The Council on Aging Board of Directors and Administrative Staff would like to thank the OCOA staff for your tireless work and dedication to the seniors, disabled adults and needy families in Osceola County. The Osceola Council on Aging is an amazing group of dedicated individuals making a difference every day in the lives of people we serve.

2019 was a year filled with challenges for both our community and our staff along with a change of leadership here at the Council on Aging.

2020 will be a year filled with opportunities. I look forward to meeting them hand in hand with all of you.

Today, the Spirit of Hope shines thorough.

Wishing you all the best in 2020.

Wendy Ford
CEO/President, Osceola Council on Aging
Martin Luther King Day is a United States federal holiday. It is celebrated annually on the third Monday of January and is also known as King Day or MLK Day. In some states it is also commonly referred to as Civil Rights Day or Human Rights Day. In recent years it is increasingly seen to be a 'Day of Service' when Americans are encouraged to volunteer to help others less fortunate than themselves. Martin Luther King Day commemorates the birthday of American civil rights leader Reverend Dr. Martin Luther King, Jr. and celebrates his life, achievements and legacy.

King was an American Christian minister and activist who became the most visible spokesperson and leader in the Civil Rights Movement. He was hugely influential in the American Civil Rights Movement (despite never holding public office) and was a major advocate of non-violent activism in the struggle for the end of racial discrimination under US law from 1955 until his assassination in 1968.

This federal holiday in King’s honor was created in 1983, during the presidency of Ronald Reagan, and first observed in January 1986. It is sometimes also referred to as "Civil Rights Day" or "Human Rights Day".

Call Marie Blackford Volunteer Coordinator at 407-933-9532 to learn more about Council on Aging volunteer opportunities.

January is National Glaucoma Awareness Month an important time to spread the word about this sight-stealing disease.

What is Glaucoma?
Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. Info from the Glaucoma Research foundation

Take the 8 hour AARP Driver Safety Classroom Refresher Course especially designed for drivers age 50 and older.

Tuesday, February 18 from 9 am to 4 pm
At the Osceola Council on Aging
For More information Call 321-895-4017

Generations is a publication of the
Osceola Council on Aging, 700 Generation Point, Kissimmee, FL 34744
Email: info@osceola-coa.com Web Site: www.osceolagenerations.org
Editor: Janice Casler 407-483-1498

Notifying the Public of Rights Under Title VI
The Osceola Council on Aging operates its programs and services without regard to race, color and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Osceola Council on Aging. For more information on the Osceola Council on Aging civil rights program, and the procedures to file a complaint, contact 407.846.8532 or email info@osceola-coa.com or visit our administrative office at 700 Generation Point, Kissimmee, FL 34744. For more information visit www.osceolagenerations.org. If information is needed in another language, contact 407.846.8532.
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Calls are taken on the first & third Tuesday of the month starting at 2 pm until appointments are filled. To apply for assistance with utility bills you need to call 407-933-9540 for an appointment. | | | | |
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Meal planning for one
Cooking for one can be challenging—most recipes and sales are meant for more than one person. Use the tips below to help when you’re cooking for one.

Freeze extra portions
Is the package of meat, poultry, or fish too big for one meal? Freeze the extra in single servings for easy use in future meals.

Cook once, eat twice
Making chili? Store leftovers in small portions for an easy heat-and-eat meal. Serve over rice or a baked potato to change it up!

Sip on smoothies
A smoothie for one is easy! Blend fat-free or low-fat yogurt or milk with ice, and fresh, frozen, canned, or even overripe fruits.

Order at the deli counter
Deli counters offer small quantities. Ask for a quarter pound of roasted poultry and 2 scoops of bean salad or marinated vegetables.

Use a toaster oven
Small, convenient, quick to heat! They’re perfect for broiling fish fillets, roasting small vegetables, or heating up a bean burrito.

List more tips
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Based on the Dietary Guidelines for Americans
Go to ChooseMyPlate.gov for more information.

MPHW Tipsheet No. 12
March 2017
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Additional Information Available from
at www.ChooseMyPlate.gov