Empty Plate Luncheon and Awards Ceremony Held October 10th

Thanks Sponsors, Award Honorees, Nominators and Supporters

Senior Connections, The Capital Area Agency on Aging held its 9th Annual Empty Plate Luncheon and Awards Celebration on October 10. The celebration took place at the Science Museum of Virginia, a Corporate Sponsor for the luncheon since 2004. The Empty Plate Luncheon highlights the success of our annual Empty Plate Campaign with the slogan: “With a donation of $50, we can fill empty plates 12 times with meals, transportation, home care, help with emergencies and other needs.” The Campaign promotes community awareness of critical needs of older adults, caregivers, and persons with disabilities and offers an opportunity for community support that enables Senior Connections to meet unfulfilled needs. Proceeds support services and programs that help improve quality of life for needy individuals. Funds garnered during the 2011 Campaign allowed us to assist an additional 600 citizens with critical needs including in-home care, transportation assistance and emergency preparedness tools. We are happy to announce that funds raised this year will provide support services for approximately 800 senior citizens.

Mr. Ivan Tolbert, Guardian Program Representative, Senior Connections, began this day of celebration and thankfulness with a welcome to attendees. The John Marshall High School ROTC presented the flags of our Commonwealth and Country followed by a beautiful performance of the “National Anthem” by The Senior Connections Choral Group. The Group performed several selections during the luncheon. Greetings were offered by the Rev. Willis A. Funn, Board Chair, Senior Connections, Ms. Kinsey Peeler, Executive Director, Science Museum of Virginia Foundation, The Honorable Franklin P. Hall, Co-Chair, 2012 Empty Plate Luncheon Steering Committee, and Mr. Cavell Phillips.

Mr. Tolbert welcomed Dr. Thelma Bland Watson, Executive Director, Senior Connections and the Honorable Eva Teig Hardy, Co-Chair, 2012 Empty Plate Luncheon Steering Committee, and Mr. Cavell Phillips.

Mr. Tolbert welcomed Dr. Thelma Bland Watson, Executive Director, Senior Connections and the Honorable Eva Teig Hardy, Co-Chair, 2012 Empty Plate Luncheon Steering Committee, and Mr. Cavell Phillips.

Keynote speaker Dr. William Stewart, AARP Virginia State President, His message at the Empty Plate Luncheon focused on Senior Hunger and the importance of support to help needy seniors. He informed the audience of AARP Virginia’s partnership with the Federation of Virginia Food Banks and emphasized the importance of ongoing community support and partnerships that improve quality of life for seniors, especially during these economic times.

Thanks to representatives from the business community and aging network who volunteered as “Celebrity Servers” and served desserts and beverages. This wonderful day of celebration and fellowship ended with inspirational closing remarks by Mrs. Marilyn H. West, Chair, Senior Connections Advisory Council.

Special thanks to the members of our 2012 Empty Plate Luncheon Steering Committee: the Honorable Eva Teig Hardy, Co-Chair; the Honorable Franklin P. Hall, Co-Chair; Ms. Mary Devine, Senior Connections Board; Mr. R. Larry Lyons; Retired Banker; Mr. Robert M. Miller, Senior Connections Board; Mr. Rob Jones, The Alliance Group; Ms. Mary K. Graham, Luck Stone Companies; Mr. R. Larry Lyons; Retired Banker; Mr. Robert M. Miller, Senior Connections Advisory Council; and Ms. Rita J. Randolph, Dominion Resources.

The generosity of our contributors and supporters is greatly appreciated as we prepare for our 10th Annual Empty Plate Luncheon and Awards Ceremony on Wednesday, October 9, 2013. Please mark your calendars!
Mature Life

Mature Life is the quarterly newsletter of Senior Connections, The Capital Area Agency on Aging, a private, nonprofit organization serving older persons and their families in the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

Mature Life is produced and published by Senior Connections with financial assistance, in whole or in part, from the Administration on Aging and/or the Virginia Department for the Aging.

Mature Life is distributed, free of charge, to older adults, caregivers, families, organizations and businesses. Donations are accepted to help defray production costs. Opinions or ideas expressed by guest columnists are not necessarily those of the editorial staff or Senior Connections.

ADVERTISING
Mature Life accepts advertising solely to help defray production and mailing costs. We appreciate the support of our advertisers. Products and services advertised for profit does not constitute an endorsement by Senior Connections, The Capital Area Agency on Aging but are intended for informational purposes only. Call 804-343-3046 for additional information about advertising.

Mature Life reserves the right to refuse advertising.

Message from the Executive Director

Dr. Thelma Bland Watson

“Our people don’t care what you show them until they show them how much you care.”

Thanks to our Caring Community: Improving life for our Seniors

As you have read in our front page article, our 2012 Annual Empty Plate Luncheon has been our most successful yet. I want to take this opportunity to thank our presenting sponsors. These are Dominion, Genworth and M.W. West and Co. I also extend special thanks to all other sponsors including three senior healthcare models of care. These are PACE (Program for All Inclusive Care for the Elderly), JenCare and our newest center, CareMore. Important participants in each Empty Plate Luncheon are our Award Honorees and their Nominees as well as our distinguished and high performing Celebrity Servers. I wish to thank each of them for helping to make this year’s event so successful and festive. Our special guests included representatives from the Science Museum of Virginia, the Friendship Café at Covenant Presbyterian Church in Chesterfield and the Senior Center of Greater Richmond. Of course, as it is with any highly successful event, tremendous behind the scenes planning went into the preparation for the 2012 Empty Plate Luncheon. Special thanks are extended to:
• Board of Directors
• Advisory Council
• Steering Committee
• Mrs. Mary Creasy
• Ms. Hannah Robinson
• Ms. Martina James
• Ms. Missi Boyer
• Mrs. Nancy Nagle Bolo
• Mrs. Patricia Giesen
• Mrs. Joan Welch
• Ms. Cheryl Goode
• Ms. Nancy Haste
• Mrs. Betsy Bushikar
• Ms. Michelle Cook
As we now head towards the end of our wonderful and eventful year of 2012, we remind you of the many needs that exist among our senior community. We still have many Empty Plates to fill. Please consider an end of the year gift to Senior Connections as part of our Annual Fund this year. You may mail your contribution to our Agency or go online to our Website www.seniorconnections-va.org to make your contribution. We thank you for your consideration and support.

Also, as we conclude 2012, we are excited to announce our new five-year Strategic Plan that sets our course through 2017. As we celebrate our 40th Anniversary in 2013, we are honored to remember our past and observe our history. We are also poised for the future. To support our mission, we have three strategic focus areas:
• Visibility and Marketing: Branding Senior Connections
• Programs and Services: Enhancing our Support in the Community
• Funding and Resources: Expanding our Capacity

Please see additional information about these focus areas on page 6 of this newsletter. A Summary of our Strategic Plan is provided.

Thank you for your support. We extend best wishes for the Holiday Season.

Dr. Thelma Bland Watson

Executive Director

Senior Connections
The Capital Area Agency on Aging
24 East Cary Street
Richmond, VA 23219-3796
(804) 343-3000
TDI: (804) 343-3008
Toll Free: 1-800-989-2286
Fax: (804) 649-2258
www.seniorconnections-va.org

Mature Life October 2012 - January 2013

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, you can fill an empty plate 12 times for a needy senior.

Adopt A Café Program
The Adopt A Café Initiative provides the community (individuals, businesses, civic, or faith-based organizations) the opportunity to support their neighbor- hood Friendship Café by “adopting” a café or becoming a “friend or sponsor” of the Café Program. By donating funds, the community can give back to those 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 343-3000.

ANNUAL FUND DONATION FORM

Please accept this gift to help support critical senior services to those who need it most. AMOUNT OF GIFT $ __________

Name: __________________________
Address: ________________________
City: ____________________________ State: ______ Zip: __________

Senior Connections is a 501(c)(3) private, nonprofit organization to learn more about us, please visit our website www.seniorconnections-va.org. Your gifts will be tax deductible. Please make checks payable “Senior Connections Annual Fund” and mail to: Senior Connections, 24 E. Cary St., Richmond, VA 23219.

Thank You For Your Support!
Keynote Speaker
Warren Stewart, Ed.D
AARP Virginia State President

Prior to his appointment as State President, Dr. Stewart served as an AARP Volunteer for the past seven years; four years as State Volunteer Advocacy Coordinator.

Dr. Stewart’s extensive background includes business, military service and education. He earned his Ed.D. in Curriculum from the University of Virginia. In the 1970s, he served in the Virginia Army National Guard where he was a training and communications officer.

A recognized volunteer leader, he has served in 26 volunteer positions for community service organizations in Hampton Roads and across the state. He has received numerous awards for these efforts.

Dr. Stewart presently serves as President of the Virginia Jefferson Association; Board of Directors of Rotary International of Norfolk; Norfolk Ocean View Shrine Club; Kiwanis of Ocean View; Ocean View Lions; President and founding board member of the U.S. Academic Decathlon of Virginia; and the Legislative Committee of Virginia Retired Teachers Association.

Dr. Stewart has served his community as a board member for the Norfolk City Library; Big Brothers-Big Sisters, Peninsula; Ida Barbour Learning Center, Portsmouth; J. Frank Sellew Scholarship Campaign, Norfolk; Crime Line; Legislative Committee, Virginia Retired Teachers Association and Americans United for Separation of Church and State.

His message at the Empty Plate Luncheon focused on Senior Hunger and the importance of support to help needy seniors.

In order to introduce service to needy seniors it will be important to engage pharmacists, service coordinators, and home healthcare providers as resources for information regarding nutrition and food assistance. Why not introduce seniors to food banks and meals on wheels (MOW) programs at these outlets, so they may also be resources? Many seniors do not reach out for help because they are embarrassed or are unaware there are resources that exist to serve their need. By having a resource on hand, doctors, pharmacists and other professionals are able to begin dialogue with their patients. For example, at Meals on Wheels provided meals to people recently released from the hospital, helping reduce readmittance. And provided the information before they actually need the services. Area aging systems have trained coaches who train individuals to reduce hospital readmittance as well. There is also an opportunity for faith-based healthcare workers such as Parish Nurses to be engaged.

One way to create community awareness is pairing schools with senior centers. In one community, local nursing students partnered with seniors and community members. In one day, they were able to introduce the community to the need for volunteers and resources.

At the July 2012 Board Meeting of the Virginia Association of Area Agencies on Aging (V4A), the Directors of the local Area Agencies met to discuss issues that impact the State’s senior population. Below, the Directors are pictured with Marilyn Pace Maxwell (second row, 5th from left), Executive Director of the Mountain Empire Older Citizens (MEOC) in Wise Co., VA. Mrs. Maxwell has retired after serving 40 years as MEOC’s first and only Executive Director.

Area Agencies on Aging Directors

At the July 2012 Board Meeting of the Virginia Association of Area Agencies on Aging (V4A), the Directors of the local Area Agencies met to discuss issues that impact the State’s senior population. Below, the Directors are pictured with Marilyn Pace Maxwell (second row, 5th from left), Executive Director of the Mountain Empire Older Citizens (MEOC) in Wise Co., VA. Mrs. Maxwell has retired after serving 40 years as MEOC’s first and only Executive Director.
Celebrity Servers

- Mrs. Lisa Adkins
- Mr. Appaiah Ballachanda
- Ms. Ashley Chapman
- Mr. Bruce DeSimone
- Ms. Alex Early
- Rev. Willis Funn
- Ms. Katie Gilstrap
- Mr. Mike Heard
- Ms. Carrie Hogue
- Ms. Ginger Hogue
- Mrs. Debbie Leidheiser
- Mr. Mike Heard
- Ms. Sara Link
- Mr. Larry Lyons
- Mr. Thomas Miles
- Mrs. Deb Mitra
- Mr. Chris Morgan
- Ms. Mary Nelson
- Ms. Ashley Payne
- Dr. Cavelle Phillips
- Mr. Floyd Robinson
- Mrs. Ynestra Robinson
- Mr. Jim Warnings
- Mr. Bert Waters
- Other Community Partners

Senior Connections Welcomes Martina James as Community Relations and Development Manager

In August, Ms. Martina James joined Senior Connections’ staff as Interim Community Relations and Development Manager.

Ms. James’s most recent employment was as a Relationship Manager with the United Way of Greater Richmond & Petersburg where she worked with over 150 successful giving campaigns at companies across the Richmond and Petersburg areas.

Prior employment includes various positions in the political arena campaigning, lobbying, fundraising, strategic planning and communications.

Martina earned her B.A.s in Political Science and Spanish from Virginia Commonwealth University. She also has a certificate in Meeting and Event Planning from the University of Virginia.

2012 EPL Steering Committee Member Felix Sarfo-Kantanka, Jr. with Martina James (Community Relations & Development Manager), and Pat Giesen (Special Projects Coordinator) surveying the audience at the luncheon.

In Memory of E. Harris Spindle

E. Harris Spindle was Community Relations and Development Manager for Senior Connections from 2003 to 2010. Harris suffered a stroke in 2007, but continued to work part time and later he worked from the office of the AAA in Fredericksburg and from home when he was no longer able commute from his home in Stafford County.

Harris served on the Common-wealth Council on Aging and the AARP Virginia Diversity Advisory Committee. Prior to coming to Senior Connections, Harris had been the CEO of the Virginia Association of Area Agencies on Aging.

His legacy will not be forgotten and lives on through the E. Harris Spindle Award for Service to Seniors, named in his honor and given annually during our Empty Plate Luncheon and Awards Ceremony. Coincidentally, the idea for the luncheon as our annual fundraiser came from Harris.

Harris was a tireless and dedicated Advocate for Seniors. He is dearly missed by Agency staff and others in the aging network.

Visit Our Web Site:
www.seniorconnections-va.org

- Executive Director’s Blog
- Community Calendar
- On-line Donations
- Links to Community Resources
- Easy Navigation
COMMUNITY NEWS

Congratulations to Lory L. Phillippo: Recipient of The Ruth Von Behren Award

The Board of Circle Center Adult Day Services recently announced that CEO Lory L. Phillippo has received The Ruth Behren Award, given by the National Adult Day Services Association (NADSA). The award is named for Ruth Von Behran, a former NADSA Chair, internationally renowned for her pioneering work in California and throughout the country. Ms. Von Behran was an author, a long-time advisor to NADSA, and played a major role in the development and implementation of the OnLok PACE (Program for All Inclusive Care of the Elderly) model, nationwide. The award was created in 1992 to recognize the personal achievements and commitment of individuals in the field of Adult Day Services who have had a national impact. It is given to an outstanding volunteer or employee of an organization that directly supports adult day services nationally. This is NADSA’s highest individual honor.

“This award also reminds us that Lory’s exceptional knowledge, wisdom, commitment, and leadership have influenced her peers and the delivery of community-based services across the county,” stated Michael Heard, Chairman of the Board for Circle Center Adult Day Services. The Richmond community is fully aware of Lory’s tremendous impact during her 33 years with Circle Center.

The following is an excerpt from the VOICE, a publication of the National Adult Day Services Association: “Ms. Phillippo has served adult day services well through 33 years of accomplishments in executive leadership as President and CEO of Circle Center Adult Day Services and her three-term professional leadership in the Virginia Adult Day Health Services Association. Her contributions to NADSA and her advocacy for adult day services date back to the 1980’s. She was instrumental in securing Medicaid reimbursement for Virginia centers, and led the peer-reviewed process to write the 200-page training manual for adult day center program assistants which was later adopted by NADSA. Lory led Circle Center Adult Day Services from virtual bankruptcy in 1980 to its current state-of-the-art facility. She headed up the $4.3 million, five-year process to move Circle Center from leased space to its own home in 2009, including a capital campaign to secure public and private funding, facility design and oversight of extensive renovation. Circle Center is known for its best-practices-based, comprehensive and innovative programming for high risk older adults, its experienced and long tenured professional staff, its early development of a cost-benefit outcomes methodology that demonstrates cost savings and caregiver satisfaction, and its active student intern program for multiple disciplines with in and out of state educational institutions. Lory has the unique combination of compassion and heart combined with strong business acumen and the ability to get things done. Not only has she been instrumental in successfully running and leading Circle Center Adult Day Center, but she has also been highly engaged in the field of adult day services, long term care issues and the medical/gerontology community. She is well respected for her expertise and is responsible to new ideas and has an ability to think creatively in a rapidly changing environment. Lory excels at building trust and empowering others to get involved. She openly share her vision, actively solicits feedback from others, and is dedicated to inclusion and transparency. In her community she has the reputation of being a community leader as well as a skilled and respected clinician. She has been a tireless proponent of Virginia’s efforts to support older adults and their caregivers through the provision of home and community services critical to their independence and well-being. It has been said that Lory’s impressive accomplishments have made the Commonwealth a better place to age.”

Mrs. Ruby Turner was awarded the 2009 MaryEllen Cox Memorial Award for Advocacy from Councilman Doug Connor at the 6th Annual Empty Plate Luncheon.

A Memorial Tribute for Mrs. Ruby Turner

This year, the Richmond Community lost one of its most dedicated advocates, Mrs. Ruby Turner. We wish to honor Mrs. Turner’s memory with this tribute.

Mrs. Ruby Turner was committed to community service in support of healthy aging. Having served her community for many years, Mrs. Turner advocated for many important causes. She exemplified the leadership characteristics of Mrs. Cox and made significant contributions that benefited seniors and others. She supported intergenerational efforts that connected seniors with older adult mentors. Mrs. Turner believe that services and programs for older adults should benefit people of any age. She also supported programs that benefited our youth.

Mrs. Turner served as President of Citizens of Greater Richmond Against Gun Violence where she helped seniors to learn how to protect themselves from crime and exploitation. Mrs. Turner provided support and education for seniors through her advocacy work with the Chesterfield Triad, an active partnership with law enforcement, the AARP and the senior community.

As a nurse for many years, Mrs. Turner was very active in advocating for accessible and affordable health care services for seniors and families.

The Annual Holiday Gift Basket Project for Older Adults is an important partnership of Senior Connections, The Capital Area Agency on Aging and the City of Richmond Office On Aging and Persons with Disabilities. This Project promotes healthy aging and helps seniors remain independent in their homes and communities. The Project brings holiday cheer to isolated seniors and those in the greatest need of support.

We Are Requesting Donations of:

- Nonperishable Food Items
- Gift Cards from Grocery Stores and Pharmacies
- Household Supplies
- Emergency/Disaster Preparedness Items

Friday, December 7, 2012 is the Deadline for Deliveries

Donations may be delivered to Senior Connections at 24 E. Cary St. (corner of 1st and E. Cary Streets) or the Richmond East District Center at 701 North 25th St.

In addition to items for the gift baskets, other emergency needs may be met through monetary contributions from individuals and area businesses interested in supporting the Project. Please make checks payable to Senior Connections and write “2012 Holiday Gift Project” on the memo line of your check. Mail to SC/CAA Holiday Project, 24 E. Cary St., Richmond, VA 23219. Donations are tax deductible.

FOR MORE INFORMATION:
Please call Diane Foster (804) 672-4492 or send an email to dfoster@youraaa.org

Thank You For Your Consideration!
Senior Law Day Wins Prominent National Award

This past August, Senior Connections, The Capital Area Agency on Aging and the Williams Mullen Law Firm received national recognition and a prestigious award for innovative programming from the National Association of Area Agencies on Aging (N4A). They were recognized for making free legal assistance available to help older Virginians in the Greater Richmond region complete and notarize vital legal documents such as Wills, Durable Powers-of-Attorney and Advance Medical Directives.

Senior Law Day, hosted twice annually at Senior Connections for area seniors age 55 and older and for adults with disabilities of any age, was among 44 exemplary programs chosen throughout the nation. These programs were cited as creative and innovative examples of local programs that effectively serve older adults in a way that N4A hopes others will emulate and model within their own localities. The award was given during the recent N4A National Conference held in Denver, Colorado.

“We are truly thrilled by this important recognition. It gives deserved recognition to our long-time partner, Williams Mullen for helping to improve overall health planning, financial security and peace-of-mind for our fast-growing population of older citizens and their families who live within the Richmond metropolitan area. Williams Mullen has done much to promote this concept. We expect this recognition to be a tremendous help in expanding this successful program,” said Dr. Thelma Bland Watson, Executive Director of Senior Connections, which delivers a wide range of supports as “Resources for Aging Well.”

Since its inception, each Senior Law Day serves approximately 28 individuals, each of whom have already completed and submitted a detailed legal questionnaire in order to qualify for an appointment. “They have the completed packet of legal documents they requested by the time they leave,” noted Attorney G. Andrew Nea, Jr., who created the pro bono legal service on behalf of Williams Mullen and trains those lawyers who volunteer a half-day of their time and skills to the effort. Mr. Nea notes that these events also provide an excellent volunteer opportunity for University of Richmond Law students to assist the attorneys with these documents. The students and attorneys enjoy working together and the events are great learning experiences for the law students. “Senior Law Day has been very effective for focusing people’s attention on the fact that it is very important to get these critical life issues decided early, and to get in place the necessary legal documents for implementing these wishes, long before anyone will ever need to actually use them. I get a great deal of personal satisfaction every time I see the vanishing anxiety and the deep sense of selfaccomplishment and relief on the faces of those who leave Senior Law Day no longer worried about issues that have bothered them, sometimes for many years,” Mr. Nea added.

The most recent Senior Law Day was held on October 24, with the upcoming session planned for Spring 2013. More information about Senior Law Day at Senior Connections is available from Pat Giesen, Special Projects Coordinator, (804) 343-3059 or email pgiesen@yourraaa.org.

Guardian Program Strongly Endorses Senior Law Day

The Guardian Program at Senior Connections, which serves as the court-appointed guardian for a number of Richmond area residents, is a strong supporter of Senior Law Day for its own reason: It promotes planning ahead for families who need to discuss future wishes. According to Guardian Program representatives, “too many of us today, young and old, neglect the important need to start, or even participate in, the vital but often difficult family conversation about what we would want to have happen should we be unable, due to illness or disability, to make our own decisions. And many of us are unaware that federal and Virginia law gives every citizen the legal right to express their own wishes in an advance healthcare directive, completely free-of-charge.

While most of us think we may not need legal documents, the truth is we all need them now, rather than later.

Senior Connections’ Five-Year Strategic Plan Summary

October 2012 - September 2017 Focused Goals are:

GOAL 1: Visibility and Marketing
Create distinctive and recognizable public image of Senior Connections.

Objectives
- Increase visibility of agency programs and local needs.
- Promote/enhance positive images of aging and community issues.

GOAL 2: Programs and Services
Increase development and delivery of comprehensive and collaborative programs using person-centered practices to address the short and long term needs of older adults, adults with disabilities, and their caregivers.

Objectives
- Provide effective programs and services that respond to current and changing needs of older adults, adults with disabilities, and their caregivers.
- Continue development and implementation of a coordinated regional network of transportation services to meet the needs of older adults, adults with disabilities, and their caregivers.
- Support families and caregivers in their efforts to care for loved ones in the community.
- Implement person-centered practices throughout the Agency beginning with the initial point of contact.
- Promote community engagement and strengthen the capacity of Agency Volunteer Programs.
- Collaborate with Senior Navigator and No Wrong Door (NWD) staff at the Virginia Department for Aging and Rehabilitative Services (DARS) to encourage and support community partners in using NWD service coordination software (PeerPlace) to more efficiently deliver services and facilitate ongoing communications.
- Engage with staff from multiple health systems and other appropriate collaborators to pursue opportunities for more effective care transitions to community settings to reduce hospital readmissions.

GOAL 3: Fundraising and Resources
Develop diverse, sustainable funding sources while continuing strong stewardship of all resources.

Objectives
- Review and evaluate existing fundraising strategies.
- Identify, assess and prioritize fundraising strategies based on program needs.
- Develop fundraising strategies to appeal to a diversity of donors.

In Memory of Judy Puryear

Judy Puryear passed away October 4, 2012. Judy served on the project:HOMEs team for 10 years as a project manager and client service coordinator. She was a former employee of the Senior Connections’ Senior Employment Program. Ms. Puryear’s contributions will long be remembered and treasured.
Emergency Preparedness: ARE YOU READY?

Were you prepared for Hurricane Sandy when she hit the East Coast in late October? 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 communications? Would you and your family be prepared to survive on your own for a minimum of three days post emergency? Disasters, such as these, often strike quickly and without warning leaving you with little or no time to ready yourself. The likelihood that you and your family will recover often depends on the preparations done today.

This is especially true for older Americans. Although abilities vary, perhaps you’re not as agile as you once were or maybe you have hearing or vision deficiencies; while others may use a wheelchair or cane to be mobile. In either case, whether you are perfectly healthy or have functional needs to consider, preparing makes sense. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

All citizens are encouraged to Get a Kit, Make a Plan, and Be Informed. Your local government is doing their part to ensure you are protected, but it’s also important to do yours! In an emergency you cannot depend on it. In an emergency plan that fits those needs, you and your loved ones can be better prepared.

Are you a Caregiver? Could you use a good night’s sleep?

If you answered “YES” to these questions, would you be interested in a NIGHT CARE Program that would:
- Provide transportation
- Be staffed by professionals
- Give medications as scheduled
- Be open to the community
- Take Medicaid as well as Private Pay
- Serve snacks and mini-meals
- Offer appropriate therapies and skills training

Your answers are critical. We know that there is a need. We want to know if there is an interest.

ARE YOU INTERESTED?
Contact Ginny Becke
(804) 343-3058  gbecker@youraaza.org

NOW ACCEPTING APPLICATIONS
Beth Sholom Woods is an equal housing opportunity facility designed to provide housing to extremely low, very low and low-income elderly age 62 and over. Ten percent of its 111 apartments have been altered for accessibility. Applicants age 18 or more who have mobility/physical disability and need the features of our barrier-free/handicapped units may apply for one of these accessible units.

Beth Sholom Woods is a Section 202/8-Section 223 (f) U.S. Department of Housing and Urban Development (HUD) project. Qualified applicants must pay 30% of his or her monthly income towards rent and utilities.

An Outpatient Rehabilitation Clinic with a therapeutic pool is located on site. Beth Sholom Woods is part of the Beth Sholom Lifecare Community in the Far West End of Richmond. For more information or an application, please call (804) 741-4691, Monday-Friday, 9am-4:30pm.

Voice and TDD Telephone: (804) 741-4691
Fax: (804) 741-9813
Email: sberinato@bethsholomcampus.com
Website: bethsholomlifecare.org

Beth Sholom Woods
Beth Sholom Lifecare Community
2027 Lauderdale Drive
Richmond, VA 23238

The Eldercare Locator: Connecting You to Community Services

The Eldercare Locator is a public service of the U.S. Department of Health and Human Services’ Administration on Aging and administered by the National Association of Area Agencies on Aging in cooperation with the National Association of State Units on Aging.

To access services and for information on programs in your area, contact the Eldercare Locator Monday through Friday, 9:00 a.m. to 8:00 p.m. ET at 800-677-1161 or visit www.eldercare.gov.
2012 Senior Advocacy Day at the Virginia General Assembly

Wednesday, January 23, 2013 is Senior Advocacy Day at the Virginia General Assembly. In observance of this occasion, Senior Connections is seeking citizens from the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan to serve as Volunteer Advocates. Here’s a wonderful opportunity for volunteers to learn how the General Assembly works and methods by which advocacy groups such as senior citizens, their families or neighbors can make their voices heard by their local representatives. Senior Connections would like to have advocates from the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

To volunteer or for more information, please call Mrs. Pat Giesen at 804-343-3059 or return the completed form below by Friday, January 11.

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**Volunteer Advocate Response Form**

☐ Yes, I want to serve as a Volunteer Advocate at the 2012 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 11 to: Pat Giesen, SC/CAAA, 24 E. Cary St. Richmond, VA 23219.

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**Transportation Services Quick Reference Chart**

<table>
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<th>Name of Agency</th>
<th>Phone No.</th>
<th>Service Area</th>
<th>Wheelchair Equipped?</th>
<th>Advanced Notice Required?</th>
<th>Additional Information</th>
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<td>Access Chesterfield</td>
<td>279-8489 (to register)</td>
<td>Metro Richmond, Tri-Cities</td>
<td>Yes</td>
<td>24 hours up to 4 days</td>
<td>60+ or disabled; County resident; income eligible</td>
</tr>
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<td>American Cancer Society</td>
<td>527-3700, 1-800-227-2345</td>
<td>Richmond, Chesterfield, Henrico</td>
<td>No</td>
<td>Yes</td>
<td>For cancer-related medical treatments</td>
</tr>
<tr>
<td>CARE Vans</td>
<td>358-4782</td>
<td>Richmond, Henrico</td>
<td>Yes</td>
<td>Yes</td>
<td>Reduced fare for eligible persons with disabilities</td>
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<td>EnRoute Transportation</td>
<td>658-1935</td>
<td>Planning District 15</td>
<td>Yes</td>
<td>1 day</td>
<td>Charge for service</td>
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<td>E-Z Van, LLC</td>
<td>263-5244</td>
<td>Greater Richmond area</td>
<td>Yes</td>
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<tr>
<td>Goochland Family Service</td>
<td>556-6260</td>
<td>Goochland</td>
<td>Yes</td>
<td>Yes</td>
<td>No Charge for those eligible</td>
</tr>
<tr>
<td>and Free Clinic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LogistiCare</td>
<td>1-800-742-9758</td>
<td>Statewide</td>
<td>Yes</td>
<td>48 hours</td>
<td>Medicaid only</td>
</tr>
<tr>
<td>Napoleon Taxi</td>
<td>354-8294</td>
<td>Greater Richmond area</td>
<td>No</td>
<td>Same day</td>
<td>Charge for service</td>
</tr>
<tr>
<td>Piggy Back Transportation</td>
<td>365-2560</td>
<td>Planning District 15</td>
<td>Yes</td>
<td>1 day</td>
<td>Charge for service</td>
</tr>
<tr>
<td>River City Transport</td>
<td>240-4960</td>
<td>Call for service areas</td>
<td>No</td>
<td>24 hours</td>
<td>Charge for service</td>
</tr>
<tr>
<td>Shepherd’s Center of Chesterfield</td>
<td>706-6689</td>
<td>Limited Zip Codes in Chesterfield</td>
<td>No</td>
<td>1 week</td>
<td>No charge Accepts Donations</td>
</tr>
<tr>
<td>Shepherd’s Center of Richmond</td>
<td>355-7282</td>
<td>Limited Zip Codes in Metro Richmond</td>
<td>No</td>
<td>1 week</td>
<td>Shopping: Dr. visits, etc. No Chg., accepts donations</td>
</tr>
<tr>
<td>TNT Transportation Services, Inc.</td>
<td>270-3258</td>
<td>Planning District 15</td>
<td>Yes</td>
<td>24 hours</td>
<td>Charge for service</td>
</tr>
<tr>
<td>Van Go</td>
<td>261-7388</td>
<td>Statewide</td>
<td>Yes</td>
<td>1 day</td>
<td>Charge for service</td>
</tr>
<tr>
<td>VIP &amp; Associates</td>
<td>421-2500</td>
<td>Planning District 15</td>
<td>Yes</td>
<td>1 to 2 days</td>
<td>Charge for service</td>
</tr>
</tbody>
</table>

If you are a transportation provider and would like to be added to this chart, please call Margaret Robinson, Transportation Specialist at (804) 672-4495.

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**Emergency Preparedness**

Continued from Page 7:

It is important to know what might happen and to know what types of emergencies are likely to affect your area. For more information go to www.ready.gov.

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The Adopt a Café Initiative Partners with The Valentine Richmond History Center to Promote Lifelong Learning

Colleen Wilhelm
Community Outreach Specialist, Meals
Senior Connections, The Capital Area Agency on Aging

The Adopt a Café Initiative* is a community outreach effort designed to raise funds for programming at each of our 20 Friendship Cafés located throughout the Greater Richmond Area. However, another goal is to create partnership opportunities with local businesses, museums and civic organizations, etc. to share resources and talents. And, with the cost of transportation rising, we needed programming to come to the Friendship Cafés.

Pat Armbrust, Director of Education at the Valentine Richmond History Center, enthusiastically answered the call. The Valentine Richmond History Center has been collecting, preserving and interpreting Richmond, Virginia’s 400-year history for more than a century. It is a place for residents and tourists to discover the diverse stories that tell the history of this important region. The Center also has a commitment to community outreach. However, due to funding constraints, providing lifelong education at the Cafés would be a challenge. Knowing that seniors want the opportunity to learn and such a program would be a success, Ms. Armbrust worked to bring history programming to all of our twenty Cafés. That commitment helped the Valentine Richmond History Center receive funding from The Community Foundation Serving Richmond and Central Virginia. With Community Foundation support, Ms. Armbrust and her team were able to develop programming, purchase equipment and recruit volunteers to “teach” the seniors.

In July of 2012, the Friendship Cafés participants began enjoying and learning from lectures complete with props, power point presentation, artifacts from the collection, as well as interactive activities. What makes the program so successful and unique is that each café can choose from a menu of programs that best fits their interests. From The Great Depression, Rosie the Riveter, Segregation, Integration, Hop a Trolley to the Park, Hold on to Your Hat and Please Enjoy the Show, all designed to engage and educate. Lifelong learning for seniors is very important to help keep the mind active and engaged. Studies have shown that brains, even aging brains, continue to grow and thrive as long as they are challenged and stimulated. “One of the best methods for doing so, is through lifelong learning - the continued educational experience of older learners who are involved in non-credit academic study, educational travel, and community service (Nancy Merz Nordstrom, M. Ed., author of “Learning Later. Living Greater. The Secret for Making the Most of Your After-50 Years.”)

“I knew the program would be successful… and I think what makes it so successful is that this is their history they live through these times and we are capturing stories that will add to what we know,” says Ms. Armbrust. What also makes this program so successful is its ability to change to meet the needs and interests of each unique Café. For example, our Highland Springs Café participants are aging with lifelong developmental and intellectual disabilities. A lecture format did not resonate with the participants so the lesson, “Who’s Hat Is That,” was changed and made more hands on with music, songs and pictures.

Missi Boyer, Meals and Wellness Manager at Senior Connections, says, “This has been such a positive experience for all of our Café participants. Café Managers have called to say the programs are wonderful and the presenters are knowledgeable and fun. We are grateful for the partnership.” However, not only are the Café participants enthusiastic about the programs, the presenters or “teachers” as they are called (many over 60 years old themselves) have also learned and gained from the experience. One new teacher, retired from teaching public school, called Ms. Armbrust after doing a presentation at the Friendship Café in Powhatan and said, “Thank You! I have taught school for 35 years and that was the most fun I have ever had teaching.”

Special thanks to Pat Armbrust and The Valentine Richmond History Center and The Community Foundation Serving Central Virginia for their commitment to bringing lifelong learning opportunities to older adults.

The Adopt a Café Initiative Helps Create New Partnerships for Health and Wellness Programming

Special thanks to the following home care agencies for helping our Friendship Café participants “know their numbers” by volunteering to do blood pressure checks at the Friendship Cafés:
- Care Advantage of Goochland
- Colonial Heights Health Care
- Comfort Keepers
- Companion Extraordinaire
- Family Lifeline
- Medi Home Health and Hospice
- Paradise Home Care
- Professional Homecare Resources
- Southeastern Home Health Care, Inc.
- Westover Insurance of Bon Air
- Guardian Place
- Rockwood Village

Ms. Sharon Burton, a teacher from the Valentine Richmond History Center, presented programs on Segregation and Integration at the Lanwood Robinson and CAPUP Friendship Cafés.

Friendship Cafés
A nutrition support program provided by Senior Connections, The Capital Area Agency on Aging

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

Special Thanks to Our First Supporter of Fiscal Year 2013! Westover Insurance of Bon Air Supporter Level $250
For more information on Senior Connections, CAAA’s Friendship Café Program, How to Adopt a Café, Donate Wish List Items, Volunteer, or How Your Organization can help…please call Colleen Wilhelm @ 804-672-4497 or email her at cwilhelm@youraaa.org. For more information on Senior Connections, CAAA visit our website at www.seniorconnections-va.org or check us out on Facebook and Twitter.
Over 150 RSVP volunteers and support staff attended this year’s Annual RSVP Recognition Brunch on October 28 in the Virginia Room at Imperial Plaza. The event was co-sponsored by Senior Connections and the Corporation for National and Community Service.

RSVP volunteers attended from Bensley Community, Chippenham Hospital, ElderFriends, Good Shepherd Senior Center Friendship Café, Henrico Doctors Hospital, Jewish Family Services, Meals on Wheels, Memorial Regional Medical Center, Richmond Redevelopment and Housing Authority, Senior Connections, Senior Center of Greater Richmond, Inc., Hunter Holmes McGuire VA Hospital and the Virginia War Memorial. Also in attendance were several volunteer directors representing organizations that partner with RSVP.

Dr. Thelma Bland Watson, Executive Director, Senior Connections offered greetings and provided an overview of the importance of RSVP. The annual value of RSVP service to the Richmond Community is more than $1.6 million. RSVP is one of more than 22 services offered by Senior Connections.

Highlights were “The Left/Right Game” which led to some hilarious moments and a performance by Senior Connections Choral Group who later led a joyful singalong with the entire assemblage.

Very special thanks go to Donna Buhrman and Chef Doug Lantau of Imperial Plaza, members of the Senior Connections staff who assisted and especially Human Resources Manager photographer who took beautiful pictures of volunteers as they arrived for the event.

A delicious buffet brunch was served to the volunteers and support staff.

NONDISCRIMINATION POLICY


Senior Connections shall not discriminate against elderly Virginians on the basis of race, color, sex, disability, religion, ethnic background, or national origin in the receipt or delivery of its services, programs, activities, employment, and/or procurement activities.

Senior Connections is an Equal Employment Opportunity and Affirmative Action Employer and gives preference in hiring to persons age 60 and older.

Any person who believes he or she has been discriminated against in any agency-related activity or service, is encouraged to write to: Executive Director, Senior Connections, 24 E. Cary St., Richmond, VA 23219-3796.

Thelma Bland Watson, Executive Director, Senior Connections.
The Richmond Area Foster Grandparent Program

CHARLINE COLE, MANAGER
Foster Grandparent Program
The Foster Grandparent Program (FGP) is sponsored locally by Senior Connections, The Capital Area Agency on Aging and funded by a federal grant from the Corporation for National and Community Service.

2012 marks the Richmond Area Foster Grandparent Program’s (FGP) 30th year of service to children and youth in the Greater Richmond region. During the past 30 years the Richmond Area FGP has matched hundreds of loving volunteer mentors, ages 55 and older, with 6000 or more children and youth who have special or exceptional needs, or are otherwise considered at-risk.

FGP will salute its 30 year history, and recognize the service of its volunteers, at a special celebration on December 5th which will include presentations from local civic and business leaders.

Foster Grandparent volunteers provide mentoring support in schools, hospitals, and child care centers, 20 hours per week.

In 2011, 74 FGP volunteers served 45,600 hours service for 85 children in the Greater Richmond region.

Learn more about CNCS and Senior Corps at http://www.nationalservice.gov/about/programs/seniorcorps.asp

Meet Our Newest Community Partner:
JenCare Neighborhood Medical Centers!

JenCare Neighborhood Medical Centers is new to Richmond and is a community focused organization. Not only is JenCare providing support for the Richmond Foster Grandparent Program, once it found out about the important work FGP volunteers do, they are reaching out to every FGP program wherever a JenCare center is located in the USA!

In Richmond, JenCare is supporting FGP by providing our volunteers with pre-service and annual physicals, health & wellness presentations and support for other programs within the Senior Connections agency.

To learn more about JenCare visit: http://www.jencaremed.com/

Songs Lift Hearts
TONY WILLIAMS
DIRECTOR, CHORAL GROUP

The Senior Connections Choral Group has been very busy bringing musical fellowship with the Richmond community since the end of their summer hiatus. This fall, the Group has performed for:
- The Richmond Mayor’s Centennial Event at the Virginia Historical Society
- Belmont Young-At-Heart Club at Belmont United Methodist Church
- RSVP Volunteer Recognition Brunch at Imperial Plaza
- Chesterfield County Fun at the Fairgrounds
- Senior Connections’ Annual Empty Plate Luncheon at the Science Museum of Virginia
- Masonic Home of Virginia
- Walmsley Senior Resource Fair at Walmsley United Methodist Church
- The Guardian Place Friendship Café
- Market Square Apartments
- Foster Grandparent Luncheon
- Chippenham Hospital
- Chesterfield County Christmas

Luncheon for Seniors
- Carter Woods Apartments
- Jefferson Hotel Midday Music Series

Ms. Ruth Butler was honored with a statuette at the RSVP Recognition Luncheon as the newest member of the Choral Group. Ruth, a soprano, is doing her first solo this fall, a segment of the Mills Brothers’ song “Nevertheless I’m in Love with You.” Some of the other songs the group is currently performing are “Just the Two of Us,” “Moon River,” “Moonlight Serenade,” “The Lion Sleeps Tonight,” “Here Comes the Sun,” “It’s a Beautiful Morning, and Doris Day’s “Que Sera, Sera.” More often than not, audience members join in the singing and sometimes dance! Music brings back happy memories, breaks down inhibitions, takes no notice of typical social barriers, and it simply makes people feel good!

Welcome New FGP Mentors!

In August, FGP welcomed the following new mentors:
- Mr. Willie Holmes
- Ms. Aleese Pleasant
- Ms. Alease Pleasants
- Mr. Willie Holmes

FGP Honors Mentors Who Retired in 2012

- Ms. Aleese Pleasants volunteered at Clark Springs Elementary School, beginning her service in August 1991. She mentored children at that same school until March 2012 for a total of 20 years and 7 months! Ms. Pleasant epitomizes the dedication and passion for helping children that is the hallmark of Foster Grandparent mentors.
- Ms. Laura Anderson retired from The Adult Career Development Center where she cared for the youngest at-risk children in Early Head Start classrooms; prior to this she had assisted children at Clark Springs Elementary School and MCV Children’s Hospital. She was honored last year as ‘FGP Mentor of the Year’. Ms. Anderson had volunteered with FGP for a total of 20 years and was 91 years young at the time of her retirement!
- Mr. Willie Holmes began service with FGP in 1997 at what was then called the MCV Children’s Hospital and he later started at the Virginia Treatment Center for Children after a break from volunteer service. Mr. Holmes was a welcome and consistent male role model with FGP for over 12 years and is missed by children and staff at VTC.
- Ms. Doris Paige served faithfully at the Child Life Center at the Richmond Children’s Hospital, helping children recover from hospitalizations and serious illness, beginning in 2001 until her retirement in 2012 – 11 years of service to children!
- Mrs. Bertha Johnson, a cancer survivor, worked with children at Swansboro and G.H. Reid Elementary Schools and MCV Children’s Hospital for eight years.
- Mrs. Louise Caine served at Henderson Middle School (FGP partners there with Communities in Schools of Richmond, Inc.) assisting middle school students with special needs for five years, sharing her warm smile and gracious manner with everyone she encountered. FGP also will miss Mrs. Shirley Brown and Mrs. Jean Barbee. We thank them for their two years of service.

For more information about the Richmond FGP please call 343-3022.

Ms. Alease Pleasant (second from left) retired this year. She is pictured with the Principal of Clark Springs School and other school staff at the 2011 FGP Recognition.

Ms. Alease Pleasant

Foster Grandparents
Share Today, Shape Tomorrow.
Optimal Aging: 100 is the new 80

Centenarian Mrs. Catherine Tolton (center) is pictured with Dr. Thelma Watson (third from left) and Dr. Ayn Welleford (first from right)

Optimal Aging: 100 is the new 80

Dr. E. Ayn Welleford, Chair
VCU Department of Gerontology

Students from the VCU Department of Gerontology participated in the Mayor of Richmond’s Inaugural Centenarian Celebration held on September 22 at the Virginia Historical Society. What better way to showcase Optimal Aging than to interview older adults who have lived for a century (and longer).

Catherine Tolton was born on June 25, 1912. Throughout her life, she has been a true caregiver; as a nurse, as a mother of ten and as grandmother to 33 and great-grandmother to 26. At 100, Mrs. Tolton continues to enjoy Scrabble, socializing and reading.

Mrs. Tolton personifies Optimal Aging in her positive reflections upon a lifetime of caregiving and her current activity and enjoyment of life. Mrs. Tolton’s “glass half full” approach to life and aging and her longevity are supported by evidence-based scholarship on attitude and aging. Quite simply, accentuating the positive and eliminating the negative.

And speaking of optimal aging, let’s look at authors Tom Wolfe and Tom Robbins; 81 and 76, respectively. Writing. Traveling. Lecturing and receiving awards for their works. Both have called Richmond and Virginia home during their lives.

Creating A Family Health History

A Family Tree for Health

A family health history is a written record of a family’s health. The history contains information about a family’s medical conditions, lifestyle habits (for example, whether anyone in the family has smoked), and where and how family members grew up. It’s like a family tree for health.

What a Family Health History May Reveal

You can use a family health history to see if you, your children, or your grandchildren might face an increased risk of developing serious health problems. These health problems might be common ones, such as heart disease, cancer, or diabetes. They could also be less common diseases that are passed from one generation to the next, such as hemophilia or sickle cell anemia.

People can’t change the genes they inherit from their parents, but they can change things like diet, physical activity, and medical care to try to prevent diseases that run in the family.

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:
  - Resources to Help You Prepare
  - For Drugs Requiring Refrigeration
    - www.dfa.gov/Drugs/EmergencyPreparedness/ucm085213.htm
  - Create Your Own Medication List
    - www.rxresponse.org/PublicResources/Pages/EmergencyPreparedness.aspx

REMINDER!

Medicare Annual Enrollment Period
Ends Friday, December 7
Any changes made during the enrollment period will take effect January 1, 2013

For both health and prescription drug help, some income and certain assets may not be counted including, but not limited to the house you live in, a car, burial plots and up to $1,500 for burial expense.

If you think you are eligible, you need to apply. A VICAP Counselor can help you apply on-line for Extra Help and provide you with a referral for help applying for the Medicare Savings Programs. Please call 343-3014 for additional information.

VICAP counseling is unbiased, confidential and free. VICAP volunteer counselors are not licensed to sell insurance and do not promote any insurance products.
New Partners Leads to Quality Health Care for 10 Women

CATHARINE HENDERICKSON
Care Coordinator

Patient First Neighborhood Medical Centers began a partnership, in Spring 2012, with Senior Connections, Access Now and Paredes Institute to offer comprehensive, no-cost, quality health care to 10 women lacking medical insurance.

Patient First, a dynamic Richmond-based company, is the foundation of the partnership since they provide no-cost primary care for the ten women. The participating women are ages 50-63, lack insurance and meet income requirements. After enjoying the partnership for six months, one patient stated, “I’m giving Patient First and the partnership an A+” for caring, quality medical care.

Dr. Richard (Pete) Sowers, Patient First’s CEO and founder opened his initial urgent care center in 1981 and the firm has expanded to 41 medical centers in three states and DC. “Patient First’s vision remains the same: making access to quality medical care as convenient and cost-effective as possible.”

By Patient First providing the “medical home” for the women, Access Now was able to receive the patients for needed specialty care. “Since January 2008, Access Now has been serving the Richmond community by providing access to specialty medical care for the uninsured” by referrals from “safety net clinics”. Specialists (926) provide care at 124 medical practices and hospitals, donating “more than $15 million in charity care”.

The fourth member of the partnership is The Ellen Shaw de Paredes Institute for Women’s Imaging, which provides free mammograms and as needed, diagnostic tests, for the ten participants. The Paredes Institute is a radiology practice, established in 2005 by Dr. Paredes, devoted to women’s health. “Excellent and comprehensive breast imaging is available, with the aims that breast cancers are caught at an earlier stage, and that our ultimate mission is... to improve the outcome of women who are faced with this disease.”

By the enthusiastic collaboration of the four organizations’ staff, ten uninsured women are receiving quality, comprehensive medical care. While the program’s 10 spaces are currently filled, we hope to expand in the future.

Senior Connections coordinates the partnership through Focus 50 Plus, our mammogram outreach program. Senior Connections warmly thanks:

• Dr. Richard Sowers, the CEO of Patient First for volunteering this extensive primary care
• Marilyn Nicol and her colleagues of Access Now for linking with Dr. Sowers to make this partnership possible. Access Now and its volunteering specialists are much appreciated.
• Dr. Ellen Shaw de Paredes and Sheppard Haw of the Paredes Institute for Women’s Imaging for their life-saving service, providing 10 free breast health diagnostic work-ups. (funded by the Susan G. Komen for the Cure of Central Virginia).

Energy Fair Held for Seniors

On June 23, Dominion Virginia Power partnered with Senior Connections and project:HOMES to help seniors learn about conserving energy and saving money on their energy bills. Senior Connections’ staff members distributed fans to eligible seniors and completed intake applications for additional services if needed by a senior. Staff from project:HOMES offered tips and demonstrations on how to conserve energy.

The fair was held at The Home Depot store at Bell Creek Road in Mechanicsville. It was an informational and fun event for all.

Chronic Disease Self Management Program Holds Training Session

The Chronic Disease Self-Management Program (CDSMP) sponsored by Senior Connections is an evidenced based initiative that has been funded for the past two years through a grant from the Virginia Department for the Aging. The CDSMP teaches individuals how to manage their chronic conditions with a focus on health promotion and wellness. The CDSMP model uses standards developed by Stanford University.

To volunteer or to find a future class, please contact Ms. Joan Welch, CDSMP Coordinator at 804-615-0135.

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Family Health History

For older adults, a family health history may be helpful in explaining why you have developed certain health conditions. But it is important to know that simply getting older increases the risk of many diseases, too. Creating and sharing your family health history with your health care professional can help you be healthier. But perhaps the biggest benefit is providing information that may help your children and grandchildren live longer, healthier lives.

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Telephone Reassurance Programs

There are several telephone reassurance programs in the Greater Richmond area. They include Senior Connections’ TeleBridges, Telephone Reassurance Program of Chesterfield County and the Jewish Family Services Telephone Reassurance Program.

Telephone Reassurance Programs offer security and friendship for older adults isolated in their homes. The programs are usually run by volunteers and are free to clients. The Senior Connections’ TeleBridges Program provides friendly, concerned, volunteers who stay in touch with seniors two to five times per week. Each phone call provides reassurance by offering a listening ear and an encouraging word.

Please call (804) 343-3000 for more information about TeleBridges.

Volunteer Money Management Program

Teenagers aren’t the only ones struggling to be independent.

From balancing a checkbook to paying bills, managing your money can get harder as you age. Help is available. Call 343-3055 to ask about our services.

Call 343-3024 to volunteer to be a bill-payer for a person needing assistance to remain independent.

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 Medication 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.

Stock Market Losses?

Providing legal representation to investors in claims against stock brokers and investment advisors.

Suspicious of your broker’s actions? Call for a free consultation.
(434) 700-1966
www.SecuritiesClaimsManagement.com
NOVEMBER 2012

Senior Connections will close at 1:00 p.m. on Wednesday, November 21 for the Thanksgiving Holidays

The Giving Heart To Hold 7th Annual Community Thanksgiving Feast
On Thanksgiving Day, Thursday, November 22, 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 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.

Dominion GardenFest of Lights
Friday, Nov. 23 to Monday, Jan. 7, 10 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 “East Meets West” focusing on the rich array of plants and decorative arts of Eastern cultures that have influenced Western traditions. For more information please call (804) 262-9887, ext. 316 or visit www.lewissginter.org.

MARCH, APRIL, MAY

Senior Connections Board of Directors Meeting
Tuesday, March 26, 1:30 p.m.
Senior Connections, 24 East Cary Street
Open to the Public. Please call (804) 343-3023 for additional information.

Senior Connections Annual Board Meeting and Open House
Tuesday, May 28
Senior Connections, 24 East Cary Street
Open to the Public. Please call (804) 343-3023 for additional information.

FEBRUARY

Tea House Valentine’s Dinner
Thursday, February 14
Lewis Ginter Botanical Garden
Treat your loved one to a special Valentine’s dinner. Stroll the warm and cozy Conservatory featuring exotic orchids. For reservations please call (804) 262-9887, ext. 329.

Senior Connections To Open AARP Tax Aide Site in February
In mid-February, an AARP Tax Aide will open at Senior Connections, 24 E. Cary Street (corner of 1st and E. Cary Streets), to serve the Richmond community. Those eligible can receive free assistance in preparing their 2012 state and federal 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.
Appointments are required. For additional information to schedule an appointment, please call 343-3059.

DECEMBER

Senior Connections will be closed
Monday, December 24th
Tuesday, December 25th and
Tuesday, January 1
for the upcoming holidays

New Year’s Eve Family Frolic
Monday, December 31, 2 to 5 p.m.
Lewis Ginter Botanical Garden
Family activities in the afternoon with live entertainment and crafts. Visit www.lewissginter.org

JANUARY 2013

Senior Connections Board of Directors Meeting
Tuesday, January 22, 1:30 p.m.
Senior Connections, 24 E. Cary Street, 3rd Floor Board Room

Senior Advocacy Day at the Virginia General Assembly
Wednesday, January 23
Volunteers Needed. Please call Pat Geisen at (804) 343-3059 for additional information.

DONATIONS REQUESTED

Thank You
Senior Connections, The Capital Area Agency on Aging acknowledges and appreciates the ongoing support that has been shown by Mature Life readers.

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

S.W. Johnson
Rose and John Morin
Thomas McCall
Harriet Turner
Barbara Farrell
Elizabeth Wilkins
John W. Moores
Lauravia P. Simmons
9 Anonymous

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 __________________

Save The Date!
October 9, 2013
10th Annual Empty Plate Luncheon & Awards Ceremony

Client Services and Care Coordination
(804) 343-3000

Mature Life is offered free of charge to persons age 60 or older and to others interested in their well being. 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.

To request a contribution form and mailing label, please call 343-3059.

Yes, I want to help support Mature Life.
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.

Please check: _______
Senior Connections Choral Group
Advocacy Through Music!

Senior Connections Choral Group members at the Chesterfield County Fun in the Park event. Left to right: David LeGrande, Sharon Brewer, and Raymond Turner.

Agency Seeking Volunteers to Promote its Services and Programs for Older Adults, Caregivers and Persons With Disabilities

Do you have two to three hours during the week or on weekends to donate as a Public Information and Education Volunteer for Senior Connections?

The Agency is seeking volunteers to attend health fairs and other events on its behalf to help promote public awareness of our services and programs for older adults and persons with disabilities.

Training Provided  Transportation Reimbursement  Recognition Luncheon
Please contact Shana Beverly, Volunteer Services Coordinator at (804) 343-3024 or sbeverly@youraaa.org for more information or to sign-up.

Who is a potential Meals on Wheels client?

- The retired couple on a fixed income
- The single mom recovering from surgery
- The elderly woman in frail health
- The beloved pet of an isolated senior
- All of the above

Chances are, you know someone who has a need for Meals on Wheels. In addition to the homebound elderly and disabled, people in a wide variety of circumstances receive our unique home-delivered services.

One of them could be your friend, neighbor, or loved one who needs...

a daily safety check... healthy and delicious customized meals... pet food... emergency food boxes... birthday and holiday remembrances... and more.

feedmore.org  Contact us to learn more!  804.521.2500