11th Annual Empty Plate Luncheon and Awards Ceremony
Held October 8 at The Trinity Family Life Center

At left, Award Recipients Mrs. Sherry Peterson, CEO, Alzheimer’s Association, Greater Richmond Chapter, (second from left), and Mrs. Gloria Johnson, Secretary, Senior Connections Board of Directors, (second from right) are joined by Mr. John Robertson, Chair, Senior Connections Board of Directors and Dr. Thelma Bland Watson, Executive Director, Senior Connections. Mrs. Peterson received the Phoebe and Frank Hall Humanitarian Award for Service to Vintage Virginians. Mrs. Johnson was honored with the Community Service Award for dedicated volunteer service to seniors and caregivers. (See a special tribute to Mrs. Johnson on Page 3.)

Keynote Speaker
Mr. Mark M. Gordon
CEO, Bon Secours St. Francis Medical Center

Mr. Gordon spoke about the goodness of community partners and citizens in addressing critical needs, health and social needs. His remarks titled "A Crisis Amongst Wealth" can be found on Page 4.

Ms. Sabrina Squire, MC for the Empty Plate Luncheon and News Anchorwoman for WWBT-12 News with Mr. Keith James, Divisional Consultant/Care Management, Bon Secours Health System.

Photos courtesy of Digital Image
Eliminating Senior Isolation: Filling Empty Plates for Greater Independence and Wellbeing

This year’s Empty Plate Luncheon was an inspiration to all as we met our fundraising goal of $80,000 and heard the keynote speech by Mr. Mark Gordon, CEO of Bon Secours St. Francis Hospital in Chesterfield. Mr. Gordon emphasized the important role the community plays in helping to provide for the health care and related needs of older adults. His remarks titled “A Crisis Amongst Wealth,” is a reminder of the needs that exist in our community.

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 11th Annual Empty Plate Luncheon was a huge success. This event will be repeated again on October 7, 2015 at the Trinity Family Life Center at 3601 Dill Road, Richmond.

The results of this year’s Campaign will allow us to serve more seniors. We will also take an important step in setting up a long range “rainy day” fund that can be used for future needs and to meet emergency service gaps.

Funds for the 2014 Empty Plate Campaign can be accepted through December 31, 2014. After that time, we will begin accepting sponsorships for the 2015 Campaign. We extend thanks to all for your support. We wish to extend special thanks to the 2014 Steering Committee Co-Chairs - The Honorable Eva Hardy, the Honorable Frank Hall and all of the members who gave of their time and expertise. Their timeless efforts mean that:

- There will be more support for the critical needs of older adults and caregivers. Funds are used to fill empty plates with transportation, meals, utility bill payments, medications, home care and volunteer support.
- There will be improved health and well being for at risk seniors.
- Seniors living in isolation will be assisted.

Our Thanks and Best Wishes!

Thanks to Sponsors! We Are Most Appreciative of Your Support.

PROGRAM SPONSORS

PRESENTING SPONSORS

TITLE SPONSOR

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

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

Adopt A Café
The Adopt A Café Initiative provides the 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, 3301 Boulder’s View Drive, Suite 210, Richmond, VA 23225-4047.

If you have questions about making a donation, please call (804) 343-3000.
A Tribute to Mrs. Gloria Johnson

Thanks to Sponsors! We Are Most Appreciative of Your Support.

Celebrating Milestones:

Mr. and Mrs. Johnson have dedicated their lives to the community, particularly through their involvement in education and youth development. Their contributions have been instrumental in shaping the lives of countless children and young people. In recognition of their service and dedication, a special tribute is being held.

Mr. Johnson served on the Board of Directors of the Richmond Public Schools, where he played a key role in ensuring the academic success of students. His commitment to education was not limited to the board, as he also volunteered his time as a tutor and mentor to underprivileged students.

Mrs. Johnson was a driving force behind the establishment of the Gloria Johnson Scholarship Fund, which provides financial assistance to students pursuing higher education. Her influence extended beyond the classroom, as she was a leader in the community, actively participating in various service organizations.

Their impact is evident in the lives of many who have felt their guidance and support. The community is grateful for their contributions and looks forward to honoring them at this special occasion.

We Are Most Appreciative of Your Support.
A Crisis Amongst Wealth

I would appeal to the esteemed audience, that as a society, we have a paradox. Our current system of education and employment, as well as our societal norms and values, are failing to prepare the next generation for the challenges they will face in the future. This is a crisis that we must address head-on.

Never before in the history of the world have we seen such wealth. Likewise, never before have we seen such poverty. The distance between those who “have much” and those who “have significantly less” is getting wider and wider and at increasing pace. This was the essence of the of the conversation between my wife and I as we were driving this weekend: What sparked this conversation was my comment regarding research that I had recently heard regarding the global economic crisis which began in 2008 and continued with us even more recently, early 2014. In some cases, some entire countries in the Euro-Zone remain on austerity plans as they dig their way out of national debt. In particular, beginning in 2008, as we all know, the revenues of local governments went into free-fall as a result of the mortgage crisis. Local governmental agencies, and school systems, continue to struggle as we gather here today. In 2008, while children who attend public schools were being denied resources due to the economic crisis, the recent research has shown that those who can afford actually spent more. The “haves” actually doubled-down. As the thinking goes, when resources like education and jobs are at increasing competition and scarcity, invest more, work harder, make sure you get yours. This thinking is natural human behavior. However, it is impulsive and instinctive behavior. This behavior, as history has shown, rarely results in a positive outcome for the common good.

This same impulsive behavior that has and is occurring with the education and development of our children is also occurring with increasing incidence with our seniors. We don’t talk enough about what is right before our eyes. As with our children, let us talk openly about the same quality of life concerns for our seniors; quality food, access to adequate and preventative physical and mental health care, housing that is safe and a well maintained, a God-given right to spiritual fulfillment, and security from abuse. Today, we can’t look you in the eye and say that we are uniformly proud. And, I say this as thousands each day enter the ranks of what is referred to as “senior”. More each day than any other time in US history. We’ve got to figure this out. We have a paradox. Our current and soon to arrive generations of seniors represent the largest untapped asset in American history and they also represent the largest potential liability. What will determine the balance will be if, how, and who will have the courage to name the issue and wrestle with the questions. There’s nothing wrong with money. It can be a very good thing. However, the continued expenditure of money spent with an absence of a wider ethical and moral reflection is dangerous and fraught with implications. This I fear for my generation. Never before have we done so well. And I fear, never before have we had such minimal reverence and respect for how we put our money to use.

I would appeal to the esteemed gathering this morning; look at what Thelma and her team provide here today. This is money spent with respect and with a reverence for our common good and for people who came before us. Do unto others as you would have them do unto you.
### 11th Annual Empty Plate Luncheon

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<td>The Honorable Eva Teig Hardy</td>
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<td>Mr. Lee Householder</td>
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#### Mayor’s Day of Recognition for National Service

**Charles Cole, Manager**

**Foster Grandparent Program**

The second Annual Mayor’s Day of Recognition for National Service was held April 1 at the Carillon Bell Tower in Byrd Park. On that day, mayors across the country held public events and used traditional and social media to highlight the value and impact of national service to the nation’s cities. The initiative was led by the U.S. Conference of Mayors; the Corporation for National and Community Service; Cities of Service; the National League of Cities and other organizations.

Volunteers and staff from Senior Connection’s Foster Grandparent Program (FGP) and the Retired Senior and Volunteer Program (RSVP) participated in the celebration.

Pictured below, from left to right are Mr. Ivan Tolbert, FGP Volunteer Resource Coordinator; Mr. Tony Williams, RSVP Program Manager; Ms. Charlene Cole, FGP Program Manager; Ms. Eldora Henry, FGP Mentor; Mrs. Sharon Brewer, RSVP Volunteer; Ms. Patrice Dempsey, State Director, Corporation for National and Community Service; Ms. Roslyn Faines, FGP Mentor; Ms. Donna White, FGP Mentor; Ms. Juanita Peoples, FGP Assistant; Mr. Jim Brewer, RSVP Advisory Council member; and Ms. June Height-Winkler, FGP Mentor.

#### 11th Annual Empty Plate Luncheon

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#### Volunteer Advocate Response Form

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<th>Yes, I want to serve as a Volunteer Advocate at the 2015 Virginia General Assembly in support of services for senior citizens.</th>
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Please complete and return this form by Friday, January 16 to: Pat Giesen, SC/CAA, 24 E. Cary St, Richmond, VA 23219.
Community News

Humana Adopts the Friendship Café at Good Shepherd

The wonderful folks from Humana joined members of the Friendship Café, Senior Connections staff and members of the Board from Good Shepherd Community Center to celebrate and thank Humana for their support of the Friendship Café at Good Shepherd. 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 outreach effort designed to raise much needed funds for programming at our 19 Friendship Cafés located throughout the Greater Richmond Area. A BIG THANK YOU to Humana! With your help, we will enhance the café experience and provide new opportunities for all our Café participants. Pictured above, left to right are: Angie Phelon, Senior Connections; Lynne Vest, Humana; Robert S. Melvin, GSCC Board Member; James Smith, Humana; Sylvester T. Smith, GSCC Board Member; Andrea Seward, Good Shepherd; Willie H. Oliver, Jr., GSCC Board Member.

Senior Law Day Provides Life Planning Legal Documents for Older Adults

PAMELA GIESON
COMMUNITY RELATIONS EVENTS SPECIALIST

Senior Law Days, held several times this year, were once again overwhelming successes! With the assistance of several attorneys, the Agency has been able to provide Wills, Powers of Attorney and Medical Directives for approximately 100 seniors free of charge during the last events.

Senior Connections will be holding Senior Law Days again in 2015. This is not a law seminar or class but an opportunity to have any one of these documents or all three prepared for you gratis. There are preliminary papers to be filled out and returned, which are “sample Wills, etc.” They are not official documents but simply give the attorneys an idea of what you want. If you would like to be placed on that list for inclusion in April, please phone Pat Giesen at 343-3059 and she will send you the necessary papers and answer any questions you may have.

Senior Law Day is sponsored by Senior Connections and the Williams Mullen Law Firm. Volunteer attorneys and law students from the University of Richmond donate their valuable time for this worthwhile program.

Senior Connections and Williams Mullen have provided this well received and national award-winning program for the past eight years. During this time, the Program has branched off to also provide legal assistance to residents of the Counties of Charles City, Goochland, Hanover and New Kent.

The 2014 Walk To End Alzheimer’s

The staff of Senior Connections, The Capital Area Agency on Aging participated in the 2014 Walk To End Alzheimer’s in many ways. In the photo below, staff members demonstrated their support by wearing several shades of purple. Members also made donations to the Alzheimer’s Association, Greater Richmond Chapter and joined in the Annual Walk held on October 18 in Innsbrook and Petersburg.

25th Annual Holiday Gift Basket Project for Seniors

Make this Holiday Season Memorable for Isolated Seniors in Need

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

Donations are requested for:
- Nonperishable Food Items
- Gift Cards from Grocery Stores and Pharmacies
- Household Supplies
- Emergency/Disaster Preparedness Items

Wednesday, December 10, 2014 is the Deadline for Delivery of Items for the Gift Baskets

Donations may be delivered to Senior Connections, 24 E. Cary St., Richmond, VA 23219. Donations are tax deductible.

FOR MORE INFORMATION, PLEASE CONTACT: Diane Foster (804) 672-4492; dfoster@youraaa.org or LaVerne Bailey (804) 646-6885; LaVerne.Bailey@richmond.gov

Thank You For Your Consideration!

2nd Floor or the Richmond East District Center at 701 North 25th St.

NONDISCRIMINATION POLICY


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

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

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

Career Support

ATS Support Group

Anticipatory Grief and Caringship

Caregiver Support

Certificate of Recognition

The [Name] Award on Aging

The award recognizes your years of service to the community.

Applicants are encouraged to submit nominations for the award each year.

Nominees are evaluated on their dedication to service and their impact on the community.

Selection is based on a combination of community service, personal characteristics, and professional achievements.

Nominees who meet the criteria will be invited to attend the awards ceremony.

Applications are due by [Date].

For more information, please contact:

[Contact Information]

Senior Connections

123 Main Street

[City, State ZIP]

[Phone Number]

[Email Address]

[Website]

Thank you for your years of service to the community.

[Name] Award on Aging

[Date]

Certificate of Recognition

[Recipient NAME]

[Title/Role]

[Institution/Company]

[City, State]

[Date]

[Note: The certificate should include a photo of the recipient and the award.]
Transit

Richmond Area Transportation Providers

This list includes for profit and nonprofit agencies, professional services, private services and voluntary programs. These organizations provide transportation services to adults and their families. *Unless otherwise noted, the transportation providers serve all of the metropolitan Richmond area. This list is subject to change. Please contact Carolyn Comerford, Regional Mobility Manager at (804) 672-4487 for additional information.

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

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

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

**Angels for Hire/Angelride**
338-6858 (855) 525-7433
Western Richmond, western Henrico, northern Chesterfield
www.angelride.net/index.html; Wheelchair accessible service

**Big Ben Taxi Cab**
980-6667; Richmond, Henrico, Chesterfield, Chester

**Bowman Transportation Service**
745-6046 335-9264
www.ridewithlarry.com
Wheelchair accessible service

**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/

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

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

**Forward Fleet**
426-4313

**Goochland Free Clinic & Family Services**
556-6260
goochlandfreeclinicandfamily services.org/
Goochland County
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

**Home Helpers**
864-4258
www.homecarrichmond.com
Seven days a week

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

**Junie Ray Inc.**
326-6414

**Logisticare** (Medicaid recipients)
1-866-386-8331
www.logisticare.com
Wheelchair accessible service

**Mature Options**
282-0753
www.matureoptions.com

**Napoleon Taxi**
354-8294
www.napoleontaxi.com

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

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

**Sam Transportation LLC**
715-9242

**Save Our Seniors**
Jeff Kyte 559-4480 or 914-4406

**Seasonal Transport LLC**
283-4370
www.seasonaltransport.com

**Seniors Helping Seniors**
553-0526
www.seniorshelpingseniors.com/RVA/

**Shepherd’s Center of Chesterfield**
706-6689
www.shepcentercheste rdfield.org

**Shepherd’s Center of Richmond**
355-7782
www.tscor.wordpress.com

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

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

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

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

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

*These organizations provide transportation services 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**
286-8763
www.tendercareofva.com/
Wheelchair accessible & stretcher service available

**World Star Connection**
232-9900
Monday-Friday 8:00 a.m.-4:00 p.m.
Wheelchair accessible service

**Western Transportation**
331-0300
Monday-Friday 7:00 a.m.-6:00 p.m.
Wheelchair accessible service

**VRS**
804-672-4487

**CARES**
804-672-4487

**CMG Foundation**
804-672-4487

**CMG Foundation**
804-672-4487

**Virginia GRANDdriver**
804-672-4487

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**Virginia GRANDdriver**
804-672-4487
Nutrition Support

The Adopt-A-Café Program: Community Partnerships in Action

COLLEEN WILHELM
COMMUNITY OUTREACH SPECIALIST
MEALS AND WELLNESS PROGRAM
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 Program is a community partnership designed to raise awareness and programming funds for each of our 19 Friendship Cafés located throughout the Greater Richmond Area that are supported by Senior Connections. CareMore Continues Support of the Friendship Café

Congratulations to CareMore, for once again committing $10,000 to the Adopt-A-Café Initiative over the next year. Thanks to their generous donation, we can enhance the café experience and provide new experiences for all our participants. This year long commitment will give all our café participants the opportunity to experience professional art and exercise instruction.

Humana Adopts the Friendship Café at Good Shepherd

We are so grateful to Humana for adopting the café at Good Shepherd. This café is a partnership between Senior Connections and Good Shepherd Baptist Church. It is a great example of community organizations coming together to provide social, physical and nutritional health to older adults in the City of Richmond. Humana’s support will provide much needed programming supplies as well as access to health and wellness programming.

Heather Sturgill Adopts the Friendship Café at Bon Air, in Memory of her Grandmother, Mrs. Yvonne Sturgill

Thank you Heather for thinking of the café in her community. What a wonderful legacy for your grandmother. It’s important that older adults have socialization opportunities regardless of their access to resources and this donation will help the seniors in the Bon Air area have a place to have fun and eat well.

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 café program. By donating funds, the community can give back to those older adults who bring inspiration and continuity to the fabric of our communities. For more information on how to Adopt a Friendship Café or how you can support your neighborhood café please call 804-672-4497 or send an email to cwilhelm@youraaa.org.

Let’s Open a Friendship Café in New Kent

NANCY S. GOODMAN, M.Ed.
FAMILY SERVICES SPECIALIST
NEW KENT DEPT. OF SOCIAL SERVICES
I have always been a believer in and practitioner of lifelong learning. I earned my Master’s degree in Adult Learning and Human Resource Development (from VCU) later in life while experiencing the same adult development stages and themes that were part of the curriculum. As part of lifelong learning and caring for older adults, it’s important to remember several things. Learning happens in so many and varied places in the lives of adults. As practitioners, we must appreciate and take into consideration the prior knowledge and experience of our older adults. Knowledge is gained in formal settings, such as the classroom or workplace, but more often than not, knowledge is gained from informal settings. Adults learn from reading and talking with friends or a major life change such as illness or death of a spouse.

In working with older adults we must recognize that learning opportunities come in many sizes, shapes and forms. Important learning opportunities are available in community-based settings, such as the Senior Connections Friendship Cafés. According to Merriam and Brockett (1997, pp. 169-170), “the nonformal adult learning opportunity is less structured, more flexible, and more responsive to localized needs”. Friendship Cafés provide older adults with these opportunities including exercise, lectures, social activities and other enrichment opportunities.

Currently the Friendship Café located in Ruthville in Charles City serves the citizens of both Charles City and New Kent Counties. I am working with other Senior Connections staff and local officials to bring this rewarding educational and social program to New Kent. It’s an exciting time! Learning, whether formal or informal, individually or in groups, is a central, valued and integral part of older adult life. I am open to suggestions for a location as well as programs and services. Please feel free to contact me at 804-966-1853 extension 5123.

Our goal is to bring art to the participants of the Friendship Cafés. Creative engagement has positive effects on general health and well-being of older adults by helping to increase cognitive functioning and reduce depression. The seniors from Rockwood Village Friendship Café visit The Visual Arts Center of Richmond to check out the art from other Friendship Cafés, enjoy lunch and each other’s company.

Friendship Cafés
A Nutrition Support Program Provided by Senior Connections, The Capital Area Agency on Aging

Café Locations

City of Richmond
CAPUP* East Senior Center
1103 Oliver Hill Way
Good Shepherd Baptist Church
1127 N. 28th Street
Guardian Place
1620 N. Hamilton Street
Korean Senior Center
(United Methodist Family Services, Dining Hall)
3900 W. Broad Street
Linwood Robinson Senior Center
700 N. 26th Street
Monarch Woods
6501 Jahnke Road
Sixth Baptist Church
400 S. Addison St.
Charles City and New Kent Counties
Ruthville Gymnasium Complex
13100 The Glebe Lane
Charles City
Chesterfield County
Bon Air Presbyterian Church
9201 W. Huguenot Road
Ettrick Community Center
20621 Woodpecker Road
New Covenant Presbyterian Church
6415 Irongate Drive
Chesterfield (continued)
Rockwood Village
3901 Price Club Blvd.
Midlothian
Goochland County
Goochland Rec Center
2415 Sandy Hook Road
Hanover County
Shiloh Baptist Church
106 J. S. James Street
Ashland
Montpelier Senior Center
17203 Mountain Road
Henrico County
Highland Springs Recreation Center
16 S. Ivy Avenue
Highland Springs
Village Presbyterian Church
110 N. Laburnum Ave.
West Richmond
Church of the Brethren
7612 W. Cary Street
Powhatan County
St. John Neumann Catholic Church
2480 Batterson Road
*CAPUP: Capital Area Partnership Uplifting People

Hours vary by Locations

For more information, please call (804) 343-3000 or visit our website: www.seniorconnections-va.org
The Foster Grandparent Program:
Older Adults Assisting Children In Need

Volunteers

Foster Grandparent Mentors wearing polo shirts, donated to the program by CareMore, in support of the volunteers’ dedicated service to children and the community.

CHARLENE COLE, FGP MANAGER

Foster Grandparent Program (FGP) volunteers provide mentoring support to children and youth, (on average 20 hours per week) in Public Schools, Head Start classrooms, and faith-based child development and/or early learning centers.

Since 1982, the Richmond Area Foster Grandparent Program has matched hundreds of loving volunteer mentors, ages 55 and older, with over 6,200 children and youth identified as having special or exceptional needs, or who were otherwise considered at-risk.

Every day, volunteers help extend Senior Connections’ reach into the community to provide assistance and services. We couldn’t do all that we do without the assistance of our volunteers! To learn more about the Foster Grandparent Program, please call (804) 343-3000.

FOSTER GRANDPARENT PROGRAM

is sponsored locally by

Visit http://www.nationalservice.gov/about/programs/seniorcops.asp to learn more about the Corporation for National and Community Service.

New Members Elected to the FGP Advisory Council

The FGP Community Advisory Council held its new member election in February 2014. New members are:

• Mr. Willie E. Baker, Foster Grandparent Program Volunteer
• Ms. Gloria Butler, Foster Grandparent Program Volunteer
• Ms. Rose Marie Wiegandt, Program Manager of Elementary Schools, Communities in Schools of Richmond (CIS).

Thanks to our new members for their support of our efforts to enhance the caring and dedicated service to children in need.

As the years go by, everyone involved in the Choral Group appreciates the experiences they have in the community more and more. How noble a calling to bring music and fellowship to the community!

Senior Connections Choral Group
Advocacy Through Music!

Tony Williams, Manager, Retired & Senior Volunteer Program (RSVP); Director, Senior Connections Choral Group

“How far that little candle throws his beams! So shines a good deed in a weary world.” William Shakespeare - The Merchant of Venice

On October 20, members of the Senior Connections Choral Group visited the Bensley Community Center, where they enjoyed a delicious, bountiful buffet lunch and then sang songs such as “Shine on Harvest Moon,” “When October Goes,” “Autumn Leaves” and “Old Man River.”

David Potter, who runs the Center for Chesterfield Parks and Recreation, said afterward, “We have enjoyed your group here many, many times and I always say this: it just keeps getting better and better.” About 75 community members (of the “Senior” variety) sang along, clapped and tapped their feet. Patsy Hupp, the eighty-year old dynamo, sent us back to the office with a big box of chocolate chip cookies and a Key Lime Pie.

Mrs. Patsy Hupp, a RSVP Volunteer, dressed for Halloween at the Bensley Community Center.

Below, Mr. David Potter with the Bensley Community Center, Chesterfield Parks and Recreation, congratulating the Choral Group on their beautiful performance.

At the 11th Annual Empty Plate Luncheon

Foster Grandparent Mentors who served as Table Captains at the Luncheon. Pictured left to right are Ms. Betty Allison, Ms. Gloria Butler, Mr. Willie E. Baker, Ms. Valestina Clark and Ms. Doris Hairston.
The Giving Heart Community
Thanksgiving Feast

On Thanksgiving Day, Thursday, November 27th, The Giving Heart will hold its annual Thanksgiving Feast at the Greater Richmond Convention Center, 301 North Third St. Doors open at 9:30 a.m. and the meal will be served from 11:00 a.m. to 2:30 p.m. This free event brings the community together for food and fellowship.

Nominate An Outstanding Volunteer for the 2015 Governor’s Awards

The Governor’s Advisory Board on Service and Volunteerism and the Office on Volunteerism and Community Service began accepting nominations for the 2015 Governor’s Volunteerism and Community Service Awards on Wednesday, November 12, 2014. The deadline for entries is Wednesday, January 28, 2015. The awards highlight the efforts of outstanding Virginians who seek to enhance the lives of others in their communities.

Honors are given each year to groups, individuals and families whose volunteer and community service efforts exemplify extraordinary volunteer service. Winners will be announced at a ceremony during National Volunteer Week in April.

VICAP
Helping you navigate Medicare

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

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

VICAP counseling is unbiased, confidential and free. VICAP volunteer counselors are not licensed to sell insurance and do not promote any insurance products.

Senior Connections promotes volunteer opportunities for all ages. Volunteers are a vital resource and provide support services to seniors in need. We especially encourage persons age 55 and older to volunteer.

For information about the volunteer opportunities we provide, please visit our website, www.seniorconnections-va.org or contact Shana Beverly, Volunteer Coordinator, at 804-343-3600

CATCH Healthy Habits

Help children develop healthier lifestyles, while making positive changes for yourself

Kids need more exercise.

You want to make a difference.

CATCH Healthy Habits pairs teams of adults 50+ with kids in grades K-3. Classes meet once a week for up to 25 weeks. We have lots of ways you can help!

Together, we’ll get kids moving and eating healthier.

To learn more contact Sara Morris at 804-828-1565 or smorris@youraaa.org or visit us at www.oasisnet.org/Richmond

Beth Sholom Woods
A Lifecare Community

ACCEPTING APPLICATIONS

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

Beth Sholom Woods is a Section 202/8-Section 223 (f) U.S. Department of Housing and Urban Development (HUD) project. Qualified applicants pay 30% of his or her monthly income towards rent and utilities. An Outpatient Rehabilitation Clinic with a therapeutic pool is located on site.

Beth Sholom Woods is part of the Beth Sholom Lifecare Community in the Far West End of Richmond. For more information or an application, please call (804) 741-9813, Monday-Friday, 9am-4:30pm.

Telephone: (804) 741-4691 Fax: (804) 741-9813
Email: sberinato@bslcc.org
Website: www.bethsholom-lifecare.org

Beth Sholom Woods
Beth Sholom Lifecare Community
2027 Lauderdale Drive
Richmond, VA 23233
Medicare Part D Donut Hole Savings and the 49th Anniversary of Medicare and Medicaid

Over 8.2 million seniors have saved more than $11.5 billion on prescription drugs since 2010. Findings come on eve of Medicare’s 49th Anniversary.

Information released in July by the Department of Health and Human Services shows that more than 8.2 million seniors and people with disabilities with Medicare continue to enjoy prescription drug savings as a result of the Affordable Care Act, saving $11.5 billion since 2010.

This news comes on the heels of continued historic low levels of growth in Medicare spending. According to the recent Medicare Trustees report, the life of the Trust Fund has been extended to 2030, up from its projection of 2017 in 2009, and Part B premiums are expected to stay the same rather than increase for the second year in a row. Additionally, a new HHS report found that per capita, Medicare spending growth has averaged 2 percent over 2009 – 2012, and nearly 0 percent in 2013, one-third of the growth rate over the 2000-2008 period.

“Thanks to the Affordable Care Act, seniors and people with disabilities are saving on needed medications,” said HHS Secretary Sylvia M. Burwell. “By making prescription drugs more affordable, we are improving and promoting the best care for people with Medicare."

The Affordable Care Act makes Medicare prescription drug coverage more affordable by gradually closing the gap in coverage where beneficiaries had to pay the full cost of their prescriptions out of pocket, before catastrophic coverage took effect. This gap is known as the donut hole.

Since the enactment of the Affordable Care Act, out-of-pocket savings on medications for people with Medicare prescription drug coverage continues to grow. More than 8.2 million seniors and people with disabilities with Medicare have saved over $11.5 billion on prescription drugs since 2010 as a result of discounts in the donut hole and rebates in 2010, for an average of $1,407. These figures are higher than last year at this time when over 6.6 million seniors and people with disabilities with Medicare had saved over $7 billion on prescription drugs in 2010, an average of $1,061 per beneficiary in donut hole discounts.

Because of the Affordable Care Act, in 2010, anyone with a Medicare prescription drug plan who reached the prescription drug donut hole received a $250 rebate. Beginning in 2011, beneficiaries in the donut hole began receiving discounts on covered brand-name drugs and savings on generic drugs. These savings and Medicare coverage will gradually increase until 2020, when the donut hole will be closed. In 2014, people with a Medicare prescription drug plan who fall into the donut hole will save from discounts and increased coverage in the gap about 53 percent on the cost of brand name drugs and save from increased coverage in the gap about 28 percent on the cost of generic drugs.

For state-by-state information on discounts on the donut hole, please visit: http://downloads.cms.gov/files/Medicare-Part-D-Donut-Hole-Savings-Summary-2010-June-2014.pdf

For more information about Medicare prescription drug benefits, please visit: http://www.medicare.gov/part-d/.

The Ageless Grace Program

Mrs. Shari Brewer, Ageless Grace Certified Educator

The Ageless Grace Program demonstrates how exercising can promote good health, can increase a positive mental mood, and increase our chances of living longer. As an Ageless Grace Certified Educator, it gives me the opportunity to promote a chair exercise program almost anyone can do.

My passion is to connect to people of all body types, ages, and fitness levels, to show how this program stimulates physical and psychological well being, which is crucial to quality of life for seniors. It only takes 10 minutes a day in a setting with friends or in the privacy of their own home; and its fun, easy and done with music. It’s never too late to start exercising and it’s all about move, move, Move!

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Insurance

Anticipatory Grief and Caregiving

Continued from Page 7

Hold and they find themselves “wondering when it might be over.” One might wish the challenges their loved one’s experience would end, and then experience guilt or shame for this line of thinking. Caregivers need to remember that in times of great stress, thoughts like this are normal. Watching a loved one decline with little prospect for recovery is extremely sad and stressful. Picturing the end of a painful process is not good or bad, it is simply human.

Since people may not think it is acceptable to grieve for a person who’s still here, their grief often goes unchecked. They experience awkward feelings in talking about it with others, however, bottling up feelings can lead to sleep disturbances, depression and other physical and emotional problems. Both caregivers and care recipients need to share their pain and the range of emotions they’re feeling and have them validated. Caregivers often think they don’t have time to socialize or go to support groups but these are necessary outlets for coping with grief and stress.

Ultimately, even with time to prepare for a loss, death cannot really be experienced until it happens. Anticipatory grief doesn’t take the place of mourning the death of a loved one, nor does it always make the actual loss easier. However, it can help caregivers and families prepare for the changes to come, work on unresolved issues and gain some closure. In these ways, anticipatory grief may be used as a source of healing.

The following suggestions may help caregivers deal with anticipatory grief:

• Recognize the natural feelings of grief that accompany grave illness.
• Talk about your feelings with others. You may find that some feelings, especially guilt, anger and anxiety, may be difficult to express in a comfortable manner. You may wish to talk to a counselor or to members of a support group.
• Attempt to resolve and forgive past wrongs.
• Make plans for the future.
• Find time to relax when possible.

Enjoy and celebrate life’s joys and pleasures together.
Health

Are You Ready for Winter Storms and Extremely Cold Weather?

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

One of the primary concerns is the winter weather’s ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region.

Preparing Before A Winter Storm and Extremely Cold Weather

Before winter approaches, gather:

- Rock Salt or a more environmentally safe product to melt ice on walkways
- Sand to improve traction
- Snow shovels and other snow removal equipment
- Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off.
- Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm.
- Make a Family Communication Plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.

During Storms and Cold Weather

- Stay indoors during the storm
- Walk carefully on snowy, icy walkways
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack - a major cause of death in the winter. Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmit heat rapidly.
- Be aware of Frostbite and Hypothermia. Frostbite occurs when the skin and body tissue just beneath it freezes. Loss of feeling and white or pale appearance in extremities, such as fingers, toes, earlobes, face and the tip of the nose. Hypothermia is dangerously low body temperature. Symptoms include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.

The U.S. Centers for Disease Control and Prevention (CDC) recommends that if you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia. Hypothermia is a more serious medical condition and requires emergency medical assistance.

Source: www.ready.gov/winter weather

Holiday Campaign to Focus on Brain Health

Each year during the holiday season, the Eldercare Locator prompts families and friends to have conversations with their older loved-ones about topics important to their health and well-being. Recent campaigns have focused on end-of-life planning, financial exploitation and successful care transitions. This year’s “Home for the Holidays” campaign will focus on activities older adults can do that will promote brain health. In collaboration with ACL, NIH and the CDC, the Eldercare Locator will release a new brochure on brain health. The brochure will suggest that older adults learn about programs and activities in their community that promote brain health by contacting their local AAA or Title VI program.

2014 Active Aging Week Celebrated September 22-27

The Active Aging Week is a national initiative of the International Council on Aging (ICA) encouraging persons 50 and older to actively age in their communities. Each featured activity was free or very low cost. The 2014 theme was “Let the Adventure Begin,” which was very fitting as older adults in our community are recognized and celebrated! Active Aging Week celebrates older adults and encourages participation in physical activities, workshops and forums that promote proactive approaches to healthy aging. It help to strengthen positives images of optimal aging and active lifestyles that reinforce connections to community resources that help seniors live with dignity and 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. Activities included holistic programs that nourished the mind and spirit; highlights of the Age Wave Coalition and its volunteer projects; and community resources that connect generations and organizations.

The Kick-Off event was held on Monday, September 22, 10:00 a.m. at Senior Connections. Sports Backers will facilitated a workshop “Ramping Up Workplace Activity” that showcased how businesses, organizations and staff engaged in the Active RVA campaign.

The closing ceremony, held at Health South Rehabilitation Hospital, 5700 Fitzhugh Avenue, Richmond. Commissioner Jim Rothrock, Virginia Department for Aging and Rehibilitative Services (DARS) was the guest speaker. Both events were free and open to the community.

Active Aging Week was jointly managed by the Arthritis Foundation, Senior Connections, The Capital Area Agency on Aging and the VCU Department of Gerontology. Mrs. Sharon Brewer served as the chair and “face” of Active Aging Week. According to Mrs. Brewer, “aging is a gift that is to be cherished and treasured. Active Aging Week is for everyone!”

The week-long event was supported by the generous funding of JenCare, Genworth Financial and United Way of Greater Richmond & Petersburg.

Ebola: Resources for Information

According to the National Institute of Health, the 2014 Ebola Outbreak was the largest in history. This is a virus that can be addressed by early diagnosis and medical care. Resources for additional information include:

- Local Health Departments
- Local Clinics
- Hospitals, Physicians and other Health Facilities
- The National Institute of Health
- The World Health Organization

Information

Source: www.seniorconnections-va.org

Mature Life October 2014 - January 2015
Safe Cooking During the Holidays

Cooking brings family and friends together especially over the holidays. It can be relaxing. But did you know that cooking fires are the number one leading home products associated with cooking; such as hot food and drinks.

Microwave ovens are one of the additional information:

- Unattended cooking was a factor in 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.

Contact Info for the Hearing Loss Association of America in the Commonwealth of Virginia

- Virginia State Chapter Coordinator Donald Doherty dondoherty@mchs.com
- Central Virginia Chapter Kristin Koch drkoch@evolutionhearing.com and Ron Keeney Ron@KeeneyArchitecture.com

AARP Tax Aide Site To Open At Senior Connections

During the second week of February 2015, an AARP Tax Aide Site will open at Senior Connections’ downtown location, 24 E. Cary Street (corner of 1st and E. Cary Sts.). The site will assist older adults and persons with disabilities with preparing their 2014 Individual Federal and State tax returns.

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

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

Volunteer Money Management Program

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!
**November 2014**

**Berkeley Plantation Corn Maze and Pumpkin Patch**
Through November 30, 9:30 a.m. to 4:30 p.m.
Berkeley Plantation
12602 Harrison Landing Road, Charles City
Explore the fall gardens and grounds, river shore, museum artifacts, exhibits and tour. Pick a pumpkin and explore the plantation’s corn maze. The fee is $11 for adults and $6 for children. For additional information, please visit www.berkeleyplantation.com.

**Free Diabetes Screening During December**
Bremo Pharmacy is offering free diabetes screening/blood glucose testing. Patients meet one-on-one with a clinical pharmacist to discuss their diabetes risk factors/symptoms and to have their blood sugar tested. Call 804-288-8361 Ext. 120 to schedule an appointment. You may also visit www.BremoRx.com and click on “As Seen on TV.”

**Fresh Herbal Wreath Class**
Saturday, November 22, 10:30 a.m. to noon
Lavender Fields Farm, Glen Allen
Learn easy design techniques along with care tips to get the most out of your fresh herbal wreath. Clippers will be provided. Bring gloves. The fee is $30 per person. For more details, visit www.lavenderfieldsfarm.com

**Senior Connections Board Of Directors Meeting**
Tuesday, November 25, 1:30 p.m.
3rd Floor Board Room - Open to the Public
Thanksgiving Holidays
Senior Connections will close at 1:00 p.m. on Wednesday, November 26. The Agency will reopen at 8:30 a.m. on Monday, December 1

**Dominion GardenFest Of Lights**
Friday, November 28 to Monday, January 12
(Closed December 24 and 25)
Nightly, 5 to 10 p.m.
Dominion GardenFest of Lights is a holiday tradition featuring more than a half million lights, botanical decorations, trains, holiday dinners, family activities and more. This year’s theme, “A Legacy in Lights: 120 Years from Bicycle Club to Botanical Garden” celebrates the Garden’s history. For more information please call (804) 262-9887, ext. 316 or visit www.lewisginter.org

**Save the Date!!!**
Wednesday, October 7, 2015
12th Annual Empty Plate Luncheon & Awards Ceremony
More info: (804) 343-3023; mjames@youraaa.org

**Advertise In Mature Life!**
Next Deadline: January 13, 2015
Please contact Hannah Robinson at (804) 343-3046 or hrobinson@youraaa.org for additional information.

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Next Deadline: January 13, 2015
Please contact Hannah Robinson at (804) 343-3046 or hrobinson@youraaa.org for additional information.

**New Year’s Holiday**
Thursday, January 1
Senior Connections will be closed Thursday, January 1 and Friday, January 2. The Agency will reopen at 8:30 a.m. on Monday, January 5

**Richmond Chapter of the National Caucus & Center on Black Aged, Inc. (NCBA) Presents 37th Annual Martin Luther King Seniors Program**
Wednesday, January 14, 11:00 a.m. to 1:30 p.m.
Fifth Baptist Church, 1415 W. Cary Street, Richmond
The Richmond Chapter of NCBA will presents its 37th celebratory event in recognition of the Dr. Martin Luther King, Jr. Learning Week. The celebration is co-sponsored by Senior Connections, the City of Richmond Office on Aging & Disabilities and Affiliated Seniors of Metropolitan Richmond, Inc. Special guest, Ms. Morgan Avery McCoy, an actress and motivational speaker, will grace the audience of her new play, “She’s Got Issues.” Refreshments will follow the performance. For more information please contact Saundra Rollins, Chapter President, at (804) 231-9306.

**Dr. Martin Luther King Holiday**
Monday, January 19
Senior Connections will be closed
The Agency will reopen at 8:30 a.m. on Tuesday, January 20

**Senior Connections Board Of Directors Meeting**
Tuesday, January 20, 1:30 p.m.
3rd Floor Board Room - Open to the Public
Senior Advocacy Day at the Virginia General Assembly
Wednesday, January 28
Senior Connections is seeking citizens from the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan to serve as Volunteer Advocates. This is an ideal opportunity for volunteers to learn how the General Assembly works and methods by which advocacy groups such as senior citizens, their families or neighbors can make their voices heard by their local representatives. To volunteer or for additional information about Senior Advocacy Day, please call Mrs. Pat Giesen at 804-343-3059, send an email to pgiesen@youraaa.org by Friday, January 16.

**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.

Senior Connections, The Capital Area Agency on Aging acknowledges the ongoing support that has been shown by Mature Life readers. We extend thanks to everyone who has contributed to the newsletter including the following individuals whose contributions were received after the last issue.

William L. Burton, Jr.
Martha J. Grooms
Barbara J. Haynes
M. Irvy
Edna L. Lindsay
Clarence Paige
Lillian and Ralph Rhudy
Lauravia P. Simmons
Gloria C. Taylor
Hermie H. Walter
5 Anonymous Donors

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RADIATION SCIENCE  REHABILITATION COUNSELING  VIRGINIA CENTER ON AGING

Mature Life: 2013 Merit Award Winner!

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