

## Safe travel for Older Travelers 10 Tips to make it a smoother trip

1. Make a list of all medications and any medical problems. Use the trade and generic name of the drugs with dosage and times to take drugs. This will make it easier to replace if lost, get through customs or inform medics if you become ill.
2. Make prior arrangements for special equipment (wheelchairs at airports), special dietary needs and any other requirements.
3. Back to meds: keep in original bottles if clearing customs, its easier. Put them in carryon bag if flying, pack extra, just in case.
4. Check on vaccines necessary if you are traveling to exotic locales. Immune systems are diminished as we age.
5. Be early for departures so you don't have to rush. Especially important in airports, but trains and busses as well.
6. Dress comfortably and take a sweater, even in summer. Transport can be chilly. Move about when you can.
7. Plan accommodations that are user friendly to seniors.
8. Don't try to do too much in each day. Slow down and enjoy. Plan a time to relax each day.
9. Plan activities that everyone can enjoy and be involved in.
10. When you return home, be sure to monitor your health, as some illnesses do not manifest immediately and your Doctor needs to know where you have trav-



**The Serenaders hard at work entertaining us at the CARES Elfers Big Band Benefit Dance**



*Slightly Used or New*

**DONATE YOUR SHOES TO:**

**WHEN: May 15,  
thru July 14, 2017**

**A Donation Box is set up at the desk  
at CARES Elfers Center.**

**Instead of holding on to shoes you no longer use,  
give them new life! Your donation will have a local  
benefit through CARES and change lives of others  
in remote communities around the globe.**

### HERE'S HOW IT WORKS:

- **Collected shoes are purchased by the pound to benefit CARES and support local needs in this community.**
- **Shoes collected during our shoe drive are then sent to impoverished countries and used to start up micro-enterprises.**
- **Micro-enterprises help to lift families out of extreme poverty in devastated economies and emerging nations.**
- **Individuals are seeded with shoes to sell and provide sustainability for themselves and their families.**

**Questions?  
Contact Annette Uccio  
727-947-1290**



*The Communicator*

**May 2017**

4136 Barker Dr. New Port Richey, FL 34652

**727-847-1290**



### FROM MY DESK

**Glenna Hileman, Center Manager**

Another month has skittered by in the blink of an eye. I am still waiting for those April Showers that bring us flowers, but so far, I haven't seen many or any for that matter.

We have a busy month coming up. **We have our Vision Screening on Thursday, May 4th, from 9 - 11 am.** Please sign up at the Front Desk if possible, though Tina is good to work you in if you forget.

**Our Big Band Dance to Benefit CARES Elfers Center went very well.** I think all who came had a great time, the music from the **Serenaders** was wonderful, the venue super and all the volunteers who made it work were extraordinary! Besides having all that fun, **we raised over \$3,500 for CARES Elfers Center.**

**Thanks to all who participated.**

Our Winter visitors have bid us farewell or are leaving soon. There are plenty of exercise groups waiting for you to join up and Art, Stained Glass, Wood Carving, Stamp Club, Cards, Bingo and Martial Arts all await your trying them out. Don't be shy!!

**Keep in mind we have the SHINE representative**

**here on the first and third Friday of the month from 9 am until 2 pm by appointment only.** Please stop by the front desk or call 727-847-1290 to make your appointment. **Bay Area Legal is here from 1 to 3:30 pm on the second and fourth Wednesday** by appointment. Call or stop by the Front Desk to make your appointment. Both of these services are free, but you must make an appointment.

**We have a great new fundraiser for CARES beginning in May.** It will give you a terrific reason to clean out your shoe closet. We are going to collect nearly new or gently used shoes, 25 pairs per bag. CARES goal is 100 bags. **No shoe boxes please and please no raggedy shoes! More info on the back page.**

Thank you Tom Dobies for sponsoring our wonderful **Volunteer Appreciation Luncheon** on the 27th at the beautiful Spartan Manor. We had a great lunch and got to meet two of our County Commissioners, the Mayor of Dade City and the Mayor of New Port Richey. A great opportunity to recognize our super volunteers. As always, I welcome your comments, concerns and your input. My door is always open, y'all come on in.




**Happy May!! Glenna Hileman, Center Manager**

## **CONGRATULATIONS June Ellison and Nominees!**



**THE VOLUNTEER OF THE YEAR at CARES Elfers Center is June Ellison: Volunteer Coordinator.** June's nomination was as followed: June is organized, detail oriented and dedicated. She is very patient and considerate with staff, volunteers and visitors. Juggling the volunteer schedule is a never-ending job and she handles this difficult job with a smile. June has been instrumental in getting managerial tasks and volunteer functions together in an

effective and organized manner. **Congratulations to all of our Nominees from CARES Elfers Center! Pictured from left: Annette Uccio for Sandy Skvirbys, Delores Amaro, Ginny Seidle, June Ellison.** For more pictures and a complete listing of CARES Volunteers of the Year, visit our website at [www.CARESFL.org/volunteer](http://www.CARESFL.org/volunteer)

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|---|--|---|--|--|
|   | <p><u>Café 11-1:30</u> 1</p> <p>8:45 \$3 Tai Chi Beginners<br/>9:30 \$3 Tai Chi Advanced<br/>10:30 SS Circuit<br/>11-11:45 \$3 Gentle Exercise<br/>12-4 Library Open<br/>12-2:30 \$3 Portrait Class/Live Models<br/>1:00-3:30 Bingo<br/>6p \$5 Weights for Women<br/>7p Woodworkers</p>               | <p><u>Café 11-1:30</u> 2</p> <p>8:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-chair optional<br/>10-11 SS Classic<br/>12:30-1:30 \$6 Gentle Mov. 4 Sr's (Gentle Karate)<br/>6:30 \$5 Zumba with Kim</p>   | <p><u>Café 11-1:30</u> 3</p> <p>8:00 \$3 Wood Carvers<br/>9-10 SS Circuit<br/>10:15-11:15 SS Yoga Stretch<br/>10-2p Library Open<br/>1-3 \$5 Instructed Art</p>  | <p><u>Café 11-1:30</u> 4</p> <p>9:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-Chair Optional<br/>10-11 SS Classic<br/>11:30-3 \$3 Bridge, Canasta<br/>6:30 \$5 Zumba w/Kim</p>  | <p><u>Café 11-1:30</u> 5</p> <p>8-10 \$3 Stained glass<br/>9 \$0 SHINE APPOINTMENT ONLY<br/>9-1 Library Open<br/>9 Yoga chair or floor<br/>10-10:50 Zumba Gold /Toning: (SS Only)<br/>11-11:45 \$3 Gentle Exercise<br/>12-3 \$3 Mahjong Play</p>         | <p><u>Café 11-3</u> 6</p> <p>9:00 am \$5 ZUMBA<br/><br/>1-4 JAM \$3<br/>Northern Connection<br/>Country, Gospel, Bluegrass<br/><br/>\$3<br/>5:30 -8:30 pm<br/>Karaoke</p>    |
| <p>7</p> <p>Noon: NPR Stamp Club Meeting<br/>Public Invited</p>  | <p><u>Café 11-1:30</u> 8</p> <p>8:45 \$3 Tai Chi Beginners<br/>9:30 \$3 Tai Chi Advanced<br/>10:30 SS Circuit<br/>11-11:45 \$3 Gentle Exercise<br/>12-4 Library Open<br/>12-2:30 \$3 Portrait Class/Live Models<br/>1:00-3:30 Bingo<br/>6p \$5 Weights for Women<br/>7p Home Owners Meeting</p>       | <p><u>Café 11-1:30</u> 9</p> <p>8:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-chair optional<br/>10-11 SS Classic<br/>12:30-1:30 \$6 Gentle Mov. 4 Sr's (Gentle Karate)<br/>1:30 St. John's Hearing Clinic<br/><br/>6:30 \$5 Zumba with Kim</p> | <p><u>Café 11-1:30</u> 10</p> <p>8:00 \$3 Wood Carvers<br/>9-10 SS Circuit<br/>10:15-11:15 SS Yoga Stretch<br/>10-2p Library Open<br/>1-3 \$5 Instructed Art<br/>1:00 Bay Area Legal APPT ONLY<br/><br/>7 pm Boy Scouts</p>                                  | <p><u>Café 11-1:30</u> 11</p> <p>9:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-Chair Optional<br/>10-11 SS Classic<br/>11:30-3 \$3 Bridge, Canasta<br/>5:45-7:45 Girl Scouts<br/><br/>6:30 \$5 Zumba w/Kim</p>  | <p><u>Café 11-1:30</u> 12</p> <p>8-10 \$3 Stained glass<br/>9-1 Library Open<br/>9 Yoga chair or floor<br/>10-10:50 Zumba Gold /Toning: (SS Only)<br/>11-11:45 \$3 Gentle Exercise<br/>12-3 \$3 Mahjong Play</p>   | <p><u>Café 11-3</u> 13</p> <p>9:00 a.m. \$5 ZUMBA<br/><br/>1-4 JAM \$3<br/>Northern Connection<br/>Country, Gospel, Bluegrass<br/><br/>\$3<br/>5:30 -8:30 pm<br/>Karaoke</p> |
| 14  | <p><u>Café 11-1:30</u> 15</p> <p>8:45 \$3 Tai Chi Beginners<br/>9:30 \$3 Tai Chi Advanced<br/>10-11 Choice Hearing Clinic<br/>10:30 SS Circuit<br/>11-11:45 \$3 Gentle Exercise<br/>12-4 Library Open<br/>12-2:30 \$3 Portrait Class/Live Models<br/>1:00-3:30 Bingo<br/>6p \$5 Weights for Women</p> | <p><u>Café 11-1:30</u> 16</p> <p>8:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-chair optional<br/>10-11 SS Classic<br/>12:30-1:30 \$6 Gentle Mov. 4 Sr's<br/>6:30 \$5 Zumba with Kim</p>  | <p><u>Café 11-1:30</u> 17</p> <p>8:00 \$3 Wood Carvers<br/>9-10 SS Circuit<br/>10:15-11:15 SS Yoga Stretch<br/>10-2p Library Open<br/>1-3 \$5 Instructed Art Upstairs<br/>1:30-3:30p Pasco County Meeting Activity Room<br/>1:00 Book-In-A-Bag Book club</p> | <p><u>Café 11-1:30</u> 18</p> <p>9:00 am Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-Chair Optional<br/>10-11 SS Classic<br/>11:30-3 \$3 Bridge, Canasta<br/>6:30 \$5 Zumba w/Kim</p>  | <p><u>Café 11-1:30p</u> 19</p> <p>8-10a \$3 Stained Glass<br/>9 \$0 SHINE APPOINTMENT ONLY<br/>9-1 Library Open<br/>9 Yoga chair or floor<br/>10-10:50 Zumba Gold /Toning: (SS Only)<br/>11-11:45 \$3 Gentle Exercise<br/><br/>12-3 \$3 Mahjong Play</p> | <p><u>Café 11-3</u> 20</p> <p>9:00 a.m. \$5 ZUMBA<br/><br/>1-4 JAM \$3<br/>Northern Connection<br/>Country, Gospel, Bluegrass<br/><br/>Karaoke \$3<br/>5:30-8:30 pm</p>      |
| 21  | <p><u>Café 11-1:30</u> 22</p> <p>8:45 \$3 Tai Chi Beginners<br/>9:30 \$3 Tai Chi Advanced<br/>10:30 SS Circuit<br/>11-11:45 \$3 Gentle Exercise<br/>12-4 Library Open<br/>12-2:30 \$3 Portrait Class/Live Models<br/>1:00-3:30 Bingo<br/>6 pm \$5 Weights for Women</p>                               | <p><u>Café 11-1:30</u> 23</p> <p>8:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-chair optional<br/>10-11 SS Classic<br/>12:30-1:30 \$6 Gentle Mov. 4 Sr's<br/><br/>6:30 \$5 Zumba with Kim</p>   | <p><u>Café 11-1:30</u> 24</p> <p>8:00 \$3 Wood Carvers<br/>9-10 SS Circuit<br/>10:15-11:15 SS Yoga Stretch<br/>10-2p Library Open<br/>1-3 \$5 Instructed Art<br/>1:00 Bay Area Legal APPT ONLY</p>   | <p><u>Café 11-1:30</u> 25</p> <p>9:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-Chair Optional<br/>10-11 SS Classic<br/>11:30-3 \$3 Bridge, Canasta<br/>5:45—7:45 Girl Scouts<br/>6:30 \$5 Zumba w/Kim</p>   | <p><u>Café 11-1:30</u> 26</p> <p>8-10 \$3 Stained glass<br/>9-1 Library Open<br/>9 Yoga chair or floor<br/>10-10:50 Zumba Gold /Toning: (SS Only)<br/>11-11:45 \$3 Gentle Exercise<br/>12-3 \$3 Mahjong Play</p>   | <p><u>Café 11-3</u> 27</p> <p>9:00 a.m. \$5 ZUMBA<br/><br/>1-4 JAM \$3<br/>Northern Connection<br/>Country, Gospel, Bluegrass<br/><br/>Karaoke \$3<br/>5:30-8:30 pm</p>      |
| 28  | <p>CLOSED</p>    | <p><u>Café 11-1:30</u> 30</p> <p>8:00 Hand Quilters for CARES<br/>8:30-9:30 SS Pilates-chair optional<br/>10-11 SS Classic<br/>12:30-1:30 \$6 Gentle Mov. 4 Sr's<br/><br/>6:30 \$5 Zumba with Kim</p>   | <p><u>Café 11-1:30</u> 31</p> <p>8:00 \$3 Wood Carvers<br/>9-10 SS Circuit<br/>10:15-11:15 SS Yoga Stretch<br/>10-2p Library Open<br/>1-3 \$5 Instructed Art</p>   | <p><b>COMPUTER LESSONS</b><br/>Cameras, Tablets, Laptops, Desk Tops</p>  <p>Call the front desk to schedule an appointment with Bob Hubach<br/>Tuesday, Wednesday Thursday<br/>8a—2p by appointment<br/>727-847-1290</p> |  |  |

SS: Identifies Silver Sneakers Classes



**May 2017**

4136 Barker Dr.  
New Port Richey, FL 34652

**727-847-1290**

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



**The AVERY BRANCH LIBRARY**  
is part of the City of NPR Library

**System and located in CARES Elfers Center!**

**Hours are Mon. & Wed. 12 - 4 p.m. Friday 9 - 1**