



LAKE COUNTY
FLORIDA

the ELDER COUNCIL ledger

Elder Affairs

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The Council FORUM



This year's tax filing deadline, April 17, is quickly approaching. If you have not begun your tax return, now is a good time to get organized.

Whether you do your own taxes or consult a professional, organization can save you time, money and frustration. Looking at your information may save you a nasty surprise at the last minute if you underestimated your taxes or inspire you to file early if you have a refund coming. Last year's improved financial markets lead to better returns on investments for many people. If you pay estimated taxes, you may have under-paid and face possible additional taxes.

Some important reminders when preparing this year's tax return:

1. **Telephone tax credit** – This refund is a rebate for excise taxes paid on long distance telephone bills from February 28, 2003 until August 1, 2006. There is a line on all 1040 forms to claim a refund of \$30 for one exemption and \$40 for two exemptions. If you do not have to file a return this year, use form 1040EZ-T to request your phone tax refund money.

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2. **Multiple direct deposit options** – You may now have your refund deposited in up to three accounts. If using this option, be sure to double check all numbers to insure correct routing numbers. After you receive your refund, remember to check accounts be sure all deposits are correct.

3. **Energy saving home improvements** – If you made energy efficient home improvements such as replacement windows, added extra insulation, or solar water or heat systems you can claim a tax credit on Form 5695.

Avoid "instant refunds" – Instant refunds are really loans on the money you expect from a tax refund. These loans generally carry high interest rates and fees. Avoid them by filing early and getting your refund quickly. Use the Internal Revenue Free File program that offers free tax preparation and e-filing through a partnership with private tax software companies. Free File is available to individuals with an adjusted gross income of \$52,000 or less. More information is available at www.irs.gov or your local IRS office. All Lake County libraries offer free internet access if you do not have a computer available.

When you have completed your taxes, plan for next year. Increase or decrease payroll deductions or estimated taxes as needed. Keeping good records will make next year's tax time easier and help you include all the tax deductions you deserve.

Submitted by:

Julie B. England

University of Florida IFAS/ Lake County

Extension (352)343-4101



AARP Tax-aid Program
(available through April 16, 2007)

Sun Trust Bank

Location: 14th Street and Citizens Blvd., Leesburg
Days: Monday—Thursday
Time: 9:00 a.m.—2:00 p.m. 352.326.4645
Cost: FREE

Hawthorne Marina

Location: US Hwy 27
Days: Mondays and Wednesdays
Time: 8:30 a.m.—1:00 p.m. 352.787.1000
Cost: FREE

Mt. Dora Library

Location: 1995 N. Donnelly Street, Mt. Dora
Days: 9:00 a.m.—2:00 p.m. Mon., Wed., and Thurs.
1:00 p.m.—7:00 p.m. Tuesdays 352.735.7180
Cost: FREE

Jenkins Auditorium

Location: 691 W. Montrose St., Clermont
Days: Wednesdays and Fridays
Time: 9:00 a.m.—2:00 p.m. 352.394.4191
Cost: FREE

South Lake Presbyterian Church

Location: 131 Chestnut St., Clermont
Days: Fridays
Time: 9:00 a.m.—2:00 p.m. 352.394.2753
Cost: FREE

Living with Grief: Before and After Death

Date: Thursday, March 22, 2007
Time: 1:30 p.m.—4:00 p.m.
Location: Lake-Sumter Community College-Leesburg
Contact: Hospice of Lake & Sumter— Please RSVP at
352.742.6783

**Memory Screenings Day—Alzheimer's Family
Organization of Lake County**

Date: Thursday, April 12, 2007
Time: 9:00 a.m.—3:30 p.m.
Location: Mid-Lakes Christian Church
Address: 3800 State Road 19, Tavares, FL
Cost: FREE
Contact: CALL FOR APPOINTMENT: Mellany 1-888-
496-8004

NAMI

*The National
Alliance of Mental
Illness*



NAMI is a nation wide nonprofit, grassroots, self-help, support and advocacy organization of families, consumers, and friends of people with severe mental illnesses. Their mission is to eradicate severe brain disorders and improve the quality of life of persons of all ages who are affected by these disorders. The primary functions of NAMI are support, education, and advocacy for research and services, and the education of all professionals, providers and the general public. The local affiliate is located in Leesburg, Florida.

Mental illnesses are brain disorders which stem from an interaction of biological and environmental factors. They cannot be overcome through “will power” and are not related to a person’s “character” or intelligence. When mental illness strikes, family members are often overwhelmed by feelings of bewilderment, guilt and denial. The NAMI Affiliate in Lake/Sumter Counties wants to send the message to families affected by mental illness that **“You are not alone”**. A **Family Support Group** meets twice monthly to provide a safe place for families to share their concerns and learn from their common experiences. The facilitator’s that lead the NAMI support groups are trained family members who understand the challenges and opportunities facing those who have a loved on with a mental illness.

Family Support Group meetings are held the 1st Tuesday of each month from 7:00 p.m.—9:00 p.m. and the 3rd Tuesday of each month from 3:00 p.m.—5:00 p.m. at LifeStream Behavioral Center.

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DISABILITY ETIQUETTE

(Excerpted from a publication of United Spinal Association)

Tips on Interacting with People with Disabilities

This is the second installment of a 5-part series on how to practice disability etiquette.

People Who Use Wheelchairs or Have Mobility Impairments

People who use wheelchairs have different disabilities and varying abilities. Some can use their arms and hands. Some can get out of their wheelchairs and even walk for short distances.

- Wheelchair users are people, not equipment. Don't lean over someone in a wheelchair to shake another person's hand or ask a wheelchair user to hold coats.
- Don't push or touch a person's wheelchair; it's part of her personal space.
- Keep the ramps and wheelchair-accessible doors to your building unlocked and unblocked.
- Be aware of wheelchair users' reach limits. Place as many items as possible within their grasp. When talking with a wheelchair user, grab your own chair and sit at her level. If that's not possible, stand at a slight distance, so that she isn't straining her neck to make eye contact with you.
- If the service counter at your place of business is too high for a wheelchair user to see over, step around it to provide service.
- If the nearest public restroom is not accessible or is located on an inaccessible floor, allow the person in a wheelchair to use a private or employees' accessible restroom.
- People who use canes or crutches need their arms to balance themselves, so never grab them. People who are mobility-impaired may lean on a door for support as they open it. Pushing the door open from behind or unexpectedly opening the door may cause them to fall. Always ask before offering help.

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Unfortunately, jails and prisons have replaced Mental Health Institutions in the United States. There are 10 times more mentally ill people in jail than in mental health institutions. Consequently Law Enforcement is now required to be the first responders and care giver for people with mental illness in crisis. Therefore, the Leesburg affiliate has established **Crisis Intervention Teams**.

CIT is a collaborative program. The key stakeholders in this program are NAMI, Lake County Sheriffs Office and LifeStream Behavioral Center. The heart of the CIT program is a 5 day 40 hour training course consisting of around 15 components. It's about treating mental illness as a disease not a crime. Law Enforcement Officers are taught how to identify mentally ill people, de-escalate the crisis, and when appropriate divert the person from arrest to a mental health-receiving unit (LifeStream).

NAMI Lake/Sumter offer two additional programs to families and individuals coping with loved ones suffering from a mental illness:

- **Family to Family** is a free course for family and friends of individuals with serious mental illnesses. It is taught by certified NAMI trainers. It consists of 12 consecutive sessions. Many family members describe the course as life-changing.

- **Awareness Group** is a new service designed to allow loved ones with brain based disorders the same opportunity as the family group. The **Awareness Group** allows loved ones (consumers) to learn new coping skills from others as well as provide social opportunities and a safe environment for them to discuss difficult issues with their own facilitator.

For additional information call:

Claire Hedcock Eve 352.728.8198
Peg Nicholson Day 352.259.2789

Disability Etiquette

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- If you offer a seat to a person who is mobility-impaired, keep in mind that chairs with arms or with higher seats are easier for some people to use.
- Falls are a big problem for people with mobility impairments. Be sure to set out adequate warning signs after washing floors. Also put out mats on rainy days to keep floors as dry as possible. (Make sure they don't bunch up and make the floor impassable for wheelchair users.)
- People who are not visibly mobility-impaired may have needs related to their mobility. For example, a person with a respiratory or heart condition may have trouble walking long distances or walking quickly. Be sure that your organization has ample benches or chairs for people to sit and rest on.
- Some people have limited use of their hands, wrists or arms. Be prepared to offer assistance with reaching for, grasping or lifting objects, opening doors and display cases, and operating vending machines and other equipment.
- Don't ask a wheelchair users to hold things for you. Respect her personal space.

Sometimes conflicts arise between people with disabilities and the places they visit for fun, work, healthcare or education. These conflicts are usually the result of a misunderstanding or a lack of information. Sometimes conflicts develop between people with disabilities who have conflicting needs. For example, a person who is hard of hearing cannot hear the proceedings with the window open, but a person with Multiple Chemical Sensitivity(MCS) needs the window open for fresh air; someone who uses a guide dog may run into a conflict with a person who has an anxiety disorder and an extreme fear of dogs.

All of these situations call for flexibility, patience, creativity, and open communication—a willingness to listen to the other guy's perspective and to learn.

It's Time For...

BrainAEROBICS



Another Way of Saying It....

Match the words or expressions in Column A with another way of saying it in Column B

- | | | |
|--|-------|----------------------------------|
| 1. Funeral Director | _____ | A. Pass away |
| 2. Absolutely Correct | _____ | B. Custodian |
| 3. False teeth | _____ | C. Perspiring |
| 4. Drunkard | _____ | D. Mortician |
| 5. Janitor | _____ | E. Mobile home |
| 6. Youthful criminal | _____ | F. Pregnant |
| 7. Unexpected | _____ | G. Dentures |
| 8. Lady of the night | _____ | H. Dead right |
| 9. Backside | _____ | I. Juvenile Delinquent |
| 10. Expecting | _____ | J. Hairpiece |
| 11. Sow seed | _____ | K. In one's birthday suit |
| 12. Murder | _____ | L. Bolt from the blue |
| 13. Intimate relations | _____ | M. Happy hour |
| 14. Undecided | _____ | N. Vulgar talk |
| 15. Die | _____ | O. On the fence |
| 16. Time for drinking alcohol at reduced rates | _____ | P. Conversation between 2 people |
| 17. Older adults | _____ | Q. Homicide |
| 18. Toilet | _____ | R. Sexual relations |
| 19. Trailer | _____ | S. Butt |
| 20. Cursing | _____ | T. Seniors |
| 21. Sweating | _____ | U. Powder room |
| 22. Wig | _____ | V. Alcoholic |
| 23. Completely naked | _____ | W. Prostitute |
| 24. Dialogue | _____ | X. Broadcast |

FEEDBACK

Your feedback is very important. If you have any suggestions for future articles or if there is any information you would like to see included in your newsletter please let me know. I can be reached at 352.742.6525 or athall@lakecountyfl.gov. Thank you. Allison Thall

1.D.2.H.3.G.4.V.5.B.6.I.7.L.8.W.9.S.10.F.11.X.12.Q.13.R.14.O.15.A.16.M.17.T.18.U.19.E.20.N.21.C.22.J.23.K.24.P