home Helpers of Ponte Vedra**  
1301 Riverplace Blvd., Suite 800,  
Jacksonville, FL  
Homehelpershomecare.com  
(904) 477-5288

Home Helpers emphasizes a positive, friendly interaction with its elderly clients, understanding that companionship is vital to their emotional well-being. They believe a warm, trusting relationship between caregiver and senior is central to its mission of providing 24-hour home care, vital sign calls, meal prep, hospice care, developmental and intellectual differences, support for stroke recovery, 24-hour monitoring, care and companionship, nutrition and well-being, specialized care, wellness calls and discharge calls.

**Amada Senior Care**  
13400 Sutton Park Dr. S, Suite 1402,  
Jacksonville, FL  
amadaseniorcare.com/Jacksonville-senior-care/clay-county/fl/  
(904) 512-7747

The solutions provided at Amada Senior Care of Jacksonville can give family members peace of mind and ensure the daily needs of their loved ones are taken care of with the highest level of dedication

and compassion no matter where the family members may be. Their professional caregivers can assist with laundry, light housekeeping and transportation to and from doctor appointments. In addition, their caregivers are licensed and bonded to provide post-hospital/transition care, respite care, 24-hour care and hospice support care. Their caregivers are also certified to help with conditions such as Alzheimer's/dementia, stroke, Parkinson's disease and other special needs.

**By Your Side Senior Care**  
1515 Business Center Drive Suite 3,  
Fleming Island, FL  
Byyourside.com  
(904) 579-3059

By Your Side Senior Care provides customized plans for your loved one to offer the best support and care. Home health care is an affordable, safe, and convenient option that allows your loved ones to stay at home and safe. Everyone should have the opportunity to stay in the comfort of their home and receive the care they need, whether its help around the house or more specialized care, let our caregivers help with your daily routine. Home health aides will help with meal preparation, medication reminders, light housekeeping, errands/shopping, pet care, incidental transportation, mail correspondence, bathing, dressing, grooming, eating, transferring, incontinence care, Alzheimer's, advanced Dementia, bed bound/Hoyer lift and infectious diseases.

**Orange Park Senior Center**  
414 Stowe Ave., Orange Park, FL 32073  
agingtrue.org/senior-centers/  
(904) 269-4731  
Mon-Fri 8:30 a.m.-4:30 p.m.

The Orange Park Senior Center is part of Clay County Senior Services of Aging True, which administers facilities, programs, activities and services that support the successful living and aging of Clay County residents. Our four centers' cultural, educational and social activities are organized for active, engaged citizens 60 years and older. They focus on healthcare, mental wellness, adult daycare, homecare, nutrition, recreation and independent living by emphasizing cultural activities, health support and technology classes.

**Clayton & Mildred Revels Senior Center**  
604 Walnut Street, Green Cove Springs,  
FL 32043  
Agingtrue.org/senior-centers/  
(904)-284-3134  
Mon-Fri 8:30 a.m.-4:30 p.m.

The Clayton and Mildred Revels Senior Center offers an Adult Day Care Program that includes pet and music therapy and arts and crafts to improve dexterity and creativity, and it's part of Clay County Senior Services of Aging True, which administers facilities, programs, activities and services that support the successful living and aging of Clay County residents. The four centers' cultural, educational and social activities are organized for active, engaged citizens 60 years and older. They focus on healthcare,

mental wellness, adult daycare, homecare, nutrition, recreation and independent living by emphasizing cultural activities, health support and technology classes. A healthy meal is served Monday through Friday.

**Middleburg Senior Center**  
3916 Section St., Middleburg, FL 32608  
Agingtrue.org/senior-centers/  
(904) 291-3520  
Mon-Fri 8:30 a.m.-4:30 p.m.

The Middleburg Senior Center is part of Clay County Senior Services of Aging True, which administers facilities, programs, activities and services that support the successful living and aging of Clay County residents. Our four centers' cultural, educational and social activities are organized for active, engaged citizens 60 years and older. They focus on healthcare, mental wellness, adult daycare, homecare, nutrition, recreation and independent living by emphasizing cultural activities, health support and technology classes.

**Keystone Heights Senior Center**  
125 NE Commercial Circle, Keystone  
Heights, FL 32656  
Agingtrue.org/senior-centers/  
(352) 473-7121  
Mon-Fri 8:30 a.m.-4:30 p.m.

The Keystone Heights Senior Center is part of Clay County Senior Services of Aging True, which administers facilities, programs, activities and services that support the successful living and aging of Clay County residents.

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# AARON AND BURNEY BIVENS FUNERAL HOME AND CREMATION SERVICES

## *Find Comfort Here*

*We are committed to providing families with compassionate care, personalized planning and excellent service.*

Our staff will work with you to ensure we provide the appropriate service to honor the life and memory of your loved one. We offer an array of services to meet your needs including:

- ~ Pre-Planning
- ~ Memorial Services
- ~ Cremations
- ~ Estate Planning
- ~ After Care
- ~ Traditional & Military Services
- ~ National & International Shipping
- ~ Legal & Financial Counseling

## **Local Ownership with a Tradition of Service**

*Our experienced, caring and professional staff are uniquely qualified to serve*

**Aaron Bivens, Managing Funeral Director** Aaron is a product of Clay County. After graduating from St. Johns Country Day School in Orange Park, he received his bachelor's degree in business administration. He says that serving his community as a licensed funeral director has been a lifelong dream. He is truly committed to serving families during their most difficult times.

**Burney Bivens, Licensed Funeral Director in Charge** Burney served 20 years in the USMC and the Navy. He has a bachelor's degree in mathematics and a master's degree in business management. As an attorney for 36+ years, Burney has represented several local funeral homes and their clients in all matters related to the funeral industry. He brings passion, commitment and dedicated service.

**Sheila R. E. Williams, Licensed Funeral Director and Embalmer (LFDE); Certified Funeral Service Practitioner (CFSP).** She has served as a Licensed Funeral Director In Charge (LFDIC) at other locations, Advisory Board Member of FSCJ Funeral Service Program, and as President of Florida First Coast Morticians Association (FFCMA). Sheila is a retired U.S. Army Command Sergeant Major (CSM-RET) of 26 years. She has a Master's Degree in Business Administration (MBA), and brings a wealth of

knowledge, experience, compassion, commitment and dedication. "I can do all things through Christ who strengthens me". Philippians 4: 13

**Athiel "Josh" Jones, Funeral Services Associate** Josh served 25 years in the Navy. He served as a flight crew member flying reconnaissance missions in Vietnam. Josh has a bachelor's degree and a law degree. He has been an attorney for 37 years. Prior to moving to the First Coast, Josh worked as a contract negotiator and for the New York State Unemployment Insurance Appeals Board.

**Eddie Childs, Funeral Services Associate** This Navy veteran has lived and worked in the North Florida area for more than 20 years in various customer service positions. He and his wife are very active in their church and the community. Eddie is very passionate about the funeral services industry and has proven his support and passion for this establishment and our clients.

**Adria Bivens, Communications Director** Adria is a Clay County native having graduated from St. Johns County Day School in Orange Park and has both a bachelor's and a master's degree in communications. She is an asset, assisting our staff and families with all communications, obituary notices and outreach programs.

**Clarence Bryant, IT Director** With the advancement of computerized systems, information technology maintenance and administration has become a necessity. Clarence has many years of IT experience in the banking industry and brings that training and experience to Aaron and Burney Bivens. He has already proven to be a great asset to the smooth operation of our business.

Our administrative staff is led by **Barbara Bivens**, a retired teacher and 30-year Clay County resident, and includes: **Linda Smith**, retired medical office manager; **Ruthie Lockhart**, paralegal; **Mary Reese**, healthcare services; and **Tanica Jamerson**, social administration.



**(904) 264-1233**

**529 Kingsley Avenue  
Orange Park**

**BivensFuneralHome.com**