

## Who We are:

CARES (Community Aging and Retirement Services) is a not for profit agency incorporated in 1973. We are dedicated to providing a broad array of services to meet the needs of the ever expanding elder population in West Central Florida. We work with health professionals, families, volunteers and businesses who want elders to age positively and with dignity.

Through a grant funded by the Florida Department of Elder Affairs and the Area Agency on Aging, CARES provides health promotion information to help Florida's elder age in place, in an elder-friendly environment, with dignity, security and purpose.

Call to schedule a seminar, evidence-based program and/or screening.

### Lee Fenton

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## Health and Wellness Services



### Claude Pepper Senior Health Clinic

6640 Van Buren St.,  
New Port Richey, FL 34653

727-844-3077

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

## Health & Wellness Program

Health and Wellness Programs are designed to help individuals stay active and healthy by providing activities in Pasco and Pinellas Counties that promote health and prevent disease. Education programs, health screenings, and medication management counseling are just some of the activities provided.

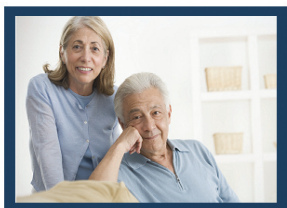
### Programs Available

#### Assessments and Screening

- Medication Management (brown bag with licensed pharmacist)
- Osteoporosis Screening
- Depression Screening
- Memory Screening

#### Evidence – Based Programs

- Eat Better & Move More - 12 week program
- Live Healthy: Chronic Disease Self-management program – 6 week program



### Health & Wellness Presentations:

- What You Should Know About Alcohol Abuse
- What You Should Know About Depression
- Fall-Prevention – Tips and Strategies
- Risk Assessment for Elderly Suicide
- Staying Emotionally Healthy
- The Link Between Substance and Depression
- Suicide Prevention
- Stress Reduction: Stress Can Cause Multiple Illness
- Medication Use and Abuse

## Senior Health Clinic

The CARES Senior Health Clinic provides low income and uninsured seniors 55 years and older with limited medical care such as general physical exams, limited primary treatment, monitoring of chronic illnesses, counseling, and referrals. Some donated medications, lab services and other specialty services also can be offered. A staff of volunteer active and retired health professionals provides clinic services.

### Services Available:

- Disease information
- Health risk assessment
- Health risk screenings
- Medication management
- Physical fitness
- Information and guidance for seniors
- Nutrition counseling

