



Long-Term Care Ombudsman Program **FLORIDA**

A Message from the State Ombudsman



All-

I hope this newsletter finds you well!

As we move through the new year, I want to discuss the importance of maintaining a positive attitude.

As advocates for vulnerable seniors living in what is often a challenging environment, we often face difficulties and obstacles that can be frustrating and discouraging. The stories we hear are disheartening at best, and staving off compassion fatigue can be a herculean effort. And, like many of you, I find myself trying to manage expectations while balancing everything life throws our way.

That said, I wanted to remind all of you, as well as myself, that our attitude can significantly impact the success of our efforts.

Maintaining a positive attitude can inspire others, overcome obstacles, and help us approach our work with enthusiasm and energy.

So, let's make a conscious effort to stay positive and spread good cheer to those around us. Remember, a positive attitude can go a long way in making a difference and is a fundamental component of teamwork, which we all know makes the dream work. 😊

Thank you for all your hard work and dedication on behalf of LTCOP and the seniors we serve!

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful."
- Mother Teresa.

Terri Cantrell
State Ombudsman

Statewide Training Conference

Save THE Date

2024

**LTCOP EDUCATIONAL
CONFERENCE**

APRIL 16TH - APRIL 18TH

HOLIDAY INN & SUITES

AT UNIVERSAL
5916 CARAVAN CT
ORLANDO, FL 32819

If you haven't already registered for the State Training Conference, please see links to register below.

For State Council members attending the conference, please click below.

For our certified volunteers, volunteers in training and staff, please click below.

Hotel Registration

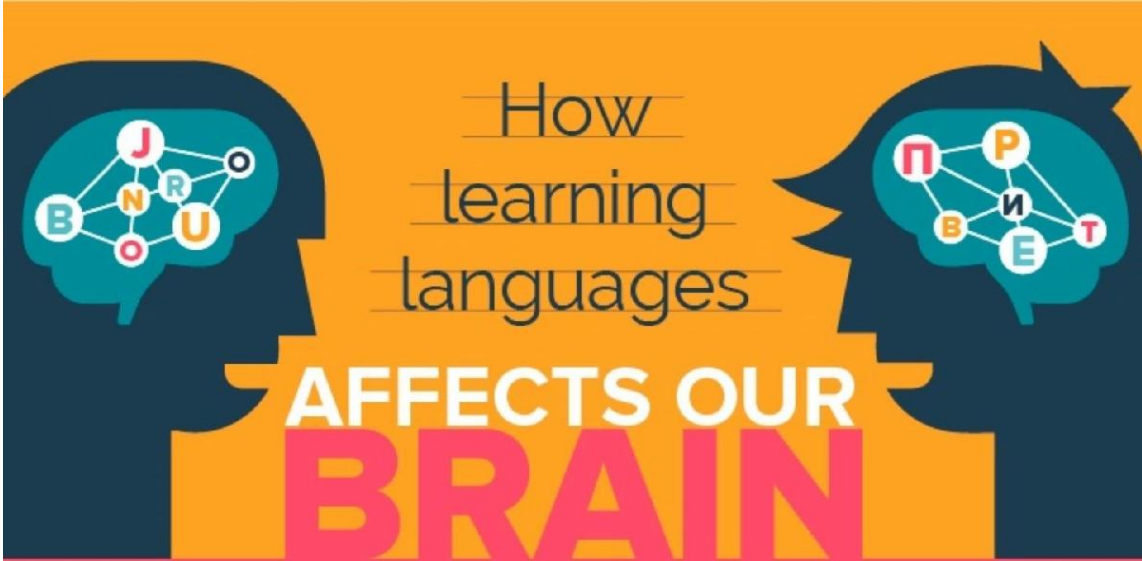
Volunteer Spotlight

Patrick Cannan has volunteered 82 hours on case investigations alone this fiscal year and has completed all of his assigned facility visits and many unassigned visits. Patrick is willing to take on any case in any facility and initiates his cases within a few days. He has many success stories and cases that he has worked tirelessly until resolved. Patrick is an outstanding Ombudsman.



Thank you, Patrick, for all you do!

5 Surprising Benefits of Volunteering



As travel experiences go, there are few things as satisfying as successfully ordering a meal in a foreign language. But while the practical and social aspects are obvious, multilingualism also has a transformative effect on the brain – improving brain power and changing the way we see the world.

Your brain on languages

Higher language skills are linked to growth in the **hippocampus** and areas of the cerebral **cortex** – associated with memory, thought and action.



A 2012 Swedish MRI study show that **learning a language improves cortical thickness** – a layered mass of neurons largely responsible for:



Thought



Language



Consciousness



Memory

This increased size is associated with **better memory and sharp thinking** in old age.



Learning a second language later in life changes the brain in the same way as **learning complex motor skills**, such as juggling or dancing.



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Elder  **Affairs**
FLORIDA