Celebrating Milestones:

10th Annual Empty Plate Luncheon

A Tribute to Mrs. Eleanor W. Boyd

The community service of Mrs. Boyd, who retired after 41 years as a teacher with area schools, was recognized during the 10th Annual Empty Plate Luncheon on October 9, 2013 at Trinity Family Life Center.

Senior Connections recognized Mrs. Boyd for her 50+ years as a community volunteer with her Church, historic Ebenezer Baptist and also for service to her community, friends and family, especially the elderly. She has consistently helped seniors and caregivers find and use needed resources. Mrs. Boyd states that she has been able to assist those “who do not know where to turn for help.” Since retiring, she has started a second career in volunteerism. She has served as an AARP leader and volunteer for numerous years.

Mrs. Boyd received the highest AARP honor in 2003, the Ethel Percy Andrus Award for Outstanding Community Service. Ethel Percy Andrus, a retired educator, was the founder of the AARP in 1958. Each year, only one Andrus Award is given to an AARP member in Virginia. This is a national award.

A senior herself, Mrs. Boyd has served tirelessly as President for five years of AARP Richmond Chapter 390 and has been a member since 1987. She founded AARP Richmond North Chapter and was instrumental in starting new AARP Chapters in Amelia County and South Richmond. She has also served as President of the Richmond/Henrico Retired Teachers Association. In receiving the award, Mrs. Boyd shared that she has been happy to help others and in turn experienced happiness in her life.

To commemorate the Agency’s 40th Anniversary, a video highlighting Senior Connections’ past, present and future was presented as part of the 10th Annual Empty Plate Luncheon. This dynamic video was produced by Dominion with the leadership of David Allen and support of Rita Randolph, a member of the Agency’s Board of Directors. Senior Connections also collaborated with Ms. Terri L. Jones, a copywriter and the owner of WordPlay, on the Agency’s history brochure. Copies of the brochure are available from the Agency. The video and video may be viewed on our website www.seniorconnections-va.org.
The Empty Plate Campaign: A Tradition and A Legacy

What is the Empty Plate Campaign?
The Campaign is a collaborative fund raising activity and a community event, the Empty Plate Luncheon. The past six events have been co-sponsored by the Honorable Eva Hardy and the Honorable Frank Hall. The 11th annual event will be held on Wednesday, October 8, 2014 at Trinity Family Life Center at 3601 Dill Road, Richmond. The Empty Plate Campaign:

- Recognizes the health, security and independent needs of older adults and persons with disabilities and their families.
- Raises awareness of the dramatically increasing need for services for people of all walks of life who, as we live longer, need support and/or information from community agencies.
- Raises funds to expand/extend programming of Senior Connections, The Capital Area Agency on Aging.
- Begins at 11:30 a.m. on October 8, 2014 with lunch and music by Senior Connections’ dynamic volunteer choral group, at Trinity Family Life Center.
- Past speakers have included Mr. Hugh Gouldthorpe, Retired Vice President (head cheerleader) of Communications for Owens & Minor and Commissioner Jim Rothrock, Virginia Department for Aging and Rehabilitative Services.
- Awards will be presented to several organizations contributing to health and longevity, people today are living longer than ever and need assistance to maintain independence.
- • The 76 million members of the “Baby Boom” generation reaching retirement age are creating all kinds of positive impacts in our communities...and will put unprecedented demands on the institutions and organizations that deliver the advice and services needed by older people.
- • In Virginia alone, the percentage of our population over age 60 will grow by nearly 70 percent in the next 20 years, by which time, there will be 2 million Virginians in this segment. The number of those ages 85 and older will grow at five times the rate of the overall population. In Senior Connections’ service area the current older population of more than 170,000 will also double.
- • Even today, organizations that serve the needs of older people lack the resources required to address existing demand for their services. That service gap is destined to widen as more of our population ages.
- • The Empty Plate Campaign gives donors the opportunity to fill 12 Empty Plates for every $50 contributed. In the Richmond region, 80 percent of all older citizens who live at home depend exclusively on family members, friends or neighbors for the support and assistance they need.
- • We have an unprecedented opportunity and need for a stepped-up response to build our capacity as individuals and as communities to build and sustain the quality of life for people throughout their lives. To maximize the Empty Plate Campaign, we anticipate establishing a long range Endowment Fund.
- • Proceeeds from the Empty Plate Campaign are used to support critical needs of older adults and caregivers. Funds are used for meals, rides, medications, home care and to support volunteer opportunities. Proceeds help to improve the overall health and well-being of vulnerable older adults in the Richmond Metropolitan Region. Thanks to one and all for your support.

Who benefits from the event - where does the money go?

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Contributions to Senior Connections
Senior Connections, The Capital Area Agency on Aging depends on the support and generosity of individuals, corporations, and other organizations to fund our programs and services for seniors, caregivers and their families. As a charitable nonprofit organization, the Agency encourages contributions which are tax-deductible. The following options for making donations are available:

Empty Plate Campaign
Contributions to this ongoing campaign help provide critical services and programs such as Meals, Emergency Services, Transportation, and Fuel Assistance. For only $50.00 you can fill an empty plate 12 times for a needy senior.

Adopt A Café
The Adopt A Café initiative provides the community (individuals, businesses, civic or faith-based organizations) the opportunity to support their neighborhood Friendship Café by “adopting” a café or becoming a “friend or sponsor” of the Friendship Café Program. By donating funds, the community can give back to older adults who bring inspiration and continuity to the fabric of our communities.

Senior Services Fund
The Senior Connections Senior Services Fund is managed by The Community Foundation and is a long-term investment for the future needs of seniors and caregivers. Contributions should be made payable to the Senior Connections Senior Services Fund and mailed to: The Community Foundation, 3501 Boulders View Drive, Suite 210, Richmond, VA 23225-4047. If you have questions about making a donation, please call (804) 343-3000.
Keynote Speaker Commissioner James Rothrock, Virginia Department for Aging and Rehabilitative Service, challenging the audience to build a better and quality aging services system for themselves. He tells the story of “Bob the Builder.” Bob was a builder of beautiful, quality custom built homes. He spent his entire career building homes for other people. Finally, Bob was retiring and was asked by his employer to build one last home. Bob, being impatient and ready to leave, used inferior products and ended up with a poor quality home, only to learn that the home was his retirement gift. "The service system we build today will serve us all tomorrow."

Board Chairman John Robertson giving “A Call to Action”
Thanks to the Chairman’s call to action at the close of the 10th Annual Empty Plate Luncheon, close to $4,000 was donated in envelopes by attendees. Mr. Robertson asked for donations to help fill more empty plates with food, rides and health care support. He also announced that Senior Connections will create a long-term endowment fund. The $4,000 donated by attendees will allow the Agency to fill 960 additional Empty Plates. Mr. Robertson also reminded attendees of the additional needs that will arise as a result of the pending Age Wave.

Thelma Bland Watson is the proud recipient of the Phoebe and Frank Hall Humanities Award for Service to Vintage Virginians.

What This Award Means
Recognizes individuals who have made contributions that benefit the well-being of older adults, caregivers and families, and:
• Contribute to the development of policies that support older adults and help improve their quality of life.
• Provide assistance to caregivers and families in identifying and accessing benefits for long term care.
• Raise awareness among policymakers and the philanthropic community about issues and concerns that impact older adults and families.
• Devote time, talent and treasure to address critical needs for older adults.
• Leads by example, living the service rather than simply directing others.
• A lifetime investment in caregiving as a lifestyle.
• Responsible for the rendering of constant attention to the issues that impact the lives of vintage Virginians.

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COMMUNITY NEWS

VCU Department of Gerontology and Senior Connections: Working Together to Address the Age Wave

The Virginia Commonwealth University Department of Gerontology and Senior Connections, The Capital Area Agency on Aging have received a two-year grant from the Richmond Memorial Health Foundation to coordinate the Age Wave Initiative and implement the Age Wave Readiness Plan. This collaboration will ensure a measurable impact on health and healthcare issues confronting Virginians and the development of an Age Wave Readiness Toolkit.

The Age Wave Readiness Toolkit will empower individuals to take ownership of their aging by offering best practices on topics ranging from home safety and aging in place to nutritional needs and medication safety. It will support the idea that Age Wave Communities are Engaged, Livable, Stable and Well for elders and our aging population.

By 2030, more than 250,00 Greater Richmond region residents will be ages 60 and older. As Baby Boomers continue to age - those born between 1946 and 1964 - we will experience increasing demands for supportive services, health care choices, and lifestyle options that promote independence, safety and optimal aging. Our region must prepare for the changing needs and new opportunities that come with this demographic shift known as the Age Wave. Since 2009, hundreds of Greater Richmond residents and over 80 businesses and community agencies have gathered to study regional data and learn how other communities across the U.S. are engaging and supporting older adults. In 2012, this work resulted in the launch of the Age Wave Readiness Plan guided by these key principles:

- Older adults are viewed as resources to the community, not just service recipients.
- The Plan builds on our region’s unique assets and other regional collaborative efforts among local government, the business community, nonprofit sector, academia and funders.
- Age Wave preparedness is critical for our region. The Plan fosters multi-generational opportunities for individuals, families, businesses, civic organizations and more.
- Born of data and efforts by the Older Dominion Partnership, the Greater Richmond Regional Plan for Age Wave Readiness is a shared blueprint that enables our residents to engage in the community; find stable employment; live in safe, accessible environments; and stay healthy. The Plan joins other initiatives throughout Virginia by prioritizing regional efforts to improve our collective well-being as we age. Target actions include:
  - Encouraging collaborative regional leadership and innovative policy making to support our aging population
  - Broadening public awareness of resources for optimal aging
  - Strengthening lifelong learning and civic engagement opportunities
  - Encouraging businesses to invest in older adult workers
  - Increasing the number and diversity of older adults with access to prevention, wellness and chronic disease management programs

The mission of the VCU Department of Gerontology is “Improving Eldercare through Education.” This is achieved through the development of educational programs that are responsive to the changing psychological, physical, social and political needs of our aging population. The mission of Senior Connections is to assist older adults to live with dignity and choices in their homes and communities, as well as preparing for future generations. This is achieved through advocacy, education and the provision of diverse home and community services.

For more information on how collaboration will improve access and quality of care, support healthcare workforce education/development and support aging services planning/delivery, please contact the VCU Department of Gerontology at (804) 828-1565 or by sending an email to agingstudies@vcu.edu.

(Source: Press Release distributed by Department of Gerontology at VCU)

Sara Link Named Director of the Greater Richmond Regional Age Wave Readiness Coalition

Ms. Sara Link has been named Director of the Greater Richmond Regional Age Wave Readiness Coalition. She assumed this expanded role on October 16, 2013. The Initiative is a partnership between the VCU Department of Gerontology, Senior Connections and other community partners. Ms. Link’s office is located at VCU.

Ms. Link previously led the United Way initiatives for older adults as part of Health Action Council. She earned Bachelors degrees from Mary Washington University and her Masters degree from New School University in New York City.

Prior to returning to her hometown of Richmond, Ms. Link worked as an analyst for New York City government in various city agencies including the Office of the Mayor, Housing Development Corporation and Department for the Aging. Ms. Link has also worked in the international community and Latin America and as an agricultural consultant in the Peace Corps in Guatemala and more recently as an elementary school teacher at a private bilingual school in Coahuila, Mexico.
COMMUNITY NEWS

More Scenes from our Empty Plate Luncheon and Anniversary Celebration!

Thelma Bland Watson sharing a moment with Mrs. Eleanor W. Boyt, recipient of the Community Service Award.

Staff Members (left to right) Ms. Misse Boyer, Meals Program Manager; Ms. Marge Boynton, Elder Rights Director and Mrs. Betsy Bushkar, Director of Finance and Administration; greeting attendees to the celebration.

Members of the Virginia General Assembly Senator Henry L. Marsh and Delegate Joseph Morrissey mingling at the celebration.

SUPER HERO ARTISTS: Part of Age Wave Initiative
William Fox Elementary School Students Express, Through Art, How They Feel About Their Grandparents

A first grader’s artwork on exhibit at the luncheon

Lawyers participating in the Hanover Senior Law Day. From left to right: Mr. Andrew Nea, Williams Mullen; Ms. Virginia Grigg, Christian & Barton, LLP; Mr. Ronald Martin, McCaul, Martin, Evans & Cook, P.C. and Ms. Karen M. Matthews, Karen M. Matthews Law Office.

Teaming Up for Life Planning Legal Documents in Hanover

IVAN TOLBERT
COMMUNITY RELATIONS SPECIALIST

The highly demanded Senior Law Day Program, sponsored by Senior Connections and the Williams Mullen Law Firm, recently wrapped up another successful half-day session for area residents seeking legal life planning documents – this time in Hanover County. Held at the First Baptist Church in Ashland and coordinated locally by Senior Connections Board of Directors Member Lisa Adkins, Administrator of the Hanover Department of Community Resources and member of Hanover Council on Aging, the session provided simple wills, advance medical directives, and power of attorney documents for 15 local residents, at no cost to the participants. For the past seven years, Senior Connections has conducted its state and national award-winning Senior Law Day Program for a full day twice each year at its Richmond headquarters, and began offering county-based half-day programs last year. In addition to Hanover, the half-day Senior Law Day format also has been held in Charles City, New Kent and Goochland counties. Shown in photos above and below are the volunteer attorneys who conducted the Hanover Senior Law Day Program. They were assisted by volunteer notaries and Hanover County employees, as well as several law students from Randolph Macon College and Virginia Commonwealth University.

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A first grader’s artwork on exhibit at the luncheon

Attorney Carl Witmeyer, The Witmeyer Law Firm, meeting with clients during the Hanover Senior Law Day Program.

Pamela Toliver Joins Staff as Senior Employment Coordinator
In September, Ms. Pamela Toliver joined Senior Connections as our new Senior Employment Coordinator. In addition to her experience with Caritas, Pam is an Averett University graduate and holds a Master’s degree from VCU. She’s also a U.S. Air Force Veteran who served in the Gulf War and is a member of Toastmaster’s International.

Ms. Toliver received a Community Award for her service on the VCU School of Education Alumni Council and has been recognized by Needle’s Eye Ministries with their Above & Beyond Award.

She is the proud mother of one adult daughter and has three grandchildren.
AARP Tax Aide Site To Open At Senior Connections

During the second week of February 2014, the AARP Tax Aide Site will open again at Senior Connections’ downtown location, 24 E. Cary Street (corner of 1st and E. Cary Sts.) The site will assist older adults and persons with disabilities with preparing their 2013 federal and state tax returns.

AARP Tax-Aide is a confidential, free and quality service supported by AARP-trained and IRS-certified volunteers. This service is available to middle and low income taxpayers of all ages with special attention to those age 60 and older. However, the service is provided to individuals of any age if they meet certain eligibility criteria. Said Dr. Watson: “This is a fantastic service for seniors especially since most seniors are on fixed incomes. In the past, many have been charged for simple tax returns. Many consider the AARP Tax Aide Program a true blessing. Senior Connections is more than happy to provide the space and time to accommodate these services and look forward to working with the AARP for many years to come.”

Appointments are required. For additional information to schedule an appointment, please call Mrs. Pat Giesen (804) 343-3059.

The Giving Heart To Host Annual Community Thanksgiving Feast

On Thanksgiving Day, Thursday, November 28th, The Giving Heart will hold its annual Thanksgiving Feast at the Greater Richmond Convention Center. The meal will be served from 11:00 a.m. to 2:00 p.m. in the Center’s Exhibit Hall A.

This free event allows the community to come together for food and fellowship. Special emphasis is placed on inviting the homeless, elderly, less fortunate and those who otherwise would be alone during the holiday. Free parking is available at the 3rd and Marshall Street Parking Deck.

Volunteers are needed. For more details about volunteering or other aspects of the event, please call Mrs. Vicki Hillegass Neilson, Founding and Executive Director, at 804-749-4726 or visit www.thegivingheart.org.

Seniors and the Supplemental Nutrition Assistance Program(SNAP)/Food Stamps

SNAP is available to seniors and families who wish to increase their food resources. Older Americans who are eligible for SNAP/Food Stamps are significantly less likely to participate in the program than other demographic groups. Only one-third of eligible seniors benefit from the program. Many factors contribute to this low participation rate, from barriers related to mobility, technology, and stigma, to widespread myths about how the program works and who can qualify. Studies have shown that one of the key reasons the elderly do not participate in the SNAP/Food Stamp Program is because they mistakenly believe they will only get the minimum benefit. In fact, in past years the average monthly benefit for each person over 60 in the program was approximately $100.00.

Seniors are less likely to be aware of their potential eligibility that the average eligible nonparticipant due to:

- Two and a half percent of house holds with seniors do not know how or where to apply, as opposed to 1.4 percent of all households.
- In a nationwide survey, respondents from households with elderly members were more likely than other households to consider themselves uninformed about the Food Stamp Program and the application process.
- Households with elderly members were less likely than other households to have previously received food stamps, to know anyone who had received food stamps, or to know where to go to apply.

SNAP/Food Stamps, regardless of the quantity, are helpful to seniors in meeting their nutritional needs SNAP benefits can be saved over several months are used in purchasing nutritional foods and meals. Senior Connections’ staff are available to assist seniors in completing the SNAP applications. For additional information, please call the Agency at (804) 343-3000 and ask for SNAP Assistance.
The Center for Elderly Supplements and Nutrition offers a variety of programs and services to support seniors. One of their initiatives is the Elderly Nutrition Program, which provides education and resources to promote healthy eating among older adults. The programs are designed to help seniors maintain their independence and quality of life.

In addition to nutrition-related services, the Center also offers support groups and caregiver resources to help caregivers and their loved ones navigate the challenges of aging.

The Center is located at 123 Main Street, Suite 100, in the heart of downtown. For more information, call (555) 555-1234 or visit their website at elderlynutrition.org.

Support Groups

- Education and Support Groups
- Caregiver Support Services
- Nutrition Seminars and Workshops
- Information on Multiple Resources
Richmond Area Transportation Providers

This list, effective as of December 2012, includes for profit and non profit agencies, professional services, private services and voluntary programs. These organizations provide transportation services to adults and their families. *Unless otherwise noted, these transportation providers serve all of the metropolitan Richmond area.

Access Chesterfield*
279-8489
Chesterfield County, with service to Richmond, Petersburg, Hopewell, and Colonial Heights
Monday-Friday, 5:30 a.m.-7:30 p.m.; Saturdays 5:30 a.m.-5:30 p.m.
Wheelchair accessible service
www.chesterfield.gov/content.aspx?id=2949

Acti Kare In-Home Care
264-2829
Chesterfield, Goochland, Hanover, Henrico, Richmond
Monday-Sunday, 6:00 am-9:00 pm
www.actikaricherchmondva.com

Alliance Specialty Transport
225-8599
http://alliancespecialtytransport.com/index.html
Wheelchair accessible service

Angels for Hire/Angelride
338-6858 (855) 525-7433
Richmond, Goochland, Petersburg, Henrico, Richmond
Mon.-Sat., 5:00 a.m.-8:00 p.m.
2nd and 3rd Saturdays of each month. GRTC buses are wheelchair accessible
www.angelride.net/index.html; 426-4313

Big Ben Taxi Cab
986-6667; Richmond, Henrico, Chesterfield, Chester
Seven days a week
www.bigtencab.com

Bowman Transportation Service
745-0046 335-9264
www.ridewithlarry.com; 745-0046   335-9264
Wheelchair accessible service

Brooks LLC
276-3401 (office) 33-010 (cell)
Richmond, Goochland, Petersburg; Monday-Friday, 7:00 a.m.-7:00 p.m.; Saturday 7:00 a.m.-5:00 p.m.; Sunday by appointment
www.ridewithlarry.com

CAP-UP
598-3351, ext 103
http://capup.org/CAPUP/Home.html

CareMore
(855) 242-9606

City of Richmond Shopper Shuttle
646-7985
www.ciryshopperbus.com/2012/08/rva-shoppers-shuttle-schedule-updated.html. Service to Walmart from Southside, FAY & 4th Ave., Creighton/Fairfield/Fairmount, Whitcomb/Mosby and Fulton on the 2nd and 9th weekdays and 3rd Saturday of each month. GRTC buses are wheelchair accessible

Comfort Keepers
750-1123
www.comfortkeepers.com-office-273/richmond-virginia

Flagship Transportation, Inc.
(434) 265-6781
www.flagshiptransport.com/Monday-Friday 6:00 a.m.-6:00 p.m., Saturday 6:00 a.m.-2:00 p.m.

Forward Fleet
426-4313

Goochland Free Clinic & Family Services
556-6280
goochlandfreeclinicandfamily.org/Goochland County Monday 12-3 (Richmond), Tuesday-Thursday 9-3 (Goochland) Friday 9-12 (Richmond)

GRTC CARE
782-2273
www.ridewithlarry.com; 782-2273; 435-8249
Wheelchair accessible service

Home Instead Senior Care
527-1100
www.homeinstead.com/Seven days a week

JeniCare
344-9848 (1712 E. Broad)
228-1143 (3806 Mechanicsville Turnpike)

Jennie Ray Inc.
326-6414
www.jennie-rayinc.com

Logisticare (Medicaid recipients)
1-866-386-8331
www.logisticare.com

Mature Options
282-0753
www.matureoptions.com

Napoleon Taxi
354-8294
www.napoleontaxi.com

New Freedom Transportation, LLC
288-1248
www.newfreedomtransportation.com

Richmond Taxicab LLC
300-9900
Richmond, Henrico, and Hanover
www.richmondtaxicab.com

Richmond Taxicab LLC
300-9900
Richmond, Henrico, and Hanover
www.richmondtaxicab.com

RVA/Transportation
355-7282
www.rvaworldstarcab.com/2012/08/rva-shoppers-shuttle-schedule-updated.html. Service to Walmart from Southside, FAY & 4th Ave., Creighton/Fairfield/Fairmount, Whitcomb/Mosby and Fulton on the 2nd and 9th weekdays and 3rd Saturday of each month. GRTC buses are wheelchair accessible

Save Our Seniors
353-0526
www.saveoursecrets.com

Shepherd’s Center of Richmond
706-6689
www.shepcrcenter.org

Shepherd’s Center of Chesterfield
706-6689
www.shepcrichesterfield.org

Sunrise Transportation
(804) 559-6083
www.sunrisetrans.com

TenderCare Transport of Virginia
288-8763
www.tendercareofva.com/; Wheelchair accessible & stretcher service available

VIP and Associates
329-2500
Monday-Friday 8:00 a.m.-4:00 p.m.
Wheelchair accessible service

West End Cab LLC
333-1234
Mon.-Sat., 5:00 a.m.-8:00 p.m.
Western Henrico, Goochland, Powhatan, Louisa, Amelia

World Star Cab LLC
393-4452
www.worldstarcab.com

*Unless otherwise noted, these transportation providers serve all of the metropolitan Richmond area.

Support Staff
Kenneth (Ken) Lantz, Transportation Regional Mobility Manager (804) 672-4487; klantz@youraaa.org
Margaret Robinson, Transportation Coordinator (804) 672-4495; mrobinson@youraaa.org
CareMore Supports the Adopt-A-Café Program in a “Big Way”

Celebration held at the Korean Senior Center

COLLEEN WILHELM, MEALS COMMUNITY OUTREACH SPECIALIST

Senior Connections, The Capital Area Agency on Aging’s Friendship Cafés are neighborhood gathering places where older adults can benefit from nutritional lunches, fun social events, exercise, recreation, lifelong learning, artistic activities as well as health and wellness programming. The Adopt a Café Program is a community partnership designed to raise awareness and programming funds for each of our 19 Friendship Cafés located throughout the Greater Richmond Area that are supported by Senior Connections.

The Adopt a Café Initiative provides support for education, exercise programs, special field trips and creative activities. Congratulations to CareMore, for committing $10,000 to the Adopt a Café Initiative over the next year. Thanks to their generous donation, we can enhance the café experience and provide new experiences for all our participants. Already, the funds have been used to purchase games, craft supplies and host fall festival parties. In addition to the donation, members of the CareMore team are volunteering at several cafés hosting bingo games, bringing exercise like Tai Chi or hosting special parties. “I did not think the seniors would like Tai Chi, but they loved it. We are so grateful to our CareMore volunteer, Mary Kate, for coming and bringing some fun.”

Missi Boyer, Meals and Wellness Program Manager, states “We are so grateful for our partnership with CareMore. This generous commitment will directly benefit the seniors that attend the Friendship Café. Not only will they be able to take extra field trips, participate in exercise, educational and arts/crafts programs — CareMore staff has also committed to volunteering at the Cafés, providing extra programming assistance to our wonderful Friendship Café managers. For more information on how to adopt a Friendship Café or how you can support your neighborhood café please call Colleen Wilhelm at 804-672-4497 or email her at cwilhelm@youraaa.org

JenCare Adopts Two Additional Friendship Cafés

Congratulations to JenCare Neighborhood Medical Center, for adopting two additional Friendship Cafés located at Linwood Robinson Senior Center and CAPUP, Capital Area Partnership Uplifting People. Thanks to their generous donation, we can enhance the café experience and provide new experiences for all our participants. The seniors gave a special thank you to the staff at JenCare during a Luncheon Celebration in September 2013. JenCare’s Mr. Chuck Rose accepts a card from Ms. Gale Connor, on behalf of CAPUP seniors.
RSVP Volunteers Make A Difference

TONY WILLIAMS, RSVP COORDINATOR

So far this year, 265 RSVP-affiliated volunteers in 72 different volunteer jobs have contributed over 45,000 hours of service in twenty different RSVP partnering sites involved in Food Delivery/Security, Health Education, Delivery of Health Services, Public Safety, Companionship/Outreach and Other Human Needs (music, Senior Centers, museums, and mentoring elementary school children). The annual RSVP Volunteer Recognition Luncheon was held on September 20 in the Virginia Room at Imperial Plaza in Richmond. The 99 attending RSVP volunteers were recognized for their service to the community. Ms. Beatrice Spacone of Richmond and Mr. Robert Wilkins of Rocky Mount, NC were specially honored. Ms. Spacone, who registered as an RSVP volunteer in 2001 but has been volunteering for much longer, received a Certificate of Appreciation to honor her volunteer service to Hunter Holmes McGuire VA Medical Center, Memorial Regional Medical Center in Hanover, the Barksdale Theatre and Henrico Doctors Hospital (Forest campus). Mr. Wilkins, who lives in North Carolina, drives over two hundred miles round trip several times a week to volunteer at McGuire VA. He received a St. Christopher’s medal (St. Christopher is the Patron Saint of travelers). Also in attendance at the branch were Volunteer Directors from several of our participating affiliates as well as RSVP Advisory Committee members Anne McNeal (project:HOMES), Beverly Koerin (the newest member of the committee who also volunteers at Jewish Family Services) and James Brewer (a longtime Committee member and supporter of the Choral Group) as well as key Senior Connections staff members. As an RSVP-affiliated activity, the Senior Connections Choral Group

Volunteer Advocate Response Form

☐ Yes, I want to serve as a Volunteer Advocate at the 2014 Virginia General Assembly in support of services for senior citizens.

☐ I would like more information

Name __________________________

Address ________________________

Home Phone ______________________

Email ____________________________

Fax No. __________________________

Please complete and return this form by Friday, January 10 to: Pat Giesen, SC/CAAA, 24 E. Cary St. Richmond, VA 23219.
The Richmond Area Foster Grandparent Program

CHARLENE COLE, PROGRAM MANAGER

Since 1982 the Richmond Area Foster Grandparent Program (FGP) has matched hundreds of loving volunteer mentors, ages 55 and older, with over 6100 children and youth identified as having had special or exceptional needs, or who were otherwise considered at-risk.

Foster Grandparent volunteers provide mentoring support in schools, on average 20 hours per week, in Public Schools, Head Start classrooms, and faith-based child learning centers.

The most recent FGP evaluation performed showed that 152 youth had been mentored by FGP volunteers. Based upon their youth outcomes surveys, teachers stated that 94% of the 152 youth showed trust in, cooperation with, and had positive communication with their mentors; and 91% showed improvement in their social-emotional behavior and in language-literacy skills.

Volunteer Orientation in August 2013 Welcomed 11 New and Returning Mentors:

- Joann Atkins
- Cherry Cheryl Bentley
- Yvonne Best
- Sandra Birchett
- Martha Harding
- Carol Hughes

- Barbara Johnson
- Sallie Lee
- Irene Lightfoot
- Jennifer Spann
- Helen Trent

These vibrant women bring to FGP a diverse range of life skills and experiences they will share with children and youth to support children’s success in school and in life!

FGP Volunteers Support Their Community During CNCS ‘Days of Service’

Senior Corps Week The Corporation for National and Community Service designates a week each May as Senior Corps Week. May 6-10, 2013 Senior Corps volunteers across the nation were celebrated and recognized for their extraordinary contributions [through service]. Senior Corps volunteers, all age 55 and older, were also encouraged to perform a service project in their community during Senior Corps Week.

For its service project, the Richmond FGP, in partnership with its Community Advisory Council, held a classroom supply collection drive for Richmond Public Schools Head Start and Early Head Start Programs. These federally funded programs (at which 15 FGP volunteers serve) were especially hard hit by recent budgets cuts due to Congressional Sequestration. The supplies collected (new toys, crayons, pencils – even clothing) will support these critical early education programs.

Mayor’s Day of Volunteer Recognition

In the photo at left, the Mayor of the City of Richmond, Dwight Jones, addresses attendees at the event in April. In the Seated in the background is Ms. Patrice Dempsey, Director, CNCS Virginia State Office.

Getting to Know John C. Purnell

JIM DOWHERTY, AUTHOR

“When I looked at those questions about death, I thought about calling this meeting off. I have not been preoccupied with death, which is a continuing part of the life cycle. I have never given thought to my legacy,” says John Purnell, at 70, about to retire from 40 years of service with the Friends Association for Children. He alludes to the spiritual: “May the life I live Speak for me.”

He desires at his funeral that others perceive John as having tried with a sense of integrity to do what’s right. He asserts that his life has been built on a triangle. On one side lies the people who made his life possible. Past and present. On the second, a spiritual foundation that is faith based. And the third, the opportunity to contribute and apply the other two sides.

In an era of segregation his two grandfathers expressed high expectations for the members of the family. “They provided the whole thing of aspiring, that I could get up and be someone. It was 22 years before I came to apply myself and pull out my potential.” He referred to the love and understanding of his mother, who insisted that he, her only boy, take a realistic approach to life. He recalls the lessons learned in many ways and tells the story of a recent trip with his wife Joyce on a ten-day cruise along the Panama Canal.

“This fellow with a hearing aid was telling everyone to move their chairs back. I didn’t see any reason to do so. I objected and he responded negatively. I stopped and thought about how to react. We have this analogy around here at the office. ‘You can win the skirmish and lose the war.’”

In his forty years on the job, he thanks Wally Stettinius for his 24 years on the Cadmus Board and Rudy Bunzl for inviting him to join the Sheltering Arms Board. Service on those boards taught him significant lessons about administration.

Along the way Psalm 23 has guided his path: “The Lord is my Shepherd I shall not want.” He muses. He sees the phrase pointing to a lifetime experience, as a continuum applicable to “everything you do each and every day. The
INSURANCE and MEDICATIONS

People with Medicare and the Health Insurance Marketplace

Frequently Asked Questions

How will the Health Insurance Marketplace that starts in 2014 affect my Medicare Coverage?

The Health Insurance Marketplace is designed to help people who don’t have any health insurance. You have health insurance through Medicare. The Marketplace won’t have any effect on your Medicare coverage. Your Medicare benefits aren’t changing. No matter who you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you’ll still have the same benefits and security you have now, and you won’t have to make any changes.

The Marketplace provides new health insurance options for many Americans. If you have family and friends who don’t have health insurance, tell them to visit HealthCare.gov to learn more about their options.

Do I need to do anything with Medicare Open Enrollment (October 15 - December 7, 2013)?

Medicare Open Enrollment isn’t part of the new Health Insurance Marketplace. It’s against the law for someone who knows that you have Medicare to sell you a Marketplace plan.

Medicare Open Enrollment is the time when all people with Medicare are encouraged to review their current health and prescription drug coverage, including any changes in cost, coverage, and benefits that will take effect on January 1, 2014. If you want to change your coverage for next year, this is the time to do it. If you’re satisfied that your current coverage will continue to meet your needs for next year, you don’t need to do anything. For more information on Medicare Open Enrollment visit Medicare.gov or call 1-800-MEDICARE.

Since the Marketplace Open Enrollment Period (October 1, 2013 to March 31, 2014) overlaps with the Medicare Open Enrollment Period (October 15, 2013 to December 7, 2013), those with Medicare who are looking to make coverage changes should make sure that they are reviewing Medicare plans and not Marketplace options.

What should I do if I’m contacted about signing up for a health plan?

• The Medicare open enrollment period is a time when there’s a higher risk for fraudulent activities.
• It’s against the law for someone who knows that you have Medicare to sell you a Marketplace plan.
• Do not share your Medicare number or other personal information with anyone who knocks on your door or contacts you uninvited to sell you a health plan.
• Senior Medicare Patrol programs are teaching people with Medicare how to detect and report fraud, and protect themselves from fraudulent activity and identify them.

To learn more about health care fraud and ways to protect against it, visit StopMedicareFraud.gov or the Senior Medicare Patrol (SMP) in your area. In metropolitan Richmond, please call Senior Connections’ Virginia Insurance and Counseling Program (VICAP) at (804) 343-3014.

(Source: U.S. Department of Health and Human Services)

John Purnell

CONTINUED FROM PAGE 11

shadow of death has real world applications when everyone looks back to ask, “Am I going to be proud or ashamed?”

In looking back, Purnell views his youth with a Baptist upbringing, followed by 30 years as a member of the Woodville Presbyterian Church stemming from his ties with the minister Nathan Dell, and a transition to Ebenezer Baptist Church after his marriage to Joyce 13 years ago. From 2003 to 2008 he volunteered for two hours daily on a building project for the Ebenezer Church. “I’m now at peace. I made my contribution,” he says.

His biggest struggle stemmed from the loneliness he encountered following a divorce from his marriage out of youth and love that led to two children. As adults, his son and daughter give back. He notes, “I urge them to achieve more than I, be an example, and recognize things that they have to live up to. They too walk through the shadow of death.”

In the years ahead he plans to take up pastimes that will allow him to sit for hours. He expects to learn how to play chess. His grandfather’s father played dominoes, and Purnell sees himself joining a group of guys he passes in the morning sitting on a barrel at play. Joyce wants him to dance so that they can saunter onto the floor on a future cruise. And he aims to help the Friends with fund raising from a second floor office at their Church Hill facility. “I will have access to records up there and can help with long range planning, write a history, and pass on the lessons of a minority administrator.”

He expresses comfort in looking back and answering the question prompted by the shadow of death. With an affirmative answer death can be construed as one of the rewards of life. “Still, it is possible – if you so believe - that the best days are those that lie ahead.”

Reprinted in part from writings of Mr. Jim Doherty

(Editor’s Note: Mr. John Purnell is a volunteer with VICAP)
Emergency Preparedness: ARE YOU READY?

Will you be prepared for the next flood or hurricane that could sweep through your community taking with it the most essential services such as water, electricity, gas, and communication?

3. Neglected their home so it is not as clean or sanitary as you remember growing up?
4. Exhibited inappropriate behavior by being unusually loud or quite, paranoid, agitated, making phone calls at all hours?
5. Changed relationship patterns such that friends and neighbors have expressed concerns?
6. Had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
7. Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?
8. Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?
9. Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
10. Made unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?

Home for the Holidays

(Continued from Page 7)

bathing, dressing, shopping, walking, housekeeping, supervision, emotional security, eating and assistance with securing health care from appropriate sources.

- Respite Care: Respite is relief or rest for a specified period of time, from constant supervision, companionship, therapeutic and/or personal care of a loved one.

- Senior Centers: Offer recreational and educational programs, seminars, events and activities for the active and less active older adult.

- Telephone Reassurance: Provides regular contact and safety check by trained volunteers to reassure and support seniors and persons with disabilities who are homebound.

- Transportation - Services available for older adults and persons with disabilities who do not have private transportation and are unable to utilize public transportation.

- Volunteer Services: Programs and opportunities available for older adults interested in volunteering. Opportunities include daily telephone reassurance, friendly visiting and insurance counseling.

In addition, the Eldercare Locator offers a guide titled, “10 Warning Signs” to help families during holiday visits.

Has Your Family Member:

1. Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
2. Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
3. Neglected their home so it is not as

**Medication Assistance Program**

**WHAT WE DO**
Screen and complete applications for reduced cost or free medications offered by pharmaceutical companies.

**WHO SHOULD APPLY?**
Income eligible seniors age 55 and over and not covered by Medica-

**Insurance or any other program.**

**HOW TO APPLY**
An application must be completed in order to determine whether your prescribed medications are available at reduced cost or free from pharmaceutical companies.

For additional information please call (804) 343-3018.

**How To Prepare Your Medications for Emergencies**

A Checklist

- Always carry an up to date detailed list of all of your medications with you. The list should include the medication names, strengths, directions and prescriber.
- Keep a small “Grag and Go” bag of important medications, including over-the-counter drugs, in waterproof bags. An extra copy of your medications list should also be placed in the bag.
- Refill medications while you still have a few days’ supply left. The extra medicine can be put aside and stockpile in your disaster kit. After you obtain a refill, use the old labeled containers to store emergency supplies. Periodically, rotate the medications in the kit with news ones to prevent product expiration.
- If you have complex medication regimens, such as injectable medications or medications delivered by a nebulizer, consider creating your emergency plans with the assistance of your pharmacist or prescriber.
- Review the resource links below for additional detailed guidance and to create your own medications list:

  **For Drugs Requiring Refrigeration**
  www.dfa.gov/Drugs/EmergencyPreparedness/ucm085213.htm
  www.dfa.gov/Drugs/EmergencyPreparedness/ucm085200.htm

  **Create Your Own Medication List**
  www.rxresponse.org/PublicResources/Pages/EmergencyPreparedness.aspx
Aim For Wellness In 2014

♦ Lose 10 pounds
♦ Cut back on sweets
♦ Do strength training exercises two times a week
♦ Cut back on sweets

Could these be your Wellness Goals? Setting specific wellness goals keeps you on track for another year of living healthy. Choose goals that are realistically within reach and stay focused on doing what it takes to achieve them. Consider the following tips to help you reach your goal:

♦ Put your goals on paper and post them where you can see them.
♦ Set some interim “milestones” so you have a continued sense of achievement.
♦ As you reach each milestone, reward yourself in a healthy way, such as with new clothes or exercise equipment.

Keeping Heating Costs Down

Resources To Help With Heating Bills

With the rising cost of gas, oil and electricity, we need to plan for this year’s heating season. Here are some tips recommended to keep your heating costs as low as possible:

♦ Set your thermostat no lower than 68 degrees and keep it there.
♦ Wear warm clothes and layer your clothing.
♦ Use drapes or some kind of window covering on your window at night. During the day, keep window coverings open to allow the sun to come in.
♦ Place furniture against walls and rearrange furniture so heating vents are clear and open.
♦ Replace or clean furnace filters at least every three months.
♦ Close all vents and doors in unused areas of your home.
♦ Limit the use of bathroom and kitchen ventilation fans. There are vents to the outside and will expel heat from your home.
♦ Seal all leaks around windows, doors ducts or pipes.
♦ Add insulation to attics and crawl spaces.
♦ Put extra quilts or blankets on your bed.
♦ Plan to have someone you can stay with in case of an emergency.
♦ Share your home and expenses with a friend.

Resources to Help With Heating Bills

- William Byrd Community House
  (804) 643-2717
- Capital Area Partnership Uplifting People (CAPUP)
  (804) 788-0050
- MetroCare
  - Salvation Army
  (804) 225-7470
  - East District Family Resource Center
  (804) 644-4496
  - CAPUP
  (804) 788-0050
- Senior Care (A program provided by the Richmond Department of Public Utilities for residential gas customers age 65 and older.
- Henrico County
  - Catholic Charities
  (804) 285-5986
  Residents living in other service areas in Planning District 15, should contact their local Department of Social Services:
  - Charles City County
  (804) 652-1780
  - Chesterfield County
  (804) 748-1100
  - Goochland County
  (804) 556-5332
  - Hanover County
  (804) 365-4100
  - Henrico County
  (804) 501-4001
  - New Kent County
  (804) 966-1853
  - Powhatan County
  (804) 598-5630
  You may also apply at your local Department of Social Services for crisis assistance.
- Salvation Army
  (804) 225-7470
- Dominion Virginia Power

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 Tuesday 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 Tuesday 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 Tuesday 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 Trevon Marrow at (804) 672-4481 and leave your name, telephone number and the name of the class you would like to attend. You will be placed on our waiting list and you will be called when there is an opening.
Senior Connections will close on Thanksgiving Day.

The Giving Heart will hold its annual Thanksgiving Feast at the Greater Richmond Convention Center, Exhibit Hall A. The meal will be served from 11:00 a.m. to 2:00 p.m. This free event for all to come together for food and fellowship. Special emphasis is placed on inviting the homeless, elderly, less fortunate and those who otherwise would be alone during the holiday. Free parking is available at the 3rd and Marshall Street Parking Deck.

Volunteers are needed. For more details about volunteering or other aspects of the event, please call Mrs. Vicki Hillegass Neilson, Founding and Executive Director, at 804-749-4726 or visit www.thegivingheart.org.

CALENDAR

November

Senior Connections will close at 1:00 p.m. on Wednesday, November 27th for the Thanksgiving Holidays.

The Giving Heart To Hold 7th Annual Community Thanksgiving Feast

On Thanksgiving Day, Thursday, November 28th, The Giving Heart will hold its annual Thanksgiving Feast at the Greater Richmond Convention Center, Exhibit Hall A. The meal will be served from 11:00 a.m. to 2:00 p.m.

This free event for all to come together for food and fellowship. Special emphasis is placed on inviting the homeless, elderly, less fortunate and those who otherwise would be alone during the holiday. Free parking is available at the 3rd and Marshall Street Parking Deck.

Volunteers are needed. For more details about volunteering or other aspects of the event, please call Mrs. Vicki Hillegass Neilson, Founding and Executive Director, at 804-749-4726 or visit www.thegivingheart.org.

Senior Connections’ Board of Directors Meeting
Tuesday, November 26, 1:30 p.m.
Third Floor Board Room
Open to the Public

36th Annual Model Railroad Show
Friday, Nov. 29, Saturday, Nov. 30, and Sunday, Dec. 1
Science Museum of Virginia
2500 West Broad Street, Richmond
Explore miniature cities, towns, and villages as you check out displays ranging from traditional scenic landscapes to Lego-themed models!
Uncover the science of trains by learning how to build your own model train layout or by racing your favorite engine. For more information, visit www.smv.org.

Dominion GardenFest of Lights
Friday, Nov. 29 to Monday, Jan. 13, 5 to 10 p.m.
Lewis Ginter Botanical Garden
1800 Lakeside Avenue, Richmond
Dominion GardenFest of Lights is a holiday tradition featuring more than a half million lights, botanical decorations, trains, holiday dinners, family activities and more. This year’s theme is “A Natural Love Affair.” For more information please call (804) 262-9887, ext. 316 or visit www.lewisingter.org

December

Senior Connections will close on Tuesday, December 24th
Wednesday, December 25th and Wednesday, January 1st, 2014
in observance of the upcoming holidays

New Year’s Eve Family Frolic
Tuesday, December 31, 2 to 5 p.m.
Lewis Ginter Botanical Garden
Family activities in the afternoon with live entertainment and crafts. For more information please call (804) 262-9887, ext. 316 or visit www.lewisingter.org

Advertisements

Mature Life October 2013 - January 2014 15

Thank You
Senior Connections, The Capital Area Agency on Aging (804) 343-3000

We extend thanks to everyone who has contributed to the newsletter including the following individuals whose contributions were received after the last issue.

Jerly Taylor Barham
Peggy Chappell
Barbara Farrell
Richard A. Farrow
Gayle Jeffrey
Thomas McCall
Katie O. Mitchell
John W. Moore
Charles Reed
Lauravia P. Simmons
Susan Stewart
Harriet Turner
Elizabeth Wilkins
7 Anonymous

Donations Requested to Support Newsletter

Mature Life is offered free of charge to persons age 60 or older and to others interested in their wellbeing. Advertising is solicited to help defray production costs of its quarterly publication.

To help improve our newsletter distribution, Senior Connections is requesting contributions from individuals who receive the newsletter. These contributions are tax deductible.

Readers may use the form below to mail contributions to Senior Connections Mature Life, 24 E. Cary St., Richmond, VA 23219.

Yes, I want to help support Mature Life. Enclosed is my tax-deductible contribution of:

$20 $10 $5

Other Amount $____

Name ____________________________
Address ____________________________
City State Zip ____________________________

Please check all that apply:

☑ I receive Mature Life.

☑ I do not receive Mature Life but would like to be added to the mailing list.

☑ I wish my contribution to remain anonymous.

For more information please call Hannah Robinson at 804-343-3046 or send an email to hrobinson@youraaa.org
Senior Connections’ 10th Annual Empty Plate Luncheon and 40th Anniversary Celebration!

Presenting Sponsors

Steering Committee
The Honorable Eva Hardy, Co-Chair
The Honorable Franklin P. Hall, Co-Chair
Mrs. Nancy Bolio, (Foster Grandparent Advisory Council)
Mrs. Marge Boynton (Senior Connections Staff)
Ms. Ashley Brown (Cedarfield Retirement Community)
Mrs. Betsy Bushkar (Senior Connections Staff)
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Mr. Tony Williams (Senior Connections Staff)

Staff Leaders
Ms. Martina James, Community Relations Manager
Ms. Hannah Robinson, Community Relations and Marketing Coordinator

With Age Comes Change . . .

The Evolution of Senior Connections: 40 Years of Progress

“Reflecting on the Past, Celebrating the Present and Looking to the Future”

Our Agency has enjoyed a long and rich history from its beginnings in 1973 as The Capital Area Agency on Aging. Our office was on 6th Street and we have grown to our current operations as Senior Connections in our present building on East Cary Street. As we reflect on the past 40 years, we recognize the tens of thousands of seniors and caregivers who turned to us for assistance with services and information. We honor the thousands of volunteers who have supported our mission of “empowering seniors to live with dignity and choice” and our vision for a community of “seniors with improved quality of life.” We value the hundreds of community partners that have enriched our history by collaborating with us on ideas and resource sharing. We thank the multitude of funders at the local, state, and national levels and are grateful for the generous private funding as well as donations and fees from many participants.

Over these four decades, we have enjoyed tremendous leadership from numerous individuals who have served as our Executive Directors, Board of Directors, Advisory Councils and Planning Groups. We wish to thank all of the current and past leaders including the first Board officers in 1975: Mr. Upton S. Martin, Ms. Joan Girone, Mr. Charles Dobson and Ms. Lucy G. Crockin as well as the officers for 2013-2015: Mr. John Robertson, Mr. Felix Sarfo-Kantanka, Jr., Mrs. Gloria Johnson and Mr. Thomas Deadmore. Along the way, we have been fortunate to have passionate, knowledgeable and skilled staff managing programs and delivering services. This tradition makes the Agency effective and promotes growth.

Celebrating the milestone of our 40th Anniversary is also a time to look ahead and plan for the Agency’s future. Senior Connections has embarked upon a five-year Strategic Plan that reflects today’s trends and the future environment. We are also actively engaged with community partners to address the continued aging of our population and to create livable communities for individuals of all ages.

We look forward to continuing to evolve with the world around us, overcoming challenges and embracing new opportunities along the way. As we serve, advocate and educate, Senior Connections will continue to make a profound impact on seniors and caregivers, and the community at large, for many years to come.

Best wishes and thanks to all, Thelma Bland Watson, Ph.D.
Executive Director