May Is Older Americans Month: Get Into The Act... Of Living!

Join an Exercise Class at a Senior Center or Friendship Café.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country. Every President since President Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Older Americans Month recognizes older Americans for their unique and valuable contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), the focus is on how older adults are taking charge of their health, engaging in communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is Get Into the Act.

CONTINUED IN NEXT COLUMN

CONTINUED ON PAGE 3

GET INTO THE ACT: Join an Exercise Class at a Senior Center or Friendship Café.

GET INTO THE ACT: Volunteer for a Community Organization.
Creating Livable Communities in the Richmond Region

The Gerontology Department at Virginia Commonwealth University and Senior Connections, The Capital Area Agency on Aging are managing partners for the Greater Richmond Region Age Wave Initiative. This initiative is a Coalition which brings together important stakeholders from all sectors of our community (philanthropy, government, business, nonprofit, academia) to prepare for the challenges and potential of our growing population over the next 18 years. This initiative is also building awareness, adding academic expertise, and leveraging partnerships with diverse organizations, businesses, service providers, and localities.

A key component of the Age Wave Initiative is GeroTrifecta, the creation of a grassroots advocacy network comprised of students, older adults (seniors) and local community leaders who canvas communities. The purpose of the GeroTrifecta is to raise awareness of community resources, needs and opportunities in aging and to create a means for communicating with various sectors including local governments. GeroTrifecta is also an intergenerational engagement opportunity to inform, empower and invest locally. A second intergenerational component of the Age Wave Initiative is CATCH Healthy Habits. This component engages Senior Volunteers to teach healthy eating and exercise to youth at various community settings. These intergenerational components and other existing partnership such as the Foster Grandparent Program contributed to the Region’s selection for the 2015 Best Intergenerational Communities Award.

The Greater Richmond Region is an engaging and vibrant community enriched by the Age Wave Initiative. The Age Wave Coalition brings together a collective community - academicians, business, government, nonprofit and many intergenerational connections - to celebrate aging as a lifelong opportunity. We are excited RVA is a leader for Age Wave collaborations and partnerships that support older adults, individuals with disabilities, caregivers, families and residents of all ages. During the past year, much work has been done in collaboration with the VCU Gerontology Department to join community partners in making the region “livable” for all ages. We celebrate several successes:

1. Active Aging Week
   Active Aging Week in the Richmond Region was celebrated for the first time during the week of September 22-27, 2015. This annual celebration is part of a national initiative led by the International Council on Aging (ICA).

   The theme for 2014 was “Let the Adventure Begin,” which was very fitting as older adults in our community participated in physical activities, workshops and forums that promoted proactive approaches to healthy aging. The weekend celebration strengthened positive images of optimal aging and active lifestyles that reinforced connections to community resources that help seniors live with dignity and
Executive Director’s Message

CONTINUED FROM THE PREVIOUS PAGE

grace while remaining in their homes and communities. Activities were held in the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan. Active Aging Week activities included holistic programs to nourish the mind and spirit; highlights of the Age Wave Coalition and its volunteer projects; and community resources to connect generations and organizations.

The Kick-Off event was held on Monday, September 22 at Senior Connections. Sports Backers facilitated a workshop “Ramping Up Workplace Activity” that showcased how businesses, organizations and staff engaged in the Active RVA campaign. The closing ceremony, was held on September 26 at Health South Rehabilitation Hospital. Commissioner Jim Rothrock, Virginia Department for Aging and Rehabilitative Services (DARS), was the guest speaker. He encouraged the audience to stay active and involved.

Active Aging Week was an annual event jointly managed by the Arthritis Foundation, Senior Connections, The Capital Area Agency on Aging and the VCU Department of Gerontology. The 2014 management team included the chair and “face” of Active Aging Week, Mrs. Sharon Brewer. Mrs. Brewer is an Ageless Grace certified educator and exemplifies “active Aging.” According to Mrs. Brewer, “aging is a gift that is to be cherished and treasured. Active Aging Week is for everyone!” The weeklong event was supported by the generous funding of JentCare, Genworth Financial and United Way of Greater Richmond & Petersburg.

2. Best International Communities for 2015

We celebrate Richmond’s distinction as one of the Country’s best intergenerational communities for 2015. This prestigious award was presented by MediLife Foundation and Generations United.

The Richmond application was spearheaded by the Greater Richmond Age Wave Coalition and supported by various community partners including Chesterfield County, United Way of Greater Richmond & Petersburg, Richmond Regional Planning District Commission, PALETTE, William Fox Elementary School, Family Lifeline, YMCA of Greater Richmond, Sports Backers and many others. The coalition partners are commended for helping make this award possible for the Richmond Region. An award ceremony was held on February 11 on Capitol Hill, Washington, DC.

3. Age Wave Strategic Update for 2015

The Greater Richmond Age Wave Coalition is a collaboration of public and private organizations, businesses and individuals including older adults working to prepare for the opportunities and challenges of our region’s growing aging population. The Coalition released the latest update to the Age Wave Plan on March 27 during its meeting at the Jewish Community Center hosted by Jewish Family Services.

The 2015 Strategic Update presents progress and learnings from key stakeholders and the two managing partners - Senior Connections, The Capital Area Agency on Aging and Virginia Commonwealth University’s Department of Gerontology. The five strategies for the future are:

- Start Local. Local governments and their leaders are catalysts for change. Advancing the conversation about aging at the local level is helping us to identify unique needs and opportunities that inspire new models of service delivery and capturing local data.

- Align and Integrate. Lessons learned from national efforts and successes across the Commonwealth provide us with guidance and synergies that continue to inform our next steps and collective progress.

- Build Momentum. Four project-based work groups use data, best practices, local to national resources, and mapping to chart the course for regional impact. The Business for

CONTINUED ON PAGE 6

JOINT RESOLUTION
Senior Connections Board of Directors
and Advisory Council

Older Americans Month 2015

Whereas, the Richmond Region includes thriving communities of older adults who deserve recognition for their contributions and sacrifices to ensure a better life for future generations; and

Whereas, the Richmond Region is committed to helping all individuals live longer, healthier lives in the communities of their choice for as long as possible; and

Whereas, since 1965, the Older Americans Act has provided services that help older adults remain healthy and independent by complementing existing medical and health care systems; helping prevent hospital readmissions; and supporting some of life’s most basic functions, such as bathing or preparing meals; and

Whereas, these programs also support family caregivers, address issues of exploitation, neglect and abuse of older adults, and adapt services to the needs of diverse individuals; and

Whereas, we recognize the value of community engagement and service in helping older adults remain healthy and active while giving back to others; and

Whereas, our communities can provide opportunities to enrich the lives of individuals for all ages by:

- Promoting and engaging in activity, wellness, and social inclusion;

- Emphasizing home and community-based services that support independent living;

- Ensuring community members of all ages benefit from the contributions and experience of older adults.

Now therefore, Senior Connections does join local communities in proclaiming May 2015 as Older Americans Month. We urge all citizens and organizations to take time this month to celebrate older adult and the people who service and support them as powerful and vital individuals who greatly contribute to the community. We urge all adults to “Get Into The Act”

Dated this 19th day of May 2015
Senior Connections

John T. Robertson, Chair
Board of Directors

Carol Young, Chair
Advisory Council

History of Older Americans Month

CONTINUED FROM THE FRONT PAGE

Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to Get Into The Act to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.
Local Government Connections

Charles City County

The Committee on Aging serves to enhance the quality of life enjoyed by aging persons through the provision of information on subjects of interest to seniors and by providing opportunities for social interaction through trips and other special events. The Committee also serves as a “sounding board” for governing bodies and other institutions interested in the welfare of seniors. Meetings are held the first Wednesday of each month. For details please call the Virginia Cooperative Extension Office at 804-652-4743.

The Young-At-Heart Club is a program for persons age 55 and over and sponsored by the Charles City County Department of Parks and Recreation. The Club meets monthly to plan activities for the upcoming month. To join or for more details, please call Brenner Carter, Programs Coordinator at 804-652-1601 or 804-652-1603.

For information or assistance through Senior Connections please call 804-343-3000 and ask for the Intake Department.

Chesterfield County

Community Discussion Session for the Four-Year Plan for Aging Services

Wednesday, May 20; 3:30 p.m. to 5:00 p.m.

Chesterfield Community Development Building

9800 Government Center Parkway

Senior Connections is seeking community input about needs, priorities and future directions as well as information about benefits of current services and the Agency’s visibility in the community. Senior, caregivers, providers and the general public are invited to attend. Please RSVP to (804) 343-3054 or mboynton@youraaa.org to confirm attendance. Interest, support and ideas are appreciated.

Celebration at the Ettrick Friendship Café

Wednesday, May 27; 10:00 a.m. to Noon

Mayes-Colbert Ettrick Community Building

Join us as we celebrate Older Americans Month and discover what’s happening in your community. Get to know more about the Café and the Mayes-Colbert Ettrick Community. This event is free and open to older adults age 60 and older. Includes exercises by the YMCA, exhibits from Art On Wheels, vendors, door prizes and demonstrations. Free lunch provided with reservation. To reserve a lunch please call Tonya Y. Jones at (804) 706-2596.

Hanover County

Hanover Ashland TRIAD sponsored its Third Annual Safety for Seniors Fair on Wednesday, May 13. The event was held at Covenant Woods. Health and Safety vendors provided information. Participants enjoyed guest speakers, refreshments and participated in a drawing for door prizes.

For information or assistance through Senior Connections please call 804-343-3000 and ask for the Intake Department.

Community Discussion Session for the Four-Year Plan for Aging Services

Wednesday, May 20; 10:00 a.m. to 11:30 a.m.

Shiloh Baptist Church Friendship Café

106 South James Street, Ashland

Senior Connections is seeking community input about needs, priorities and future directions as well as information about benefits of current services and the Agency’s visibility in the community. Senior, caregivers, providers and the general public are invited to attend. Please RSVP to (804) 343-3054 or mboynton@youraaa.org to confirm attendance. Interest, support and ideas are appreciated.

The Senior Connections Service Region

Senior Connections, The Capital Area Agency on Aging serves the citizens of Planning Service Area 15 (PSA 15) which includes the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan, and the City of Richmond. We maintain a central office at 24 East Cary Street and seven field offices in the Counties.

Senior Connections is a part of a nationwide network of Area Agencies on Aging (AAAs) that provide information, advocacy, and direct services to seniors and their families. There are 25 AAAs in Virginia and more than 650 nationwide.
Local Government Connections

**Henrico County**

**The Shepherd's Center of Richmond**
3111 Northside Ave., #400, Richmond, VA 23228
Check out the Shepherd Center: Encouraging older adults to remain active and independent through enrichment programs and volunteer service to their peers for over 30 years. Office hours are Monday through Friday, 8:30 a.m. until 4:30 p.m. For additional information, please call (804) 355-7282 or send an email to info@TSCOR.org

**New Kent County**

**Community Discussion Session for the Four-Year Plan for Aging Services**
Wednesday, May 20; 1:00 p.m. to 2:30 p.m.
County Administration Building, 12007 Courthouse Circle
Senior Connections is seeking community input about needs, priorities and future directions as well as information about benefits of current services and the Agency’s visibility in the community. Senior, caregivers, providers and the general public are invited to attend. Please RSVP to (804) 343-3054 or mboynton@youraaa.org to confirm attendance. Interest, support and ideas are appreciated.

**Powhatan County**

TRIAD is a crime prevention program for seniors and their caregivers. The primary focus is to reduce crime against seniors. The effort is partnered with local law enforcement agencies, senior citizens, caregivers, Senior Connections, The Attorney General’s Office, The Department of Social Services, Service Providers and interested community members. In Powhatan County, monthly meetings are planned to talk about the needs of seniors and also of local scams in the County. TRIAD meets the first Wednesday of every month in the Village Building, 3910 Old Buckingham Rd., Powhatan, VA.

Powhatan TRIAD Senior Day
Thursday, May 21; 10:00 a.m. to 2:00 p.m.
Powhatan County Armory, 276 Essayons Drive
TRIAD will be sponsoring Senior Day for Powhatan residents. Lunch, door prizes, health screenings, available resources, a guest speaker, Bingo, and entertainment will be available. TRIAD will also collect canned food on this day for the Food Bank. A Yard Sale will take place to raise money for different causes.
Community News

Retreat for Board, Advisory Council and Management Staff Held April 16

On Thursday, April 16, Senior Connections held a Retreat with the theme "Adapting for the Future: Trends and New Directions," at the Cultural Arts Center at Glen Allen. Attendees included Board members, Advisory Council members, Agency management staff and special guests. John Robertson, Chair, Board of Directors, Carol Young, Chair, Advisory Council and Thelma Watson, Executive Director welcomed the group. Dr. Watson introduced Mrs. Nancy Edwards Siford, Consultant, as the facilitator for the Retreat. NANCY SIFORD, INC. provides mediation, facilitation, training and consulting services to courts, churches, schools, nonprofits and others.

John Purnell, retired CEO of Friends Association for Children and current volunteer with the Virginia Insurance Counseling and Assistance Program

Executive Director’s Message

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John Purnell, retired CEO of Friends Association for Children and current volunteer with the Virginia Insurance Counseling and Assistance Program

To evaluate progress on the Strategic Plan’s three goals and directions. The three strategic goals:

1. Visibility and Marketing: Create distinctive and recognizable public image of Senior Connections.
2. Programs and Services: Increase development and delivery of comprehensive services and collaborative programs using person (individual)-centered practices to address the short and long term needs of older adults, adults with disabilities and their caregivers.
3. Funding and Resources: Develop diverse, sustainable funding sources while continuing strong stewardship of all resources.

CONTINUED ON THE NEXT PAGE

Seated left to right: Keynote Speakers Sandy Markwood, CEO, n4a and the Honorable Robert H. Brink, Deputy Commissioner for Aging Services. Dr. Watson, Executive Director, Senior Connections is at the podium.

At the Retreat: Board Member Gloria Johnson is seated on the far left.

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Executive Director’s Message

Continued from page 2

Life/Aging 2.0, GeroTrifecta, Scorecard, and Toolkit work groups are engaging all sectors.

• Educate and Advocate. Advocates are working to eliminate negative perceptions and stereotypes of aging. Recruiting more individuals to spread key message across the age spectrum means teaching new ways of thinking. Two innovative examples are Operationalizing Age Wave Readiness ALHP 591, a new course offered in VCU Department of Gerontology and Elders Are Our Superheroes Program, a lesson plan for grades K-5 developed and taught by an art teacher in the City of Richmond.

• Work Together. Development of meaningful and collaborative community partnerships is advancing our message and practices to thousands of people and encouraging healthy, active aging. Our CATCH Healthy Habits, national evidence-based, intergenerational wellness program is one example.

Thank you for joining the Age Wave Coalition Celebration. We appreciate your contributions.

[Signature]
Board, Advisory Council and Management Staff Retreat

Contined from the Previous Page

(VICAP) set the tone for the Retreat with a Mission Moment. Mr. Purnell inspired the group with his testimony regarding the help he received from VICAP and how this led to him joining later as a volunteer to assist others. Keynote speakers were The Honorable Robert H. Brink, Deputy Commissioner for Aging Services and Sandy Markwood, CEO, National Association of Area Agencies on Aging. They discussed State and National Trends and Practices. Richard W. Lindsay, M.D., Emeritus Professor of Internal Medicine and Family Practice, Gordon Walker, Retired CEO, Jefferson Area Board on Aging, Kathy Vesley-Massey, CEO, Bay Aging, Pat Robertson, CAO, Bon Secours and Bill Massey, CEO, Peninsula Agency on Aging served as Panel Members for the discussion on adapting for the future.

After lunch, participants gathered into small groups to evaluate progress on the Strategic Plan’s three goals - Visibility and Marketing; Programs and Services, Funding and Resources and to provide new ideas and trends to ensure that Senior Connections is on the right track. After returning to one large group, ideas and suggestions were shared with responses from the audience. The Retreat was very well-planned, informative and enjoyed by all who attended. Follow-up will be used to update the Agency’s Five Strategic Plan that runs through 2017.

Governor McAuliffe Proclaims May as Adult Abuse Prevention Month 2015

On April 24, 2015, Governor McAuliffe of the Commonwealth of Virginia, set forth the following proclamation:

WHEREAS, more than 1.5 million Virginians are currently over the age of 60 and the population of older Virginians will increase to more than 2 million by 2030; and

WHEREAS, during fiscal year 2014, Virginia Adult Protective Services received over 21,000 reports of adult abuse, neglect, and exploitation; and

WHEREAS, older Virginians and Virginians with disabilities may be targets for abuse, which can occur in families and communities of all social, economic, racial and ethnic backgrounds; and

WHEREAS, in order to reduce the incidence of adult abuse in Virginia, there are a number of adult abuse prevention programs that provide vital services to older Virginians and Virginians with disabilities, including a 24-hour hotline, crisis intervention, emergency shelter, home-based and community services, public education, and legal advocacy; and

WHEREAS, Adult Abuse Prevention Month offers all Virginians the opportunity to participate in community efforts to improve the safety and well-being of people throughout the Commonwealth, to recognize the organizations and individuals who serve them, and to remember victims of adult abuse and their families; and

WHEREAS, the Virginia Department for Aging and Rehabilitative Services, home to the State Adult Protective Services Division, promotes an integrated vision and streamlined services to assist older Virginians and Virginians with disabilities to live in communities free of abuse, neglect, or exploitation;

NOW, THEREFORE, I, Terence R. McAuliffe, do hereby recognize May 2015 as ADULT ABUSE PREVENTION MONTH in our COMMONWEALTH OF VIRGINIA, and I call this observance to the attention of all of our citizens.

Source: governor.virginia.gov/adult-abuse-prevention
Aging Parents
2nd Tuesdays 7:00 p.m.
Bon Air Methodist Church
1645 Buford Road, Room 207
804-320-3890

ALS Support Group
2nd Tuesdays
Trinity United Methodist Church
903 Forest Avenue
Sarah Stein 1-866-348-3257

Alzheimer’s Association
Greater Richmond Chapter
4600 Cox Road
804-967-2580 for schedule
www.alz.org/grva

Brain Injury
3rd Mondays 6:15 p.m.
Children’s Hospital
2924 Brook Road
Christine 804-355-5748

Caregiver Connection
1st Tuesdays 4:00 p.m.
Lucy Corr Village
Friendship Room
6800 Lucy Corr Blvd.
Chesterfield County
Debbie Leidheiser 804-768-7878
Leidheiserd@chesterfield.gov

Essential Tremor
3rd Tuesdays 6:30 p.m.
Our Lady of Hope
13700 North Parham Road
Diane Campbell 804-556-2345

Fibromyalgia and Chronic Pain Association
804-862-4244

Grandparent Connection
3rd Thursdays 4:30 p.m.
Chesterfield Community Development Building
9800 Government Ct., Pkwy.
Chesterfield County
Debbie Leidheiser 804-768-7878
Leidheiserd@chesterfield.gov

Hanover Adult Center
3rd Tuesdays 5:30 p.m.
7231 Stonewall Parkway,
Mechanicsville
Diane Dillard 804-746-0743
ddillard@hanoveradultcenter.com

Jewish Family Services
3rd Thursdays 7:00 p.m.
6718 Patterson Avenue
Janina Bognar 804-282-5644

Levinson Heart Center
1st Tuesdays in January, March,
May, July, September and November
7:30 p.m.
7101 Jahnke Road
804-741-3893

Lupus Foundation
804-262-9632
www.lupus.org

Memorial Regional Medical Center
1st Tuesdays 6:00 p.m.
8260 Atlee Road, Mechanicsville
Ethel Gordon 804-764-6674

Mended Hearts
1st Tuesdays in February, April,
June, August, October, December
Henrico Doctors’ Hospital
Forest Avenue Campus
804-741-3893

Multiple Myeloma
3rd Mondays except July and August
7:00 to 8:30 p.m.
Henrico Doctor’s Hospital
1620 Skipwith Road
Barbara Marx 804-355-6217

National Multiple Sclerosis Society
804-353-5008

Parkinson’s Disease
Circle Center Adult Day Services
4900 West Marshall Street
Ann Spinks 804-355-5717

Metro Chapter Parkinson’s Disease
3rd Sundays 2:00 p.m.
HealthSouth Hospital
Kathy Morton 804-730-1336

Post Polio Central Virginia
Carol Kennedy 804-740-6833

Prostate Cancer
3rd Thursdays 7:00 p.m.
Ridge Baptist Church
Peter Moon 804-346-4407

Well Spouse Group
2nd Tuesdays 7:00 - 9:00 pm
Henrico Doctor’s Hospital
Parham Campus
Kathy Jarrell 804-545-4592
kathy.jarrell@hcahealthcare.com

For more information, please call (804) 343-3000
for Caregiver Support Services or
visit our website at www.seniorconnections-va.org

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White & McCarthy, LLP
15871 City View Drive, Suite 220
Midlothian, VA 23113
Phone (804) 379-1905
Fax (804) 379-1906
www.whitemccarthy.com

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kathy.jarrell@hcahealthcare.com

For more information, please call (804) 343-3000
for Caregiver Support Services or
visit our website at www.seniorconnections-va.org
2015 Annual Empty Plate Luncheon

Save The Date: Wednesday, October 7, 2015!

The Empty Plate Luncheon is a celebratory event highlighting the success of Senior Connections’ annual Empty Plate Campaign, a collaborative fund raising activity. We are proud of the history and legacy of the Empty Plate Campaign that was started 11 years ago at the Science Museum of Virginia. The Luncheon also recognizes community advocates who support the enhancement of the lives of older adults. For the past seven years, the event has been co-chaired by the Honorable Eva Hardy and the Honorable Frank Hall.

The 2014 Empty Plate Luncheon was a huge success. We were able to raise approximately $90,000 through the gracious support of businesses, organizations and individuals. This allowed us to provide additional funds for critical services and programs. These essential programs (meals, transportation, home care, volunteer support and others) help seniors to live in their homes and communities as well as maintain independence.

The 12th Annual Empty Plate Luncheon will be held on Wednesday, October 7, 2015 at the Trinity Family Life Center at 3601 Dil Hill Road, Richmond. Sponsorships are now being accepted (see forms on pages 10-11 of this newsletter). Thank you for your consideration and support.

Thanks 2014 Sponsors!

Program

Co-Event

AARP®
Real Possibilities

Bank of America®

The Honorable
Eva Hardy

Mr. John Moore

Presenting

Dominion

Genworth

MHWest & Co., Inc.
Management, Planning & Education Consultants

Title

VCU
Virginia Commonwealth University
School of Allied Health Professions

Event

The Honorable
Franklin P. Hall

Program & Sponsorship Opportunities

Table (continued)

Cedarfield

City of Richmond
Office On Aging
And Persons With Disabilities

COVENANT WOODS

Donor Family Fund

Eldon James

Feeding More®

JAGA

FRED

and The Lambert Family

Table (continued)

Humana

JenCare

Verus

Westminster Canterbury
Richmond

WILLIAMS MULLEN
Findingyer

BANKERS INSURANCE

BLILEY’S
Estimating Corp.

CARE ADVANTAGE

DOOLITTLE

Lucy Con Corporate Law Firm

wdmc
National Center & Center on Black Aging, Inc.
2015 Empty Plate Luncheon

Corporate Sponsorship

12th Annual Empty Plate Luncheon & Awards Ceremony
Wednesday, October 7, 2015 - 11:30 a.m. to 1:00 p.m.
Trinity Family Life Center, 3601 Dill Road, Richmond, VA 23222

SPONSOR RESERVATION
We are/1 am pleased to support Senior Connections, The Capital Area Agency on Aging’s efforts to enhance the quality of life among older adults and caregivers. Enclosed is our/my contribution for the following Sponsorship Level:

- **$10,000 Program Sponsor**: Contribution is targeted to a specific Agency service or program of sponsor’s choice. Lunch for 10, special recognition at the luncheon, full-page acknowledgement in event program, company name and logo in all publicity about the event.

- **$5,000 Presenting Sponsor**: Lunch for 10, special recognition at the luncheon, full-page acknowledgement in event program, company name and logo in all publicity about the event.

- **$3,000 Title Sponsor**: Lunch for 10, acknowledgement in event program, company name and logo in all publicity about the event.

- **$2,000 Event Sponsor**: Lunch for 10, company name and logo in all publicity about the event.

- **$1,000 Co-Event Sponsor**: Lunch for 10, recognition as sponsor and logo display.

- **$500 Table Sponsor**: Lunch for 10 and recognition as sponsor.

Name__________________________________________
Title_________________________________________
Organization____________________________________
Street Address___________________________________
City State Zip___________________________________
Phone___________________________________________
Email Address____________________________________

*Your Support is Greatly Appreciated!* Please make your check payable to Senior Connections and note "Empty Plate 2015" on the memo line of your check. Mail this completed form along with your check to Senior Connections EPL, 24 E. Cary St., Richmond VA 23219. For additional information please contact Martina James at (804)343-3023 or mjames@vouraaa.org. Thank You

Guests to Attend (Include Self)

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

We/1 do not plan to use all of the tickets and will donate______ tickets for seniors to attend the luncheon.
2015 Empty Plate Luncheon

Individual Sponsorship

Senior Connections
The Capital Area Agency on Aging

12th Annual Empty Plate Luncheon & Awards Ceremony
Wednesday, October 7, 2015 - 11:30 a.m. to 1:00 p.m.
Trinity Family Life Center, 3601 Dill Road, Richmond, VA 23222

Senior Connections, The Capital Area Agency on Aging proudly announces the 12th Annual Empty Plate Luncheon. Your support and participation is requested.

Essential services such as food, in-home care, emergency services, transportation, and activities to reduce social isolation are provided through Empty Plate proceeds. Costs of goods and service continue to rise as does the number of older adults in need of assistance. Your contribution is now more important than ever. With the funds raised last year, we are thankfully meeting additional needs of local seniors in critical ways and considerably enhancing their quality of life in the process.

We hope you will join us today to make important differences in the lives of our participants. Please complete the form below and return it along with your check made payable to Senior Connections with “2015 Empty Plate” noted on the memo line.

If you need additional information or assistance, please do not hesitate to contact Martina James, at (804) 343-3023 or mjames@youraaa.org. We appreciate your consideration and support.

Warmest Regards,

John T. Robertson, Chairman
Board of Directors

Carol Young, Chairman
Advisory Council

Thelma Bland Watson, Ph.D.
Executive Director

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Senior Connections, CAAA’s 12th Annual Empty Plate Luncheon

We are all pleased to support Senior Connections, The Capital Area Agency on Aging’s efforts to enhance the quality of life for older adults. Enclosed is our/my donation.

☐ $50 Patron – Enjoy lunch for 1.
☐ $100 Dual Patron – Enjoy lunch for 2.
☐ $250 Community Friend – Enjoy lunch for 5.
☐ $_____ Special Recognition – I am unable to attend the luncheon but want to recognize the following special person or group:

Please indicate the type of recognition: __In Memory of ____In Honor of

**Corporate Sponsorships Available at (804) 343-3023!**

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The Resource for Aging Well
**Transportation**

*Richmond Area Transportation Providers*

This Directory includes profit and not-for-profit agencies, professional services, private services and voluntary programs. These organizations provide transportation services to adults and their families. We have tried to include as many providers as possible. Please keep in mind that while Senior Connections is providing this list of potential resources we do not endorse one of them over the others. This list is to provide a range of choices.

### Access Chesterfield*
729-8489 (registration) 955-4172 (ride requests)
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 available
www.chesterfield.gov/content.aspx?id=2949

### Acil Kare In-Home Care
264-2829
Chesterfield, Goochland, Hanover, Henrico, Richmond
Monday-Sunday, 6:00 a.m.-9:00 p.m. www.aciltakareinhomecarevma.com

### Alliance Specialty Transport
225-8599
Transportation provided 24 hours a day, office hours are M-F 9-5
Service provided to Chesterfield, Henrico, Richmond; service provided to Goochland, Hanover, Powhatan for additional fee http://alliancespecialtytransport.com/index.html
Ambulatory, wheelchair accessible & non-medical stretcher van service available

### Angels for Hire/Angelride
338-6388 (855) 525-7433
Western Richmond, western Henrico, northern Chesterfield www.angelride.net/index.html Wheelchair accessible service available

### At Your Service
514-3874
Mary Carter Hyman marycarter@atyourservice-richmond.com

### Bay Taxi
(877) 899-2046
Katherine Newman knewsman@bayquitng.com www.bayvtranl.org Service from Charles City and New Kent Counties to Richmond

### Big Ben Taxi Cab
986-6667
Wael Khataaybeh wkhataaybeh@yahoo.com; Richmond, Henrico, Chesterfield, Chester

### Brooks LLC
276-3401 (office) 33-0310 (cell)
Charles T. Brooks ctbrook57@yahoo.com; 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
CAP-UP 598-3351 ext 103 http://capup.org/ CAPUP/Home.html Goochland, Hanover & Powhatan

### CareMore
(855) 242-9606
http://www.caremore.com/env/About/ About-VA.aspx

### Capital Area Health Network
253-1969
http://cahealthnet.com/

### Comfort Keepers
750-1123

### Dependacare Transportation
745-1818 (office) 426-9029 (cell)
Edgar Gonzalez edgar@dependacareva.com Chesterfield, Goochland, Hanover, Henrico, Powhatan, City of Richmond www.dependacareva.com Wheel chair accessible service available

### Disabled American Veterans Volunteer Transportation Network
Mary Johnson 675-5513

### Forward Fleet
426-4313

### Goochland Free Clinic & Family Services
556-6620
Goochland County http://goochlandfreedrincandfamilyservices.org/ Monday 12-3 (Richmond) Tuesday-Thursday 9-3 (Goochland) Friday 9-12 (Richmond)

### GRTC CARE
782-2273
http://www.gidtrg.com/services/specialized-transportation/Wheelchair accessible service available

### Home Helpers
864-4258
Tracey Boseman www.HomeCareRichmond.com Richmond@homehelpers.cc
Home Instead Senior Care 527-1100 www.homeinstead.com Seven days a week

### J&M Transportation Services LLC
737-2693
878-5020
Junior & Melissa Taylor melissamcgowars@gmail.com Monday-Friday, 7:00 a.m.-6:00 p.m.

### JenCare
344-9848 (1712 E. Broad)
226-1143 (3806 Mechanicsville Tumpke)
www.JenCareMed.com Transportation service available within a six mile radius of clinic locations

### Junnie Ray Inc.
326-6414 (office) 901-9223 (cell) Jason C. Johnson jurnieraycare@gmail.com

### Logisticare (Medicaid recipients)
1-866-366-8331
http://www.logisticare.com

### Mechanicsville Churches Emergency Function Senior Rides
334-6590
Lynn Saunders http://www.moef.co/
Mechanicsville Churches Emergency Function Senior Rides (continued)
LHSM3111@comcast.net Service provided in zipcodes 23111, 23114 & a portion of 23059

### Mobility Transportation, LLC
687-2195
Dominic Atkins www.mobility-transportation.com
mobilitytransportationicc@gmail.com Wheelchair accessible service available. Service provided in Chesterfield, Henrico and Richmond
Monday-Friday, 6:00 a.m.-6:00 p.m., Saturday, 6:00 a.m.-1:00 p.m.

### Napoleon Taxi
354-6294 http://www.napoleontaxi.com

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

### Saleh Medical Transportation, Inc.
Doug Meyers 334-9511 myerslighting@yahoo.com

### Sam Transportation LLC
715-9242

### Save Our Seniors
559-4480 or 914-4406
Jeff Kyle

### Seasonal Transport LLC
303-3691
SeniorBridge Richmond 262-0753 & 364-1276 www.matureoptions.com

### Seniors Helping Seniors
Richmond and eastern Henrico 553-0506
http://Uwww.seniorshelpingseniors.com/ RVA

### Shepherd’s Center of Chesterfield
706-6689
Chesterfield County www.shepherdsofchesterfield.org

### Shepherd’s Center of Richmond
355-7282 www.tsscor.wordpress.com Services provided in the following zipcodes: 23009, 23060, 23113, 23219, 23220, 23221, 23222 (Medical Only), 23224 (Medical Only), 23225, 23226, 23227, 23228, 23229, 23309, 23323, 23325, 23326, 23327, 23328, 23329

### Sunrise Transportation
(804) 559-6683
Tendercare Transport of Virginia 288-8783 www.tendercareofva.com/ Wheelchair accessible & stretcher service available

### TNT Transportation Services, Inc.
270-3258 www.tnttrans.com Monday-Friday, 7:00 a.m.-6:00 p.m. Wheelchair accessible service available

*Continued on Page 14*
Resources

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 EMAIL: 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.

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.

Thank You for Your Interest and Support!

Affordable, Compassionate, In-Home Senior Care.

Home Helpers

You & your family deserve the best home care. From a few hours to 24/7 care, we’re there when and where you need us!

• Personal Care or Companionship Care
• Bathing, Grooming, Personal Hygiene
• Meal Preparation & Feeding
• Assisted Transportation
• Errands & Grocery Shopping
• Light Housekeeping

FREE IN-HOME CONSULTATIONS

Financial Assistance available for Alzheimer’s/Creutzfeldt patients and for Veterans. Call for details.

(804) 864-4258 www.homehelpershomecare.com/richmond

GET INTO THE ACT
OLDER AMERICANS MONTH
MAY 2015

http://www.acl.gov/olderamericansmonth
Remember Senior Connections
In Your Estate Planning
Perhaps you or a loved one have benefited from one of Senior Connections' Programs and Services (Caregiver Support, Insurance Counseling, Home Delivered Meals, Medications Assistance) that improved quality of life and led to independence that allowed you to remain in your home or community. We graciously ask that you think of Senior Connections when deciding your estate plans. A bequest or legacy in your Will is a great opportunity to express your thanks to Senior Connections, The Capital Area Agency on Aging.

Resources

Transportation Providers
CONTINUED FROM PAGE 13

VIP & Associates
421-2500
Monday-Friday 8:00 a.m.-4:00 p.m.
Wheelchair accessible service available

West End Cab LLC
633-1234
Christopher Hessler http://westendcab.com/
westernder56@gmail.com
Western Henrico, Goochland,
Powhatan, Louisa, Amelia
Monday-Saturday 6:00 a.m.-8:00 p.m.

"Unless otherwise noted the transportation provider serves the metropolitan Richmond area.

Donations Requested to Support Newsletter
Mature Life is offered free of charge to persons age 55 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.

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.
**Calendar**

**Thursday, May 14**
Henrico County Senior Party In the Park and Wellness Fair 10:00 a.m. to 1:00 p.m.
East End Recreational Center
1440 North Lumburn Avenue
Richmond

Sponsored by Henrico Recreation and Parks and Senior Connections. Join us in the fun. Includes health and wellness screenings, music, carnival games and other entertainment. Concessions available for purchase. For more information, please contact Sme02@henrico.us or (804) 225-2056.

**Saturday, May 16**
Richmond Walk to Cure Arthritis Register at 9:00 a.m.; Walk begins at 10:00 a.m.
Bon Secours Redskins Training Camp Center
2401 West Leigh Street
Richmond

Be a part of the Arthritis Foundation's mission to transform lives! Join in this event to raise funds to prevent, control, and cure the nation's leading cause of disability. Please contact Laura Boone at (804) 665-9955 or lbone@arthritis.org for additional information.

**Monday, May 18**
Community Discussion Session for the Four-Year Plan for Aging Services 1:00 p.m. to 2:30 p.m.
County Administration Building
12007 Courthouse Circle
New Kent

Senior Connections is seeking community input about needs, priorities and future directions as well as information about benefits of current services and the Agency's visibility in the community. Senior, caregivers, providers and the general public are invited to attend. Please RSVP to (804) 343-3054 or mboynton@youraaa.org to confirm attendance. Interest, support and ideas are appreciated.

**Next Mature Life Deadline: Wed., October 14, 2015**

**Tuesday, May 19**
Senior Connections Open House and Annual Meeting Tuesday, May 19
2:30 p.m. to 4:30 p.m.
Senior Connections
24 East Cary Street
Richmond

Join us in celebrating the 50th Anniversary of the Older Americans Act, Older Americans Month and the excellent support and service of our Volunteers and Community Partners. You’ll learn about Agency programs and services through exhibits, demonstrations and conversation. Open to the public. For more information please contact Angie Phelon (804) 343-3045.

**Wednesday, May 20**
Community Discussion Session for the Four-Year Plan for Aging Services 10:00 a.m. to 11:30 a.m.
Shiloh Baptist Church
Friendship Café
106 South James Street
Ashland

Senior Connections is seeking community input about needs, priorities and future directions as well as information about benefits of current services and the Agency's visibility in the community. Senior, caregivers, providers and the general public are invited to attend. Please RSVP to (804) 343-3045 or mboynton@youraaa.org to confirm attendance. Interest, support and ideas are appreciated.

**Thursday, May 21**
Powhatan TRIAD Senior Day 10:00 a.m. to 2:00 p.m.
Powhatan County Armory
276 Essayson Drive
Powhatan

Open to Powhatan County residents age 60 and older. Dr. Thelma Bland Watson, Executive Director, Senior Connections is the guest speaker. The event includes health screenings, a yard sale, lunch and door prizes. Bring canned goods to receive an extra ticket for door prizes. Please contact Joan Doss (804) 556-4815 for additional information.

**Wednesday, May 27**
Celebration at the Ettrick Friendship Café 10:00 a.m. to Noon
Mayes-Colbert Ettrick Community Building
South Chesterfield

Join us as we celebrate Older Americans Month and discover what’s happening in your community. Get to know more about the Café and the Mayes-Colbert Ettrick Community. This event is free and open to older adults age 60 and older. Includes exercises by the YMCA, exhibits from Art On Wheels, vendors, door prizes and demonstrations. Free lunch provided with reservation. To reserve a lunch please call Tonya Y. Jones at (804) 706-2596.

**Thursday, May 28**
Bon Secours Richmond 2015 Successful Aging Forum 9:00 a.m. to 3:00 p.m.
West End Assembly of God
401 N. Parham Road
Richmond

Spending an exciting day with the legendary Mary Wilson (one of the original Supremes) as she headlines the Bon Secours 2015 Successful Aging Forum. Enjoy a 3-course lunch, exhibitors, our popular experts panel, door prizes, and the fabulous Mary Wilson at this year’s event. The cost is $30 per person (includes lunch). Call (1) 888-490-9355 or go to http://www.bsrhf.org/ successfullyaginforum for more information and to register. (Registration in advance only).

**SAVE THE DATE!!!**

**OCTOBER 7, 2015**

12th Annual Empty Plate Luncheon
Past Older Americans Month Themes

2014  Safe Today. Healthy Tomorrow
2013  Unleash the Power of Age
2012  Never Too Old to Play
2011  Older Americans: Connecting the Community
2010  Age Strong! Live Long!
2009  Living Today for a Better Tomorrow
2008  Working Together for Strong, Healthy and Supportive Communities
2007  Making Choices for a Healthier Future
2006  Choices For Independence
2005  Celebrate Long-Term Living
2004  Aging Well, Living Well
2003  What We Do Makes A Difference
2002  America: “A Community for all Ages”
2001  The Many Faces of Aging
2000  In the New Century ... The Future is Aging
1999  Honor the Past, Imagine the Future: Towards a Society for All Ages
1998  Living Longer, Growing Stronger in America
1997  Caregiving: Compassion in Action
1996  Aging: A Lifetime Opportunity
1995  Aging: Generations of Experience
1994  Aging: An Experience of a Lifetime
1992  Community Action Begins with You: Help Older Americans Help Themselves
1986  Plan on Living the Rest of Your Life
1985  Help Yourself to Independence
1984  Health: Make It Last a Lifetime
1978  Older Americans and the Family