

## RESOURCES



### Save the Date!

#### 14th Annual Empty Plate Luncheon

*"To meet the needs of older adults and caregivers in our community."*

**WEDNESDAY,  
OCTOBER 4, 2017**

*"Sharing Recipes for Life"*  
(Community Mural Art Project)

## Computer Classes for Older Adults

Computer classes, provided by Senior Connections are held in the first floor Resource Center at Senior Connections, The Capital Area Agency on Aging, 24 E. Cary Street, Richmond. The classes are:

• **BASIC BEGINNER:** For individuals with little or no computer experience. Single session class approximately two hours long. Held on the **first Monday** of each month from 10:00 a.m. to noon.

• **BEGINNERS II:** For individuals with some computer experience and looking to learn more. Single session class approximately two hours long. Held on the **second Monday** of each month from 10:00 a.m. to noon.

• **BASIC INTERNET:** For individuals with basic computer knowledge who would like to learn how to

access the Internet. Single session class approximately two hours long. Held on the **third Monday** of each month from 10:00 a.m. to noon.

• **BASIC E-MAIL:** Participants will learn how to send and receive e-mail messages. This lesson will be scheduled as an individual session with a volunteer tutor. There will also be opportunities for three or four follow up individual sessions with volunteer tutors after formal classes end.

To register for a class, please call Linda Jackson at (804) 672-4481 and leave your name, telephone number and the name of the class you would like to attend. You will be contacted and informed of the class date and time.

## Mature Life

### MAILING LIST CHANGE FORM

- Address ADDITION
- Address CHANGE
- Address DELETION

#### Please Print

Name \_\_\_\_\_

Current Address \_\_\_\_\_

#### Complete this Section for Change of Address Only

Name \_\_\_\_\_

NEW Address \_\_\_\_\_



### Statewide Senior Legal Helpline (844) 802-5910

VPLC is proud to announce that the Statewide Senior Legal Helpline is live and running! It is a toll-free line offering legal assistance and advice for Virginians aged 60 or over.

Topics covered by the Senior Legal Helpline:

- Long term care issues
- Public benefits, such as Medicaid and SSI
- Guardianship and guardianship alternatives
- Age discrimination
- Financial exploitation
- Abuse and neglect
- Some limited consumer issues

The Senior Legal Helpline is made possible through a contract between VPLC and the Department for Aging and Rehabilitative Services. Funding for this contract comes from the Administration on Community Living Grant's Model Approaches to Statewide Legal Assistance Systems.