Senior Connections extends best wishes for a successful, happy and fulfilling year in 2013. We appreciate the tremendous support we receive from program participants, family members, friends, community partners, funders and contributors. As we begin this wonderful New Year, we look forward to celebrating the Agency’s 40th Anniversary. We have much to celebrate. We impact the lives of more than 22,000 individuals each year in important ways. We provide direct services to approximately 3500 seniors and caregivers each year.

We are thankful for our talented and dedicated staff. We are thankful to the Virginia Department for Aging and Rehabilitative Services (DARS). Dominion Resources, the Richmond Memorial Health Foundation, the Community Foundation, the Greater Richmond Transit Authority, the United Way of Greater Richmond and Petersburg as well as the Virginia Department of Rail and Public Transportation for continued funding support and guidance.

We extend thanks to all of our donors, contributors and supporters. We are thankful for another successful Empty Plate Campaign and Luncheon. We now look forward to our continued progress during 2013 and beyond.

To support our vision of “greater community impact,” our Board of Directors, Advisory Council and staff are implementing our new Five-Year Strategic Plan (see pages 13 and 14). As the designated Area Agency on Aging for our region since 1973, Senior Connections wants to increase visibility and awareness of our programs throughout the Richmond Metropolitan area.

Senior Connections appreciates the support and generosity of individuals, corporations, and other organizations who 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.

**Contributions to Senior Connections**

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

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

- **Senior Services Fund**
  The Senior Connections Senior Services Fund is managed by The Community Foundation and is a long-term investment for the future needs of seniors and caregivers. Contributions should be made payable to the Senior Connections Senior Services Fund and mailed to: The Community Foundation, 3501 Boulevard View Drive, Suite 210, Richmond, VA 23225-4047.

If you have questions about making a donation, please call 343-3000.

The Richmond Community Area Council and the Richmond Regional Planning District Commission authorizes the establishment of The Capital Area Agency on Aging (CAAAs) to implement the Senior Services Program (SPECTRAN) and the Long-Term Care Ombudsman Program.

Agency acquires first subcontract for Adult Day Services. First grant to Stuart Center, now Circle Center Adult Day Services

Agency helps to establish SPECTRAN to provide transportation services. It begins with four used vans

Emergency Services Fund begins

Title V Employment Program begins “Focal Point,” predecessor of the Care Coordination Program, begins

Health Services, predecessor of the Long-Term Care Ombudsman Program, begins

Agency moves from the third floor of 6 North 4th Street to its first purchased building at 316 East Clay Street

Visit Our Web Site:

www.seniorconnections-va.org

Executive Director’s Blog

Community Calendar

On-line Donations

Links to Community Resources

Easy Navigation
Executive Director’s Report
CONTINUED FROM PREVIOUS PAGE

Agency holds its first fundraising event, a Benefit Auction, at the former State Fairgrounds. The SSI Application Assistance Program begins. Fan Care, sponsored by Virginia Power, begins.

1992
Agency launches ElderHomes, a community development corporation to deal with housing issues of seniors.

1993
CAAA moves to its current home at 24 E. Cary Street.

Virginia Insurance Counseling and Advocacy Project (VICAP) begins.

1994
Agency holds first Senior Serv-A-Thon.

1997
Agency holds first Benefit Golf Tournament at Brandermill.

2000
Agency becomes a sponsor for the Retired Senior and Volunteer Program. Agency’s name is changed to “Senior Connections, The Capital Area Agency on Aging.”

2002
Thelma Bland Watson, former State Commissioner on Aging, hired as fourth Executive Director.

Agency holds its first official Empty Plate Luncheon.

Agency is recognized for Volunteer Programs.

No Wrong Door Project is implemented.

Senior Law Day gets underway.

Agency designated as the region’s Aging and Disability Resource Center.

Agency helps to lead Age Wave Planning Initiative.

Mobility Management Program is started and Adopt-A-Cafe Program is initiated.

9th Annual Empty Plate Luncheon held. Goal exceeded with $60,000 in proceeds. The Agency’s second Executive Director is honored through the establishment of the Mary C. Payne Leadership Award.

Implementation of Five-Year Strategic Plan is led by Board of Directors and Advisory Council. Thank you for your support and encouragement as we celebrate 40 years of service.

2003
2004
2005
2007
2009
2010
2011
2012
2013

Annual Gift Basket Project Assisted 146 Seniors During the Holidays
The Annual Holiday Gift Basket Program 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. For the 23rd year of this partnership, the project provided household essentials and other needs that promoted healthy aging and created a joyous holiday season for 146 seniors.

We are most appreciative of the kindness and generosity of our community friends. Donations of nonperishable food items, gift cards, emergency preparedness needs as long as monetary and volunteer support was tremendous in helping us to serve 48 more seniors than last year.

Thanks Donors, Contributors and Volunteers!

• Patricia Byrrance
• Carolyn J. Carter
• Sandy Cluverius
• Barbara Cook
• Edra Davis
• Dona Edmondson
• Beatrice Eggleston
• Girl Scout Troup 259
• Melissa Henderson
• Home Instead Senior Care
• Joyce Hyman
• Thelma Kemp
• K-Line
• Bobbi Lewicki
• Karen McAleer
• Laura McDuffie
• Robert K and Rebecca Miller
• Sandra Mitchell
• Sharon Moses
• R4D Youth Group
• Richmond Regional Planning District Commission
• Richmond VA Medical Center
• Unit B, Petersburg, Virginia
• Sandra Rollins)
• Ruth Sechler
• Social Security Administration
• Soul Saving Team
• Gloria Stevens
• Steven (Mitch) Thomas
• Vangent, Chester, Virginia
• Virginia Department of Social Services
• Walmart
• Betty Wilton

Agency Receives Another “Clean” Audit for 2011-2012 and Extends Thanks to Keiter for Superior Services
The Agency engaged Keiter to perform financial and compliance audit of the financial statements for the fiscal year ended September 30, 2012. The audit was subject to auditing standards issued by the American Institute of Certified Public Accountants and the Government Accountability Office. The Standards which the audit was subject to required considerations:

• Risk factors which affect fairness of the financial statement amounts and disclosures.
• Fraud that could result in a material misstatement in the financial statements.

Results of the Financial Statement Audit were:

• Financial statements as of and for the year ended September 30, 2012 is unqualified.
• No material weaknesses identified in internal control over financial report were discovered in the course of the audit.
• Opinion on compliance with the requirements that could have a direct and material effect on major programs for the year ended September 30, 2012 is unqualified.

Staff Update
Beth Skufca has served since 2006 as the Coordinator and Director of the Public Guardian Program. On March 1, 2013, she will assume a newly structured position as Care Coordinator/Senior Advocate for Charles City and New Kent. She will continue to be the Agency’s subject expert on guardianship. As the founding staff person for the Public Guardian Program, Ms. Skufca’s impacted the health and well-being of the 20 program participants who have benefitted from her leadership.

CONTINUED ON PAGE 4
Senior Center of Greater Richmond, Inc. Announces Move to New Location

Senior Center of Greater Richmond, Inc. has moved to 2101 Maywill Street (old Circuit City headquarters) in central Richmond. The Center was previously located in Innsbrook. “All of our current activities and programs, with some additional ones, will remain the same at the new location,” noted the Center’s Executive Director Lynda Sharp Anderson. One new service at the Center is a Friendship Café Program providing nutritional lunches and wellness programs for seniors on Fridays.

Chronic Disease Self Management Program Classes

JOAN S. WELCH, CENTRAL VIRGINIA COORDINATOR, CDSMP

The Chronic Disease Self Management Program, sponsored by Senior Connections, helps individuals cope with chronic diseases such as arthritis, high blood pressure, diabetes, or heart disease by providing self-help classes. Classes meet weekly for two to one-half hours for six weeks. Adults with a chronic disease, friends, family members and caregivers are welcome to participate. The class schedule for the first quarter of 2013 is listed below and on our website www.seniorconnections-v a.org.

• THURSDAYS
  January 10th to February 21st
  1:30-4:00 p.m.
  Embrace Richmond
  1500 Harwood St.
  Richmond, VA  23224

• WEDNESDAYS
  February 6th to March 13th

Board and Advisory Council Retreat

Purposes: To review progress on Strategic Plan with a focus on incorporating opportunities to promote diversity, trends that impact programs and importance of governance.

Participants: Board of Directors, Advisory Council and Management Staff

Topics
- Tools for Measuring Progress on Strategic Plans
- Board, Advisory Council and Staff Roles
- Branding Strategies for Nonprofits/Quasi Government Agencies
- Establishing Relevant Collaborative Relationships

Speakers:
- Ms. Tim Catherman, Director of Administration
- Virginia Department for Aging and Rehabilitative Services (DARS)
  (DARS) Topic: Governance
- Ms. Sarah Sned, Deputy County Administrator for Human Services, Chesterfield County
  Topic: Local Government Trends/Partnerships with Nonprofit Agencies
- Commissioner Jim Rothrock (DARS)
  Topic: State and National Trends

Facilitators: Dr. Percil Stanford and Dr. Dawn Stanford, Consultants, Folding Voice

Virginia Voice: Eyes for Those Who Cannot See; Hands for Those Who Cannot Turn Pages

Virginia Voice provides an audio reading service for persons who are blind or vision-impaired and for individuals with other disabilities that prevent them being able to read on their own. Each day Virginia Voice broadcasts the reading of several newspapers and a number of magazines. We connect individuals with their community and the world around them. The broadcasts are heard over special radios which we issue at no charge. We also provide our broadcasts by way of the Internet. For additional information, please call (804) 266-2477 or visit www.virginiavoice.org.

Staff Update

Continued from Page 3

This is the seventh year of the Best Practices Award Program and the Council is pleased to offer monetary awards to the top winners. The first place program will receive $5,000; second place, $3,000; and third place, $2,000. The Council will also recognize three honorable mention programs.

The awards will echo the message to develop and support programs and services that assist older adults to Age in the Community. This invites an opportunity to recognize creativity in services that foster “Livable Communities” and/or “Home and Community Based Supports” - from transportation to housing, from caregiver support to intergenerational programming. We believe the door is wide open for creative best practices.

Age Wave Plan Implementation Underway

VCU’s Department of Gerontology Joins the Effort as “Back Bone” Organization

In June 2009, with a grant from the National Association of Area Agencies on Aging (n4a), Senior Connections joined with the United Way of Greater Richmond and Petersburg to launch the collaborative Age Wave Planning Initiative. Since 2009, the Leadership Committee and a Coalition of more than 80 individuals and organizations from across the community have completed and published the Region’s first Age Wave Readiness Plan. Now as implementation of the Plan gets underway, the Gerontology Department at VCU will join Senior Connections as the anchor organization. Senior Connections will take the lead in implementing the Mobility Management Transportation initiative to enhance services for seniors and persons with disabilities. The Department of Gerontology, under the leadership of its Chair, Dr. Ayn Welleford, will oversee the Age Wave Project’s long-term outlook for creating and monitoring community change over the next five to 10 years. This collaborative community’s impact work will foster partnerships and alignment as a strategic means to match resources and missions in order to maximize change. Over the next year, some of the goals of the Age Wave work include:

- Developing a toolkit (for anyone to use) educational presentations on age ready communities.
- Prioritizing strategies for implementation among community goal areas
- Creating a score card (shared measurement tool) to track progress and monitor our work.
- Developing a shared system (web based platform) to access community data, information, tools and report.
March 1 is the Deadline to Sign Up for Electronic Payments of Federal Benefits: Have You Switched?

Effective Friday, March 1, 2013, Social Security payments and other federal benefits will be sent electronically to debit cards or checking or savings accounts. This replaces receipt of paper checks through the mail.

Not Signed Up Yet?

Federal benefits recipients can switch to electronic payments at their bank. They can also call 1-800-333-1795 or visit www.godirect.org. To sign up, you will need:

- Your Social Security Number or Claim Number
- 12-Digit Federal Benefit Check Number
- Amount of your Most Recent Federal Benefit Check

For Direct Deposit, make sure you have your financial institution’s Routing Transit Number, Account Number and Type of Account.

For more information, please visit www.godirect.org.

If you receive one of these fraudulent calls, do not give the caller Medicare or Social Security numbers or other personal information. If you suspect medical identity theft, or feel like you gave your personal information to someone you shouldn’t have, contact the U.S. Department of Health and Human Services Office of Inspector General hotline at 1-800-HHS-TIPS (1-800-447-8477) or TTY 1-800-377-4950.


Free Group Counseling Classes Offered for Adult Survivors of Domestic and Sexual Violence

The YWCA of Richmond has a number of group counseling classes offered for adult survivors of domestic and sexual violence. Counseling is free and available at a variety of sites in Richmond and Chesterfield.

Registration is required by calling the YWCA 24 Hour hotline at 804-643-0888. For more information, call the hotline or visit the YWCA’s website at http://www.ywcarichmond.org/get-help.

Department for Aging and Rehabilitative Services (DARS) Responds to Fraudulent Calls Regarding Medicare Enrollment

There has been an increase in the number of calls related to the solicitation of Medicare beneficiary information. As a result, we have posted the following message on our Facebook at https://www.facebook.com/vadars.

DARS reminds Medicare beneficiaries to be cautious about sharing personal identity information. Several Virginians reported to DARS in January that they received suspicious calls asking for personal Medicare information. Unscrupulous telemarketing companies identify Medicare beneficiaries through mailing lists and use a high-pressure sales pitch to obtain Medicare and Social Security numbers, bank account information or private insurance information. The caller tries to confuse people into believing the caller represents the government or private insurers.

“Unfortunately, during the Medicare enrollment period, scammers will try to take advantage of older Virginians,” said DARS Commissioner Jim Rotherock. “It’s important for beneficiaries to understand that Medicare will never call them to ask for personal information, including bank account or Social Security numbers.”

If you receive one of these fraudulent calls, do not give the caller Medicare or Social Security numbers or other personal information. If you suspect medical identity theft, or feel like you gave your personal information to someone you shouldn’t have, contact the U.S. Department of Health and Human Services Office of Inspector General hotline at 1-800-HHS-TIPS (1-800-447-8477) or TTY 1-800-377-4950.


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**COMMUNITY NEWS**

**2013 Tax Aide Sites**

**CITY OF RICHMOND**

Senior Connections
24 E. Cary Street
Richmond, VA 23219
(804) 343-3059
E-Filing
Wheelchair Accessible
Schedule: Wednesdays, Thursdays, Fridays 11 a.m. to 2 p.m.
Appointment Needed?: Yes. Please bring your photo ID and Social Security Card to your appointment

Goodwill Richmond
6301 Midlothian Turnpike
Richmond, VA 23225
(804) 745-6300
E-Filing
Wheelchair Accessible
Schedule: Mondays and Wednesdays 9 a.m. to 4 p.m.; Tuesdays and Thursdays 1 p.m. - 4 p.m.; Fridays 9 a.m. to 1 p.m.
Appointment Needed?: Walk-ins welcome

**CHESTERFIELD COUNTY**

Harbour Pointe Clubhouse
13800 Harbour Pointe Road
Midlothian, VA 23112
(804) 639-0347
E-Filing
Wheelchair Accessible
Schedule: Mondays and Fridays 12:30 p.m. to 5 p.m.; Saturdays 9 a.m. to 12:00 p.m.
Appointment Needed?: Walk-ins welcome

**HANOVER COUNTY**

Dawn Library
31046 Richmond Turnpike
Hanover, VA 23069
(804) 632-8341
E-Filing
Wheelchair Accessible
Schedule: Mondays and Fridays 12 p.m. to 4 p.m.; Wednesdays 9 a.m. to 1 p.m.
Appointment Needed?: Walk-ins welcome. Please do not call the church for appointments

**HENRICO COUNTY**

Deep Run Park Recreation Center
9910 Ridgefield Parkway
Henrico, VA 23233
E-Filing
Wheelchair Accessible
Schedule: Mondays to Fridays 10 a.m. - 3 p.m.; Saturdays 9:30 a.m. to 11:30 a.m. (On Saturdays returns prepared for first 10 clients.)
Appointment Needed?: Walk-ins welcome

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Hanover, VA 23069
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**source**: www.aarp.org/
PLANNING AHEAD

Charles City County Hosts Successful Senior Law Day Program

Ivan Tolbert
Community Relations Specialist

During the recent holiday season, 17 Charles City and Providence Forge residents received valuable “peace-of-mind” as a free gift from Senior Connections and its pro bono partner, the Williams Mullen Law Firm. As participants in the first ever Senior Law Day held in Charles City, individuals and families who signed up and completed application forms met attorneys at the Charles City Department of Social Services. There, they completed legally witnessed and notarized advance medical directives, durable powers-of-attorney, and wills, all important life planning tools we tend to put off completing. Due to life changing events such as illness, accidents or changes in families, it is important to put these legal documents in place before they are needed. In fact, in planning the Charles City Law Day Program, it was noted by several participants how grateful they were to be able to execute life planning documents while they were able to make the best decisions possible about their future health and finances.

For the past six years, Senior Law Day has been held twice each year at Senior Connections in Richmond, serving approximately 30 applicants age 55 and over, or persons of any age with a disability in each session. The session in Charles City was the first satellite program situated outside of Richmond in several years. Additional county-based programs are being planned for New Kent and the other counties within Senior Connections’ jurisdiction. County agencies interested in hosting a local Senior Law Day program should contact Senior Connections at (804) 672-4498, or email itolbert@youraaa.org. The next Senior Law Day program for Richmond is scheduled for April 24, 2013. Interested parties should contact Mrs. Patricia Geisen, at 343-3000, or email her at pgeisen@youraaa.org

Editor’s Note:
Congratulations are extended to Mr. Ivan Tolbert who spearheaded the successful event in Charles City. This event will be used as a model by Mr. Tolbert in working with other communities.

Next Senior Law Day
Wednesday, April 24, 2013
Senior Connections
For More Info: (804) 343-30459

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. Please call (804) 343-3055 to ask about our services.

Please call (804) 343-3024 to volunteer to be a bill payer for a person needing assistance to remain independent.

Thank You for Your Interest and Support!

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.
Junior Achievement and RSVP Match Volunteers with Young, Developing Minds

_A Want versus a Need… How to balance a checkbook… Don’t you wish that someone had taught you those things when you were growing up? Now there is someone… YOU._

RSVP is joining hands with Junior Achievement of Central Virginia. Junior Achievement matches volunteers with classrooms to deliver programs that focus on financial literacy, work-readiness and entrepreneurship. Hands-on programs are available for students in Kindergarten through 12th grade.

We need your enthusiasm, life experience, and a willingness to teach children about how you took chances and shot for the stars. Junior Achievement provides the training, curriculum, and a classroom of students eager to meet you. Volunteers come from all walks of life and do not have teaching experience. Your time commitment varies depending on the grade level of the program you choose.

- Elementary programs require a five lesson commitment at 40 minutes per lesson.
- Middle grades programs require a six lesson commitment at 50 minutes per lesson.
- High school programs require a seven lesson commitment at one hour per lesson.

Training is provided and takes approximately one hour. Classroom materials are provided by Junior Achievement and are funded by contributions from businesses and individuals in the Greater Richmond area. You may choose to deliver programs at a school near your home or select one that is close to your place of employment. You and your teacher choose a day and time suitable to both of you. The teacher remains in the classroom the entire time you’re there, so you get to focus on the lessons. It’s a great way to serve the community while enlightening our next generation.

Lis Turner, a long-time volunteer recently wrote “I’ve been involved with Junior Achievement for more than a dozen years. One of the nicest things about retirement is having more time for Junior Achievement activities. Whether it’s seeing the light go on when an elementary student suddenly understands an economic concept or having a Finance Park student make a significant observation, “I always feel my volunteer time was well spent and I made a difference.”

For more information on how to volunteer, please contact Tony Williams, RSVP Coordinator at twilliams@youraaa.org or (804) 343-3050 or Jennifer Boyle, Community Partnerships Manager, at jboyle@jatoday.org or at (804) 217-8855 ext. 203.

Junior Achievement of Central Virginia volunteer at Lakeside Elementary School.

Preventing Falls During the Winter Months

The joys of winter: blizzards, freezing temperatures and visiting the emergency room because of a fall. For kids winter is an exciting time. They love playing in the snow and sliding around on the ice and snow means an increased chance of slipping and falling. Here are eight things you can do to make winter a lot easier to get back up. You can strengthen your legs by walking up and down stairs repeatedly or by doing ten squats out of a chair a couple times a week.

Source: Richmond Fire and Emergency Services

Junior Achievement of Central Virginia volunteer at Laburnum Elementary School.

CAREGIVER SUPPORT

Preventing Falls During the Winter Months

The joys of winter: blizzards, freezing temperatures and visiting the emergency room because of a fall. For kids winter is an exciting time. They love playing in the snow and sliding around on the ice. For seniors, all that ice and snow means an increased chance of slipping and falling. Here are eight things you can do to make winter a little less perilous:

- **Check your footwear.** Examine your shoes and boots. How’s the Traction? Is it time for a new pair? Better traction can help keep you more stable on icy surfaces.
- **Keep a shovel and salt in your house - not the garage.** If you have to traverse across an icy sidewalk or parking lot, try to find a steady arm to lean on. Most people are happy to help you navigate a slippery walkway. You just have to ask.
- **Bring a cell phone when you leave the house.** If you fall, it can sometimes be hard to get up. Carrying a cell phone whenever you go out can bring peace of mind.
- **Slow down.** Allow extra time if it’s slippery out. It’s when you hurry that you end up pushing the envelope of what your balance can handle. Also, keep in mind that being a little late is better than rushing and causing a fall.
- **Ask for help.** If you have to walk through the snow and ice to get to the salt and shovel from the garage fully

A Want versus a Need… How to balance a checkbook… Don’t you wish that someone had taught you those things when you were growing up? Now there is someone… YOU.

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**Richmond Area Transportation Providers**

As of December, 2012. 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 Senior Connections does not recommend or endorse specific providers.**

**Access Chesterfield**

279-8489

Chesterfield County, with service to Richmond, Petersburg, Hopewell, and Colonial Heights

Monday-Friday, 5:30 a.m.-7:30 p.m.

Saturdays 5:30 a.m.-5:30 p.m.

Wheelchair accessible service available

www.chesterfield.gov/content.aspx?id=2949

**Acti Kare in-Home Care**

264-2829

Chesterfield, Hanover, Henrico, Richmond

Monday-Sunday, 6:00 a.m.-9:00 p.m.

www.actikarerichmondiva.com

**Alliance Specialty Transport**

225-8599

http://alliancespecialtytransport.com/index.html

Wheelchair accessible service available

**Angels for Hire/Angelride**

338-6858 (855) 525-7433

Western Richmond, western Henrico, northern Chesterfield

www.angelride.net/index.html

Wheelchair accessible service available

**Big Ben Taxi Cab**

986-6667

Richmond, Henrico, Chesterfield, Chester

**Bowman Transportation Service**

745-0046 335-9264

www.ridewithlarry.com

**DMV Dedicated to Serving Military Members, Veterans and Families**

DMV’s mobile customer service center called **DMV 2 Go** is traveling across Virginia providing services for military members, veterans and their families.

**DMV 2 Go** is a handicapped accessible full service office that provides all DMV transactions including applying for and renewing driver’s licenses, adult and child ID cards, and Virginia’s veterans ID card. Road and knowledge tests are available, and applicants may get their pictures taken and complete vision screenings. Customers can order disabled parking placards or plates and get vehicle titles, license plates and decals.

DMV staff can assist with services specific to veterans including applying for new veterans ID card. The veterans ID card serves as proof of veteran status to receive discounts from retailers and restaurants. Staff will also accept and process certificates of disability, which allow veterans to apply for a registration fee exemption. DMV offers more than 30 military-themed license plates.

**DMV 2 Go** has visits scheduled at three military bases and two VA medical centers for 2013. See schedule below.

<table>
<thead>
<tr>
<th>LOCATION &amp; DATES</th>
<th>TIME &amp; PLACE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Marine Corps Base Quantico</strong></td>
<td>All visits take place from 9 a.m. to 4 p.m. in the MCX Parking Lot</td>
</tr>
<tr>
<td>January 14-15; March 11-12; May 13-14; July 8-9; September 9-10; November 12-13</td>
<td>Parking Lot</td>
</tr>
<tr>
<td><strong>Fort Myers</strong></td>
<td>All visits take place from 9 a.m. to 4 p.m. outside JB Myer-Henderson Hall</td>
</tr>
<tr>
<td>January 8; April 9; July 10; October 8</td>
<td></td>
</tr>
<tr>
<td><strong>Fort Belvoir</strong></td>
<td>All visits take place from 9 a.m. to 6 p.m. on Friday and 10 a.m. to 5:30 p.m. on Saturday. The mobile office will be parked in between the PX and Commissary.</td>
</tr>
<tr>
<td>April 5-6; July 5-6; October 4-5</td>
<td></td>
</tr>
<tr>
<td><strong>Salem VA Medical Center</strong></td>
<td>All visits take place from 9 a.m. to 4 p.m. The Salem VA Medical Ctr. Staff will work with DMV 2 Go to determine the location of each visit and publicize.</td>
</tr>
<tr>
<td>April 4; July 15</td>
<td></td>
</tr>
<tr>
<td><strong>Hampton VA Medical Center</strong></td>
<td>All visits occur from 9 a.m. to 4 p.m. The Hampton VA Medical Center staff will work with DMV 2 Go to determine the location of each visit and publicize.</td>
</tr>
<tr>
<td>January 10; March 4; June 13; September 12</td>
<td></td>
</tr>
</tbody>
</table>

**Bowman Transportation Service (continued)**

bowmantransportation@gmail.com

Wheelchair accessible service available

**Brooks LLC**

276-3401 (office) 33-0310 (cell)

Richmond, Goochland, Petersburg

Monday-Friday, 7:00 a.m.-7:00 p.m.

Saturday 7:00 a.m.-5:00 p.m.

Sunday by appointment

**CAP-UP**

598-3351, ext 103

http://capup.org/CAPUP/Home.html

**CareMore**

(855) 242-9606


**Capital Area Health Network**

253-1969

http://cahealthnet.com/

**City of Richmond Shopper Shuttle**

646-7985


Service to Walmart from Southside, Fay & 4th Avenue, Creighton/ Fairfield/Fairmount, Whitcomb/Mosby and Fulton on the second and ninth days and third Saturday of each month

GRTC buses are wheelchair accessible

**Comfort Keepers**

750-1123


**Flagship Transportation, Inc.**

(434) 265-6781

http://www.flagshiptransport.com/

Monday-Friday, 6:00 a.m.-6:00 p.m., Saturday 6:00 a.m.-2:00 p.m.

**Forward Fleet**

426-4313

**Goochland Free Clinic & Family Services**

556-6260

Goochland County

http://goochlandfreeclinicandfamilyservices.org/

Monday 12-3 (Richmond)

Tuesday-Thursday 9-3 (Goochland)

Friday 9-12 (Richmond)

**GRTC CARE**

782-2273

www.ridegrtc.com/RideGRTC.aspx?pg=Care

Wheelchair accessible service available

**Home Instead Senior Care**

527-1108

www.homeinstead.com

Seven days a week

**JenCare**

344-9848 (1712 E. Broad)

228-1143 (3806 Mechanicsville Turnpike)

www.JencareMed.com

Transportation service available within a six mile radius of clinic locations

**Jannie Ray Inc.**

326-6414

**Logisticare (Medicaid recipients)**

1-866-386-8331

http://www.logisticare.com

Wheelchair accessible service available

**Mature Options**

282-0753

www.matureoptions.com

**Napoleon Taxi**

354-8294

http://napoleontaxi.com

**New Freedom Transportation, LLC**

288-1248

www.newfreedomtransportation.com
More Participants are “Growing Younger” at the Friendship Cafés

The YMCA Growing Younger Program Expands in 2013

COLLEEN WILHELM
MEALS COMMUNITY OUTREACH SPECIALIST

When a participant at the Powhatan Friendship Café at St. John Neumann Church moved to the area, it was hard on her being alone all day while her family worked. Now a Friendship Café member, she is no longer at home and enjoys all the activities at the Café including the health and wellness programming offered by YMCA’s Growing Younger Program. The Growing Program offers participants structured exercise twice a week with a certified YMCA instructor, brought the Wii and “Wii-habilitation” to the Café, as well as opportunities for the seniors to express themselves through art. Café participants’ health statuses, flexibility and strength are periodically assessed to measure their improvements with participation in the program. The Growing Younger Program was created when The YMCA of Greater Richmond was approached by an anonymous donor through The Community Foundation Serving Richmond and Central Virginia. The donor wanted to give low-income seniors in Powhatan County the opportunity to improve their health through exercise. The YMCA then reached out to Senior Connections and the Friendship Café Program. Then, The United Way of Greater Richmond and Petersburg invited the YMCA to complete for a multi-year grant to serve seniors in each of their nine jurisdictions in Planning District 12. The program in Powhatan became the “pilot” program and included more partnerships like Art on Wheels. Kim Bise, Café Manager at Powhatan for 17 years, says, “The Growing Younger Program’s impact on the seniors has been profound….it’s the best thing that has happened at the Powhatan Friendship Café since I have been working for Senior Connections.”

Studies have shown that with better strength and flexibility, older adults can feel better and experience better quality of life. It can also reduce risk of falls and help make routine tasks easier. With United Way Support, the program also expanded to other cafés including the Friendship Cafés at the West Richmond Church of the Brethren and Village Presbyterian and in limited capacity in Charles City. Going forward into 2013, Senior Connections is pleased to announce that more seniors are going to get the chance to “grow younger” as this wonderful program expands to two more Cafés at the Goochland Recreation Center and at Good Shepherd Baptist Church in Richmond. “We are pleased to bring this vibrant program to more of our participants. “When I visit Cafés, all the seniors as so enthusiastic about this vibrant program to more of our participants. “When I visit Cafés, all the seniors as so enthusiastic about the Growing Younger Program,” says Missi Boyer, Meals and Wellness Program Manager.

The Adopt-A-Café Initiative Welcomes JenCare as a Community Partner

Senior Connections, The Capital Area Agency on Aging’s Friendship Cafés are neighborhood gathering places where older adults can benefit from nutritional lunches, fun social events, exercise, recreation, life-long learning, artistic activities as well as health and wellness programming. The Adopt-A-Café Initiative is a community partnership designed to raise awareness of the 20 Friendship Cafés located throughout the Greater Richmond Area that are supported by Senior Connections. Our goal is to raise $1,200 yearly for each of our 20 cafés.

The Adopt-A-Café Initiative provides support for education, exercise programs, special field trips and creative activities. Congratulations to JenCare Neighborhood Medical Centers for adopting three Friendship Cafés located at New Covenant Presbyterian Church, Monarch Woods and Rockwood Village. Thanks to their generous donation, we can enhance the café experience and provide new experiences for all our participants.

“We are excited to have JenCare’s partnership in support of our Friendship Cafés. This is an excellent way to promote health and wellness for the seniors who benefit,” said Missi Boyer, Meals and Wellness Program Manager.

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.

Adopt-A-Café Celebrates and Gives a Special Thanks to Our First Adopter of 2013!

Adopted 3 Friendship Cafés:
Rockwood Village
New Covenant Presbyterian
Monarch Woods
2012: A Great Year for RSVP Volunteers

TONY WILLIAMS
RSVP COORDINATOR

In 2012, 259 volunteers serving in 76 different volunteer jobs contributed over 50,000 hours of service for 23 different RSVP partnering sites in the areas of Food Delivery/Security, Health Education, Delivery of Health Services, Public Safety, Combinationship/Outreach and “Other Human Needs” (music, Senior Centers, museums, and mentoring elementary school children).

The Retired & Senior Volunteer Program (RSVP) is a national volunteer program co-sponsored by Senior Connections, The Capital Area Agency on Aging and the Corporation for National and Community Service. Together both entities support, promote and measure the impact of volunteer service in our community. We are currently in discussions with several new potential partnering organizations in hopes of finding more ways in which our RSVP volunteers can help address community needs.

Some of the work our volunteers do happens in a relatively quiet, closed setting; some is more public. On December 20, the Senior Connections Choral Group made their seventh annual appearance at the Jefferson Hotel as part of the Jefferson’s Midday Music Series. The group is the only musical ensemble that participates in the series that is not a middle school or high school ensemble.

The group performed not only Christmas music but other music that has been successfully received during the past year (such as tunes from the Beatles, Johnny Nash, the Mills Brothers, Arlo Guthrie, Johnny Mercer, and Glenn Miller). Guest percussionist Julie Fulcher-Davis provided beautiful rhythm.

During 2012, the group gave 29 performances for 23 different organizations including the Belmont Young at Heart Club, Carter Woods Senior Apartments (two performances), the annual Chesterfield County Fun at the Fairgrounds, a Chesterfield Parks & Recreation annually sponsored Luncheon for Seniors held at the Bon Air Baptist Church in the spring and fall, Chippenham Hospital Christmas Service, Senior Connections’ Foster Grandparent Luncheon, Four Mile Creek Baptist Church, the Guardian Place Friendship Café, residents of Heritage Oak Retirement Village, residents of Imperial Plaza, the Jefferson Hotel Christmas Midday Music Series, The Virginian Retirement Community, a Jewish Family Services National Volunteer Month Event, residents of Market Square Senior Apartments, Marywood Apartments, Masonic Home of Virginia (five performances), Morningside in the West End (Assisted Living), a Richmond Flying Squirrels Game at the Diamond (National Anthem), the Richmond Mayor’s Centenarian Luncheon at Virginia Historical Society, the annual RSVP Volunteer Recognition Brunch at Imperial Plaza, members of the Senior Center of Greater Richmond, the annual Senior Resource Fair held at Walmsley United Methodist Church.

RSVP needs you! If you are 55+ and interested in being a part of a team of individuals who are contributing dynamic, impactful service to our community, we are just a phone call away. Please call Tony Williams, RSVP Coordinator, at (804) 343-3050 or Norma Jean Austin, Program Assistant, at (804) 672-4490. We will be happy to assist you to find a volunteer position that will give you that rewarding feeling of being part of something greater than yourself—by opening your heart and being yourself.

FPG Acknowledges Mentors Who Retired in 2012

- Ms. Laura Anderson who served 20 years at Adult Career Development Center/Richmond Public Schools Early Head Start.
- Ms. Jean Barbewho served two years at William Byrd Community House Child Development Center.
- Mrs. Louise Caine who served 5 years at T.H. Henderson Middle School.
- Mr. Zeno Charles-Marcel who served four years at Blackwell Elementary School.
- Mr. Willie Holmes who served 13 years at Virginia Treatment Center for Children.
- Mrs. Bertha Johnson who served eight years at G.H. Reid Elementary School.
- Ms. Doris Paigewho served 11 years at the Child Life Center at the Richmond Children’s Hospital.
- Ms. Aleese Pleasantwhoserved 21 years at Clark Springs Elementary School.
- Ms. Sarah Jane Wade who served two years at Miles J. Jones Elementary School/Richmond Public Schools Head Start.
- Ms. Mary Watson who served 11 years at The Mary Tyler McClennahan Child Development Center sponsored by FRIENDS Association for Children and now by the YMCA.

FPG also thank these former mentors for their contributions: Frances Dade, Diane Greggs, Velma Person, James Rush, Maudell Sauls and Rose Stith.

In Memoriam

Ms. Ruth Nightingale

Ms. Nightingale joined FPG in August 2012 and served at The YMCA Northside Child Development Center. She loved being a FPG mentor – and was admired, and is deeply missed, by the staff and children at the YMCA.

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30th Annual Foster Grandparent Program Volunteer Recognition Held On December 5, 2012 at Pine Camp Cultural Arts Center

CHARLENE COLE, MANAGER
FOSTER GRANDPARENT PROGRAM

Foster Grandparents are ‘Beacons of Lights’ Guiding Our Youth, Our ‘Emerging Stars’ was chosen as the theme for this very special occasion. Foster Grandparent mentors and guests received a keychain/LED light to commemorate the event. Additionally, FGP mentors were given an award adorned with stars and topped with the Lamp of Knowledge. In keeping with the theme, the Chesterfield County Senior Girl Scout Troop #3343 festooned the auditorium stage with stars stamped with special messages about the service of FGP mentors; stars were strewn along the dining tables and the Girl Scouts created beautiful star-studded ‘Thank You FGP Volunteers’ placemats for each mentor!

While waiting for the celebration to begin, attendees read congratulatory remarks in the event program from Patrice Dempsey, Virginia State Program Director Corporation for National and Community Service, the Federal agency that funds and administers the FGP, as well as special remarks from Thelma Bland Watson, Executive Director, Senior Connections. Ms. Dempsey, who was unable to attend the event in person, in part wrote, “As Martin Luther King, Jr. said, “Everybody can be great because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace; a soul generated by love.”

Before Mr. Ivan Tolbert, Master of Ceremonies, opened the 30th Annual FGP Volunteer Recognition, the audience was serenaded with sounds of the season by a soloist from The Richmond Boys Choir. Mr. Tolbert, who is a staff member with Senior Connections, introduced Dr. Thelma Bland Watson, who greeted the FGP mentors and special guests on behalf of Senior Connections and its Board and Advisory Council.

Mrs. Francine Blum, Richmond FGP Director for 25 years (retired 2009), was in attendance with her husband Lewis. Many FGP mentors serving today had begun their FGP volunteer service with Mrs. Blum. Dr. Carolyn Graham, City of Richmond Deputy Chief Administrative Officer and Dr. Yvonne Brandon, Superintendent, Richmond Public Schools spoke of, and applauded, the vital work performed by FGP mentors — and how children must continue to receive the care, guidance and support of caring FGP volunteers.

A tribute to FGP was most unique—a 30th Anniversary tribute video produced by Mr. Jamaal Williams, FGP Community Advisory Council member (associate, The ACE Program). The video was filled with on-screen congratulations and testimonials from FGP mentors, Host partners, community partners, local politicians, and many others! The video also included photos of events and volunteers past and present — all accompanied by music by Beyonce!

FGP was privileged to have City of Richmond Mayor, Dwight C. Jones, bring the program to a rousing conclusion. Attendees were applauding his remarks, which reiterated that FGP makes a difference to the children and the entire community, in the City of Richmond, and beyond.

The attendees adjourned to a delicious breakfast/brunch prepared and served by The Richmond Public Schools Technical Center Culinary Arts Program students – middle to high school students! We thank the students and their teacher, Ms. Sylvia Mullern, for an outstanding job!

During the FGP awards ceremony Denise Jenkins, Program Specialist, Virginia State Office, Corporation for National and Community Service, Dr. Carolyn Graham and Dr. Yvonne Brandon and Charlene Cole, FGP Manager, honored the following mentors:

- Ms. Louise Caine, Ms. Shirley Gibson, Ms. Ida Parham, and Ms. Vivian Powell who each reached five years of service in 2012;
- Ms. Mildred Adams, Ms. Leola Banks, Ms. Ruby Christian, Ms. Helen Dixon, Ms. Carolyn Petty and Ms. Marva Seymour who each reached 10 years of service in 2012;
- Special awards were presented by Dr. Carolyn Graham, Dr. Yvonne Brandon and Charlene Cole to: Ms. Bessie Garner who celebrated 20 years of FGP service at the William Byrd Community House Child Development Center.

The William Byrd Community House Child Development Center.

Ms. Betty Allison, received the 3rd Annual Francine Blum FGP Mentor and Leadership Award. She volunteers at the Regional Preschool Learning Center at Blackwell Elementary School. This prestigious award is a tribute to Mrs. Francine Blum, long serving and highly respected Director of the Richmond Foster Grandparent Volunteer Mentor Program, who retired in 2009 after leading the Program for 25 years.

Celebrating 30 Years of Service to Children

The Richmond Foster Grandparent Program (FGP) celebrated 30 years mentoring children in the Greater Richmond region in 2012. Since 1982, Senior Connections’ FGP has matched approximately 600 committed volunteer mentors with at least 6000 children and youth. In 2012, 76 Foster Grandparent Program mentors provided 52,416 service hours in the support of 136 children in the Greater Richmond area. Serving on average 20 hours a week, with up to three children who have special or exceptional needs, Foster Grandparent volunteers provide one-to-one mentoring support in schools, hospitals, and child care centers.

In 2012, FGP welcomed 20 new mentors. The following volunteers brought their unique skills and life experience to share with children in their communities:

- Hannah Al-Ghaffaar
- Linda Arrington
- Valentina Clark
- Roslyn Faines
- Helen Frye
- Mr. Johnnie and Mrs. Anita Holloman
- Lynette Jenkins
- Gwen Jones
- Celestine Lee
- Mollie Lewis
- Eleanor Mustafa
- Paula Neal
- Shirley Nesmith
- Ruth Nightingale
- Cynthia Rasheed
- Margaret Robinson
- James Rush
- Emma Stevenson
- Joanne Towles

FGP is sponsored locally by Senior Connections.

FGP is federally funded by National and Community Service.

Learn more about CNCS and Senior Corps at: http://www.nationalservice.gov/about/programs/seniorcorps.asp
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 E-MAIL: Participants will learn how to send and receive e-mail messages. This lesson will be scheduled as an individual session with a volunteer tutor. There will also be opportunities for three or four follow up individual sessions with volunteer tutors after formal classes end.

To register for a class, please call John Jakubec 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.

Transportation Providers

CONTINUED FROM PAGE 8

Richmond Taxicab LLC
300-9900
Richmond, Henrico, and Hanover
www.richmondtaxicab.com
Wheelchair accessible service available

Sam Transportation LLC
715-9242
Save Our Seniors
Jeff Kyte 559-4480 or 914-4406

Seasonal Transport LLC
283-4370
www.seasonaltransport.com

Senior Express Enterprise
402-6457
Monday-Friday, 7:00 a.m.-6:00 p.m.
Wallace_Pricilla@yahoo.com

Seniors Helping Seniors
Richmond and eastern Henrico
553-0526
http://www.seniorshelpingseniors.com/RVA/

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

Shepherd’s Center of Richmond
355-7282
www.tscor.wordpress.com
Services provided in the following zipcodes: 23059, 23060, 23113, 23114, 23219, 23220, 23221, 23222 (Medical Only), 23224 (Medical Only), 23225, 23226, 23227, 23228, 23229, 23230, 23233, 23235, 23236, 23238, 23294

Sunrise Transportation
(804) 559-6083

Tendercare Transport of Virginia
288-8763
http://www.tendercareofva.com/
Wheelchair accessible & stretcher service available

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

Van Go
261-7388
www.vangorichmond.com
Wheelchair accessible service available

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

West End Cab LLC
833-1234
Western Henrico, Goochland, Powhatan, Louisa, Amelia
Monday-Saturday, 5:00 a.m.-8:00 p.m.

World Star Cab LLC
393-4432
www.worldstarcab.com

*Unless otherwise noted the transportation provider serves all of the metropolitan Richmond area.
OUR VISION
Seniors with improved quality of life.

OUR MISSION
Empowering seniors to live with dignity and choice.

OUR CORE VALUES
Approachable  Collaborative
Dependable  Diverse
Inclusive  Innovative
Knowledgeable & Competent  Private & Confidential
Respectful, Empathic & Compassionate  Trustworthy

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James H. Bowles, Sr., M.D  Goochland County, Retired
Thomas M. Doudmore  Retired Procurement Manager, Commonwealth of Virginia
Mary Devine  Advocate, Goochland County
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Katie Gilstrap  Co-Founder and Partner, LiftCaregiving
Michael Heard  EVP, Business Strategy and Product Development, Commonwealth Financial
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Ryan May  (Hanover County, CareMore)
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Randy Schulkers  (Advocate, Powhatan County)
Michael S. Smith  (Hanover County, VICAP Volunteer)
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The Honorable Carson Tucker  (Powhatan County, Board of Supervisors)
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Joan B. Wood, Ph.D  (City of Richmond, Retired Professor of Gerontology)
Angelia Yancey  (City of Richmond, Department of Social Services)
Carol Young  (Hanover County, Department of Social Services)

1973 - 2013 Celebrating 40 Years of Service to Seniors!

Approved by Board of Directors
09/25/12

The Resource for Aging Well

October 2012 - September 2017 Strategic Plan
“Engaging our Communities and Promoting Partnerships”

Mature Life February/April 2013
INTRODUCTION

Senior Connections is the designated Area Agency on Aging for Planning District 15. The Planning District includes the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, King William, King George, Lancaster, Louisa, New Kent, Powhatan, and Westmoreland. We were established as a private 501(c)(3) nonprofit organization that is governed by a Board of Directors and Advisory Council.

The agency serves as the Region’s Aging and Disability Resource Center and provides a variety of programs and services to older adults, adults with disabilities, and their caregivers. The agency’s mission is to support the Agency’s mission of supporting older adults and their caregivers through the provision of a network of transportation services to meet the needs of older adults with disabilities and their caregivers.

Objectives

- Increase visibility of agency programs and local needs.
- Increase fundraising efforts and community awareness.
- Support families and caregivers in their efforts to care for loved ones in their community.
- Implement person-centered practices through the Agency's initial point of contact.
- Promote community engagement through the Agency's volunteer programs.
- Collaborate with Aging and Long Term Care partners to achieve our goals.

GOAL 1: Visibility and Marketing

OBJECTIVES

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GOAL 2: Programs and Services

OBJECTIVES

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GOAL 3: Funding and Resources

OBJECTIVES

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SUCCESS STORIES

Local Governments in Planning District 15 contribute funding and other resources to help residents age successfully. Local funding, combined with federal, state, foundation and private contributions, helps fund services for older adults, adults with disabilities, caregivers, and families. They enjoy repeated, reliable, and quality services in their homes and communities.

Questions or comments may be directed to: Marge Boynton, Senior Connections, 24 E. Cary St., Richmond, VA 23219, via email at mboynton@youraaa.org or phone at (804) 343-3054.

We provide more than 25,000 hours of services per month. Our focus is on empowering seniors and their caregivers.

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**MAY**

**Mother’s Day Celebration**
Lewis Ginter Botanical Garden
Saturday, May 12, 1:00 p.m. to 4:00 p.m.

Concert Hours: 1 – 4 p.m.; Tea House Brunch 10 a.m. – 3 p.m.; Regular Garden admission. Treat Mom to a special day! Enjoy a free concert in the Garden (included in admission). Brunch is available in the Robins Tea House by reservation; food also available for purchase in the Garden Café or a la carte in the Garden.

**Armed Forces Day Concert**
Lewis Ginter Botanical Garden
Saturday, May 18, 1:00 p.m. to 2:00 p.m.

Concert by the Thomas Jefferson Cadet Corps Alumni Band in front of Bloemendaal House in honor of Armed Forces Day.

**Senior Connections’ Open House**
and 40th Anniversary Celebration
Tuesday, May 28

Senior Connections, 24 East Cary Street
Open to the Public. Please call (804) 343-3023 for additional information.

---

**April Pinnwheels for Prevention Exhibit**
Lewis Ginter Botanical Garden
April 1 through April 30

Pinnwheels for Prevention will be held in the Children’s Garden in recognition of Child Abuse Prevention Month. 3,000+ pinnwheels will be “planted” in the garden to represent a child served this year by Prevent Child Abuse Virginia’s Healthy Families program.

**Virginia Daffodil Society**
Lewis Ginter Botanical Garden
Saturday, April 6 and Sunday, April 7

Included with regular Garden Admission; Hundreds of delightful prize-worthy daffodils and expert growers.

**National Volunteer Week April 21 - 27**
(See Back Page for more information)

**Celebration of Historic Garden Week**
Lewis Ginter Botanical Garden
Wednesday, April 24

Garden has extended hours on Wednesday, April 24 ONLY in celebration of Historic Garden Week. Bloemendaal House open; wine-tasting, live music, dining, shopping and more.

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**FEBRUARY**

**Free Tax Assistance**
AARP Tax Aide Site at Senior Connections
24 E. Cary Street

Wednesdays, Thursdays, Fridays
11:00 a.m. to 2:00 p.m.

An appointment is required. Please bring your photo ID and your Social Security Card to your appointment. For more information or to make an appointment, please call (804) 343-3059.

**Orchids Galore!**
Lewis Ginter Botanical Garden
Daily Through Sunday, March 31

Hundreds of orchids form “A Rainbow in Living Color” in the warm and cozy Conservatory. Includes family activities and ways to chase away the winter blues with different themes. Please call (804) 262-9887 or visit www.lewisginter.org for more details.

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**MARCH**

**Cheers to Art!**
Lewis Ginter Botanical Garden
Thursday, March 21

Ticketed event. Includes hors d’oeuvres, beer and wine, and live music. Silent art auction benefiting the Children’s Garden. Guests can bid on modern, abstract and contemporary art pieces; pottery; jewelry; photography; sculpture; and special travel, entertainment and service packages. For more information please call (804) 262-9887 or visit www.lewisginter.org.

**Join the Glitz and Glamour at Games for Good 2013**
The Renaissance
Saturday, March 23, 7:00 p.m. to 11:00 p.m.

Sponsored by Circle Center Adult Day Services. Enjoy a black tie gala featuring delicious hors d’oeuvres, complimentary bar, live music, casino games and other great activities. A ticketed event at $75 per person. Games for Good 2013 benefits Circle Center Adult Day Services and Jewish Family Services. For additional information please call Holly Thornton, Circle Center Adult Day Services, at (804) 262-9887 or Faith Kalman, Jewish Family Services, at (804) 282-5644, ext. 277.

**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.

**Easter Weekend with Peter Rabbit**
Lewis Ginter Botanical Garden
Saturday, March 30 and Sunday, March 31

Peter Rabbit greets visitors and poses for photographs (both days). Saturday: Concert by the Richmond Concert Band on the lawn at Bloemendaal House; Sunday: Easter Brunch in the Tea House by reservation. Please call (804) 262-9887 or visit www.lewisginter.org for more details.

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**APRIL**

**Readers may use the form below to help support the newsletter**
Senior Connections, The Capital Area Agency on Aging and community resources for older adults and caregivers.

**Mature Life**

Next Issue: Older Americans Month Deadline: FRIDAY, MARCH 15, 2013

Donations Requested to Support Newsletter

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.

Readers may use the form below to mail contributions to Senior Connections.

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**March 8**

**Armed Forces Day Concert**
Lewis Ginter Botanical Garden
Saturday, May 18, 1:00 p.m. to 2:00 p.m.

Concert by the Thomas Jefferson Cadet Corps Alumni Band in front of Bloemendaal House in honor of Armed Forces Day.

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National Volunteer Week celebrates ordinary people doing extraordinary things through service to improve communities across the nation. This one week highlights the enormous contributions that volunteers make every day. Established in 1974, National Volunteer Week focuses national attention on the impact and power of volunteerism and service as an integral aspect of our civic leadership. The week draws the support and endorsement of the President and Congress, governors, mayors and municipal leaders, as well as corporate and community groups across the country.

Senior Connections is Seeking Volunteers for Public Education and Information Support

Do You Have Two to Three Hours to Volunteer During the Week or on Weekends?

Volunteers will attend Health Fairs and other Community Events to promote public awareness of Senior Connections, CAAA’s Services and Programs for Older Adults, Persons with Disabilities, and Caregivers.

Training is Provided Prior to First Engagement
Transportation is Reimbursed For Volunteer Service
An Annual Volunteer Recognition is held to Show Our Appreciation of your Support

For More Information, Contact:
Shana Beverly, Volunteer Services Coordinator
(804) 343-3024 sbeverly@youraaa.org

Now serving 1,000 nutritious meals a week to homebound neighbors.

No homebound neighbor should go hungry when Meals on Wheels can help.
To receive home-delivered meals, call 804.673.5035.
To volunteer to be a Meals on Wheels delivery driver, call 804.521.3277.

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