



Mayor's Initiative on Aging:

to *life!*

Dear Community,

In the United States today, seven of ten deaths and the vast majority of serious illness, disability and health care cost are caused by chronic diseases, such as diabetes, asthma, cardiovascular disease and heart disease. Underlying these serious diseases are several important risk factors that can be modified years before they contribute to illness and death.

The Consortium for a Healthier Miami-Dade was initiated in 2003 by the Miami-Dade County Health Department Office of Chronic Disease Prevention in order to address these increasing rates of chronic diseases.

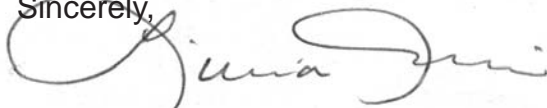
The vision of the Consortium is to enable the Miami-Dade County community to adopt healthy lifestyles, and is guided by the goals and objectives established in Healthy People 2010, the national blueprint for health. Two main goals of Healthy People 2010 are to increase the quality of years of healthy life and eliminate health disparities.

The Consortium is comprised of community agencies that work in collaboration to promote a healthy diet, regular physical activity and not using tobacco products. The Consortium works in a committee structure that allows the participants to work within their areas of interest and expertise.

In 2005, the Elder Issues Committee of the Consortium was established. Members serve as the planning body for the Mayor's Initiative on Aging: *To Life!* This initiative is the result of public and private partnership. The group works together to promote mental health and physical activities for the senior population; educate seniors about safety, self-care and health promotion; and educate health care providers on the importance of healthy behaviors among elders residing in Miami-Dade County through a countywide campaign and a targeted intervention.

It has been a pleasure for the Consortium for a Healthier Miami-Dade to be a part of the Mayor's Initiative on Aging.

Sincerely,



Lillian Rivera, RN, MSN
Administrator
Miami-Dade County Health Department





OFFICERS

Rosa M. Cozad
Chair

Ronald A. Thompkins, CPA
Vice Chair

George Maurer
Secretary

Suzette S. Pope
Treasurer

Olga A. Connor
Immediate Past Chair

BOARD MEMBERS

Raymond Adrian
Nancy Allen, M.A.
Maria Alonso, MBA
Marcos Beaton, Jr., Esq.
Roslyn K. Berrin
Henry Bikofsky
Laura Buitrago
Frances Carlisle, R.N.
Carl Eisdorfer, Ph.D., M.D.
Ramona Frischman, Ed, D.
Deborah J. Lowe
Leonard Mondschein, Esq.
Marilyn Rams
Barbara Abel Reiser, M.S.
John D. Robitaille
Jerry Santeiro

HONORARY BOARD MEMBERS

Mayor Carlos Alvarez
Carolina Calderin
Rosebud L. Foster, Ed.D.
Benjamin Leon, Jr.
L. George Yap

PRESIDENT & CEO

Max B. Rothman, JD, LL.M.

9500 South Dadeland Boulevard
Suite 400
Miami, Florida 33156
(305) 670-6500
Fax: (305) 670-6516
Elder Helpline: 1-800-963-5337
TDD: (305) 670-7721
www.allianceforaging.org

May 2007

My Fellow Partners in Service:

The Alliance for Aging is proud to acknowledge its partnership with and support of Mayor's Initiative on Aging: *To Life!*

As the Area Agency on Aging, the Alliance for Aging is charged with the responsibility of serving as the focal point to which elders, their caregivers and the general public can turn for information, referral, assistance and answers related to aging issues. The Alliance is funded by federal, state and local grants as well as private donations and endowments and provides over \$60 million in grants to underwrite services for the elderly and their families and caregivers in Miami-Dade and Monroe Counties.

When the Office of Mayor Carlos Alvarez approached the Alliance to serve as one of the main partners and fiscal agent to this project, we embraced the idea and offered our full support. After months of planning, over a year of coordination and over 3000 participants we have come to the end of this long journey, but hopefully our partnership will continue on. This initiative has been a prime example of "strength in numbers". We are also very pleased that the Florida Department of Elder Affairs showcased the Mayor's Initiative on Aging at the 2007 Best Practices Exchange in Orlando. We hope that other Area Agencies on Aging and municipalities can use this as a model to promote wellness and safety in their communities.

The Alliance for Aging hopes to continue to maintain and foster partnerships with entities that embrace and promote our mission of enabling older persons to lead meaningful and dignified lives in their living environment and communities by providing leadership, direction and support for a comprehensive continuum of aging and long term care services.

We value the support and dedication of our Board of Directors, Advisory Council, staff, funders, volunteers, community service providers and government agencies that allow us to provide the "Answers on Aging" to the 454,999 residents over the age of 60 in Miami-Dade and Monroe Counties.

Although this phase of the Mayor's Initiative on Aging has come to an end, we must all strive to continue to toast "*To Life!*" and encourage positive aging to this community.

Respectfully yours,

Rosa Cozad
Chair

Area Agency on Aging for Miami-Dade and Monroe Counties

Partially funded by the



Member of

