Senior Connections: Services To Support Older Adults
To Live Safe today and Healthy Tomorrow

Senior Connections, The Capital Area Agency on Aging is the designated Area Agency on Aging for Virginia’s Planning District 15 (City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan).

There are 25 Area Agencies on Aging throughout the Commonwealth of Virginia and almost 700 that serve communities across the United States.

Senior Connections has provided essential services and programs for seniors, caregivers and persons with disabilities since 1973. These services are intended to support the individual needs of program participants.

Therefore, they are person-centered to offer options and choices. Below, we highlight these resources that insure older adults can live safely today and healthy tomorrow.

### Adult Day Care

Scholarships for care and supervision of older persons with disabilities who cannot manage daytime activities alone. Services vary by location and may include assistance with personal care, limited health care, therapeutic activities, meals and social activities.

### Caregiver Support

Assists family members in their caregiving roles by providing information about available resources, access to supportive services; individual counseling and respite care.

### Chronic Disease Self Management Program

Free workshops to help individuals cope with and manage chronic diseases such as arthritis, high blood pressure and diabetes.

### Employment Assistance

Short-term work experience for income eligible mature job seekers age 55 and older. Offers job listings and referrals to Job File-registered job seekers.

### Focus 50 Plus

An initiative to fight breast cancer. Provides information about, and locations for, free or reduced cost mammograms.

### Foster Grandparent Mentors

Volunteers, age 55 and older, share their time and experience to mentor children with special needs, or who are at risk, in youth facilities such as schools, Head Start programs, faith-based child care centers and children’s hospitals. Federal funds from the Corporation for National and Community Service (CNCS) supports this program.

### Friendship Cafés

Balanced meals, health education and screenings for older adults. Participants receive a nutritious meal and opportunities for socialization, recreation and wellness activities.

### Home Care

Personal care, homemaker/companion care and caregiver respite on the basis of need. This help can be used during a period of recovery or while plans are being made for continued care.

### Home Delivered Meals

Meals for home bound seniors who live alone and have significant health conditions or physical or mental impairments that prevent them from preparing their own meals. Helps seniors meet the recommended dietary allowances (RDA) for proper nutrition and provides daily interaction with volunteers who deliver the meals.

### Long Term Care Ombudsman

Investigates and resolves complaints.
Planning for the Future: Making the Richmond Metropolitan Area “Age Ready”

We are working with our community partners to make the Richmond Region Age Ready. We are building on our strengths and recognizing our successes. Our successes include volunteers, seniors as resources, supportive caregiving and many contributing community partners.

Volunteers
In April, we recognized National Volunteer Month with the theme, “Celebrate Service.” At Senior Connections, we have dedicated volunteers who give generously of their time and talents in so many ways. They make an impact on the quality of life we enjoy in our communities. We value their service and thank them for their outstanding contributions.

Seniors as Resources
In May, we celebrate Older Virginians Month as a time to recognize the region’s more than 170,000 older adults. They contribute to their families and communities in many ways that often go unnoticed. We salute our senior community and recognize them as valuable resources.

Supportive Caregivers
About 95% of the assistance that seniors receive in their homes and communities is provided by supportive and loving caregivers, mostly family members and friends. We salute and thank the caregivers in our communities.

Community Partners
Community partners are helping us prepare for a successful future through the Age Wave Coalition led by four important workgroups. We salute these partners for the contributions of their workgroups:

Regional Scorecard (Age-Readiness)
Joint Commission on Health Care; Chair: Michele Chesser
What: Develop Regional Age-Readiness Scorecard to track and monitor.
Why: A standard system of measurement will help quantify/qualify strengths, gaps and regional challenges.

Some Best Practices:
World Health Organization, County Health Rankings, Milken Institute Best Cities or Successful Aging, Stanford Center on Longevity and the MetLife Mature Market Institute, Gallup-Healthways Well-Being Index, The Advantage Initiative.

Timeframe: 5 to 6 months to draft.
Noteworthy:
(1) Work will be based on best practices and/or existing models/available date;
(2) Potential dashboard for other regional efforts to connect statewide efforts;
(3) Scorecard will be published in progress report(s) and on AgeWellva website;
(4) Data represents opportunity to inform local governments and to develop public policy.

Toolkit
(“Welcome to Aging”) VCU Department of Gerontology and Senior Connections, CAAA
Co-Chairs: Jay White, VCU and Marge Boynton, Senior Connections
What: Develop an Age Wave Readiness Toolkit to empower businesses, local governments, organizations and individuals to take ownership of their own aging and provide broader awareness of available community resources.
Why: To provide broader awareness (among various sectors) of available community resources for older adults, caregivers and businesses.

Some Best Practices:

Timeframe: 3 months to develop content; 6 months to produce initial product; 12 months to develop additional target audiences.

Noteworthy:
(1) Work will build on existing evidence-based resources;
(2) Connection to local tools and resources to engage and/or provide needed supports;
(3) Toolkit is a product that will be a component of GeroTrifecta’s outreach strategy;
(4) Toolkit represents opportunity to inform and inspire individual, as well as broader community investment.

GeroTrifecta
Students, Seniors and Community Leaders
Chair: James Brooks, AARP Virginia

CONTINUED ON PAGE 4

Mature Life is produced and published by Senior Connections with financial assistance, in whole or in part, from the Administration on Aging and/or the Virginia Department for Aging and Rehabilitation Services. Donations are accepted to help defray production costs. Opinions or ideas expressed by guest columnists are not necessarily those of the editorial staff or Senior Connections. ADVERTISING: Mature Life accepts advertising solely to help defray production and mailing costs. We appreciate the support of our advertisers. Products and services advertised for profit do not constitute an endorsement by Senior Connections but are intended for informational purposes only. Mature Life reserves the right to refuse advertising deemed inappropriate for the publication. Please contact Hannah Robinson, Editor, (804) 343-3046 or hrobinson@youaaa.org for additional information.
Celebrating Older Americans Month!

**MAY IS**

**OLDER AMERICANS MONTH**

**2014 THEME:**

“SAFE TODAY, HEALTHY TOMORROW”

When Older Americans Month was established in April 1963 when President John F. Kennedy met with the National Council of Senior Citizens served as a prelude to designating May as “Senior Citizens Month.” In 1980, President Jimmy Carter designated May as Older Americans Month.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, particularly those who defended our country. Every President since John F. Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, the focus is on injury prevention. Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

**OLDER AMERICANS MONTH PROCLAMATION FOR MAY 2014**

**GOOCHLAND COUNTY BOARD OF SUPERVISORS**

WHEREAS, the County of Goochland is a community that includes a growing population of citizens age 60 and older; and

WHEREAS, Senior Connections, The Capital Area Agency on Aging and the County of Goochland, the Department of Social Services, the Recreational Center and other local Agencies have long established partnerships that support older adults, individuals with disabilities and caregivers; and

WHEREAS, Senior Connections and local Agencies share resources to maximize services for older adults, persons with disabilities and caregivers; and

WHEREAS, the month of May has been designated by the U.S. Administration for Community Living and the Virginia Department for Aging and Rehabilitative Services as the time for communities to honor and recognize older citizens; and

WHEREAS, this year’s theme for May is “Safe Today, Healthy Tomorrow” which emphasizes the value of injury prevention and safety awareness in helping older adults remain healthy and active; and

WHEREAS, the County of Goochland is committed to helping citizens maintain healthy lives; and

WHEREAS, Senior Connections and the County of Goochland support prevention, health promotion, wellness and nutrition services in support of this year’s theme and will provide opportunities to enrich the lives of individuals young and old by:

- Providing information on fire, fall, and scam prevention in collaboration with law enforcement and other public safety agencies,
- Participating in crime prevention and safety programs for seniors,
- Connecting with community partners and supporting health promotion/wellness events; and

WHEREAS, Senior Connections has joined community partners to support services that will assist older citizens to live safely in their homes and community; and

Whereas, recognizing older citizens and their contributions will help us achieve stronger and more meaningful connections with each other, while maintaining a viable, vibrant and livable community for citizens of all ages.

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors for Goochland County, Virginia, hereby proclaims May 2014 as Older Americans Month and call this observance to the attention of all its citizens.

Dated this 6th day of May 2014

Chairman

Goochland Board of Supervisors
Senior Connections’ Programs and Services

CONTINUED FROM THE FRONT PAGE

- Options Counseling
  A partnership with other community groups that provide person-centered counseling on long-term care options for seniors, persons with disabilities, their family members and caregivers.

- Public Guardianship
  Advocates for and protects vulnerable at-risk persons who need assistance in making decisions for their 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.

- Retired and Senior Volunteer Program
  Volunteer opportunities for seniors age 55 and older to use their skills and experiences to fulfill community needs. Federal funds from the Corporation for National and Community Service (CNCS) supports this program.

- Money Management and Counseling
  Provides on-one check writing and bill paying services and assists seniors age 60 and over with managing personal finances. Provides protection from exploitation.

- Senior Medicare Patrol
  Volunteers provide education and outreach to consumers about Medicare and Medicaid fraud, waste and abuse and how to report them.

- TeleBridges
  A telephone reinsurance program. Volunteers make phone calls to seniors two to five times a week.

- Transportation Assistance
  Provides transportation for Friendship Café participants. Transportation also provided for medical appointments available for individuals who meet eligibility requirements. Provides assistance with tracking medical bills and resolving complaints is also provided.

Executive Director’s Message

CONTINUED FROM PAGE 2

What: Create grassroots advocacy network comprised of students, seniors and local community leaders that canvass communities.

Why: To raise awareness of community resources, needs, and opportunities in aging; communicate with local governments.


Timeframe: 3 months to develop concept; 6 months to develop a team and pilot; 9 months to complete an assessment; ongoing opportunity.

Noteworthy:
(1) Work will build on existing community initiatives and best practices;
(2) Community and neighborhood canvassing with pre-emptive interventions.
(3) Strategy will connect neighborhood efforts to make a community more livable for people of all ages.
(4) Represents intergenerational engagement opportunity to inform, empower, and invest locally.

Age-Friendly Business (Economic Opportunity)
Chair: Beth Ludden, Genworth Financial
What: Develop a marketing strategy to engage the business community in opportunities to invest in older workers and older consumers.

Why: Ensure businesses invest in older workers (using time and talent) and make products/services/environments accessible to older adults.

Some Best Practices: Best employers for workers over 50+ AARP, Certified Age Friendly Employer Program-retirementjobs.com, Certification as an Age Friendly Business-Oregon; New York City Age-Friendly Local Business Initiative, Certified Age-Friendly Business (CAFB).

Timeframe: 3 months initial marketing material, 6 months to develop model, 12 months to rollout.

Noteworthy:
(1) Work will build on best practices and/or existing models.
(2) Potential message to connect statewide efforts.
(3) Strategy will provide forum for business community to connect to this work.
(4) Message represents opportunity to inform and craft broader community investment, as well as, broader community investment.

Thank you for helping us prepare for the future while we strive to keep our seniors safe today and healthy tomorrow.

Source: Workplan for Age Wave Coalition Committees

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.

Senior Center of Greater Richmond, Inc.
(804) 353-3171
P.O. Box 6521
Henrico, VA 23230
www.seniorcenterofgreaterrichmondinc.com

Senior Life Older Americans Month - May 2014
COMMUNITY NEWS

RSVP Advisory Council

Members of the Advisory Council of Senior Connections’ Retired and Senior Volunteer Program (RSVP) Advisory Council include community representatives and Agency staff. The Council meets several times a year to assess community needs, create fundraising strategies and discuss resource development. In addition, the Council links RSVP with other community services, advises on programming for impact and performance; assesses project accomplishments, impacts, and the satisfaction of volunteers and volunteer stations. The Council also offer suggestions to increase the program’s image and visibility in the community and helps to plan the annual volunteer recognition event. Pictured left to right: front: Dr. Beverly Koerin, Volunteer at Jewish Family Services and Tony Williams. Coordinator for Senior Connections’ RSVP; Standing, left to right: Rev. Richard Bunch, Unity Church of Richmond, Anne McNeal of projectHOMES, Debbie Leidheiser, Senior Advocate for Chesterfield County, Norma Austin. Program Assistant for RSVP and James Brewer, Community Advocate. Not pictured: Marge Boynton, Senior Connections’ Elder Rights Director, Thelma Watson, Senior Connections’ Executive Director, Toni Beechaum, Senior Advocate for the City of Richmond and Janet Langhorne of Hunter Holmes McGuire VA Medical Center.

Public Comment Sessions on Plan for Aging Services

Senior Connections is updating its Area Plan for Aging Services. This Four-Year Plan sets forth objectives for providing services under the federal Older Americans Act through the Virginia Department for Aging and Rehabilitative Services (DARS). Services allow older adults and caregivers greater independence and support so they can remain in their homes and communities. The Public Comment Sessions on the Plan’s update will be held at 10:00 a.m. at the following locations:

- **Thursday, June 12th**
  Friendship Café at the Guardian Place Retirement Community
  620 North Hamilton Street, Richmond

- **Tuesday, June 17th**
  Friendship Café at the Goochland Recreational Center
  2415 Sandy Hook Road, Goochland

- **Tuesday, June 24th**
  Friendship Café at the Shiloh Baptist Church
  106 South James Street, Ashland

For additional information, please contact Marge Boynton at 804-343-3054 or send an email to mboynton@youraaa.org.

F.I.R.E.

**Friends In Residential Emergencies**

F.I.R.E. is a committee of Richmond residents interested in fire safety. The missions of F.I.R.E. is to reduce the loss of life and property due to fire through education, demonstration of fire safety methods and distribution of materials to safe lives. The group meets quarterly with personnel from the Richmond Fire Prevention Division to learn about what’s going on in the community regarding fire prevention.

F.I.R.E. members provide the public’s view of the fire department, fire safety and share information with their neighbors benefitting both the neighborhood and the fire department. F.I.R.E. is a 501(c)(3) organization and a partner with the United Way of Greater Richmond & Petersburg. For more information, call (804) 646-6640 or visit www.RFDGOV.

Source: Richmond Fire and Life Safety Bulletin/March 2014

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

RSVP Advisory Council

Accepting Applications

Beth Sholom Woods
A Lifecare Community
In December 2013, Justin Finan from New Kent Fire and Rescue and Nancy Goodman from New Kent Social Services attended the Remembering When™: A Fire and Fall Prevention Program for Older Adults, in Boston, MA. The conference was sponsored by the National Fire Protection Association (NFPA).

Adults 65 years old and older are twice as likely to die or be injured in a home fire compared to the total population. By age 75, that risk increases to three times that of the general population—and to four times by age 85. Fires and burns are not the only hazards that threaten older citizens. Statistics show that falls are the leading cause of death from unintentional injury in the home. Thirty percent of people age 65 and older are involved in falls each year. Some of those falls are fatal, while others permanently disable victims, often causing loss of mobility or independence.

The Remembering When™ program is a valuable tool to help reduce the risks of falls and fires among older adults in their communities. New Kent Social Services and New Kent Fire and Rescue have integrated materials from the Remembering When program into home visits.

Fall and Fire Prevention Program Available for New Kent Residents

In the New Kent community. A home safety assessment can be completed and we will provide information and literature on how to prevent fires and falls. A group presentation is also available for your organization. For more information, please call Nancy Goodman at 804-966-1853 ext. 5123. For more information about Remembering When, visit www.nfpa.org/rememberingwhen.

About the National Fire Protection Association (NFPA)

NFPA is a worldwide leader in fire, electrical, building, and life safety. The mission of the international nonprofit organization founded in 1896 is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education. NFPA develops more than 300 codes and standards to minimize the possibility and effects of fire and other hazards. All NFPA codes and standards can be viewed at no cost at www.nfpa.org/freeaccess.

Home Safety Tips For Older Consumers

Each year, according to estimates by the U.S. Consumer Product Safety Commission (CPSC), nearly one million people over age 65 are treated in hospital emergency rooms for injuries associated with products they live with and use everyday. The death rate from unintentional injuries in the home is approximately three times greater for older people than for the younger population. Specifically, there are 60 deaths per 100,000 persons 65 and older, while there are 20 deaths per 100,000 persons under 65.

Slips and falls are the main source of injury for older people in the home. CPSC recommends the use of grab-bars and non-slip mats in the bathtub; handrails on both sides of the stairs; and slip-resistant carpets and rugs. Burns occur from hot tap water and from open flame. CPSC recommends that consumers turn down the temperature of their water heater to 120 degrees Fahrenheit to help prevent scalds. CPSC also recommends the installation and maintenance of at least one smoke detector on every floor of the home. Older consumers should consider purchasing nighttime wear that is flame resistant and choose garments made of tightly woven fabrics such as 100% polyester, 100% nylon, or 100% wool.

The Commission is distributing the “Home Safety Checklist for Older Consumers,” a room-by-room check of the home, identifying hazards and recommending ways to avoid injury. The checklist is available in English or Spanish. Consumers may request a free copy by sending a postcard to “Checklist for Older Consumers,” CPSC, Washington, D.C. 20207.

The CPSC offers these safety tips as part of its mission to protect the public from unreasonable risks of injury and death associated with consumer products.

The Commission’s objective is to reduce the estimated 28.5 million injuries and 21,600 deaths associated each year with the 15,000 different types of consumer products under CPSC’s jurisdiction.
Richmond Area Transportation 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 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.actikarerichmondva.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; www.angelride.net
Wheelchair accessible service

Big Ben Taxi Cab
986-6667;
Richmond, Henrico, Chesterfield, Chester

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

Brooks LLC
276-3401 (office) 33-0310 (cell)
Richmond, Goochland, Petersburg; Monday-Friday, 7:00a.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) 265-6783
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
goochlandfreeclinicandfamilyservices.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.homecarerichmond.com
Seven days a week

Home Instead Senior Care
527-1100
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 clinics

Junnie 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 Taxi cab 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.seniorhelpingseniors.com/RVA/ Richmond and eastern Henrico

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

Shepherd’s Center of Richmond
355-7282
www.tsocor.wordpress.com
Services provided in the following zipcodes: 23059, 23060, 23113, 23114, 23219, 23220, 23221, 23222, 23224, 23225, 23226, 23227, 23228, 23229, 23230, 23233, 23235, 23236, 23238, 23244

Sunrise Transportation
(804) 559-6083
www.sundelec.com
Wheelchair accessible service available

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

Van Go
261-7388
www.vangoric.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

Editor’s Note: While Senior Connections is providing this list of potential resources, we do not endorse one of them over the other.

Senior Connections Transportation Support Staff

Regional Mobility Manager
Carolyn Comerford: 672-4487; ccomerford@youraaa.org

Transportation Specialist
Margaret Robinson: 672-4495; mrobinson@youraaa.org

Program Assistant
Sandra Cook: 672-4495; scook@youraaa.org

Ride Counselor
Deborah Dowell: 672-4495; ddowell@youraaa.org

*Unless otherwise noted, these transportation providers serve all of the metropolitan Richmond area. This list is also available at www.seniorconnections-va.org
Healthy Eating for Men

Food is more than just fuel. Your diet can help fight disease and keep you looking and acting younger. How a man eats throughout his life can help predict how well (or not) he ages.

Eating Right

A healthy diet for men includes:

- At least 2 cups of fruits and 2 ½ cups of vegetables each day. At least once a week, eat tomatoes or something made from tomatoes like pasta sauce. The antioxidant lycopene found in tomato products is good for prostate health.
- At least five 1-ounce servings of whole grains each day. Replace refined grains with whole-grain bread, pasta, cereal, brown rice, oats, barley; fruits and vegetables. These foods are high in fiber, help manage hunger and fullness and help fend off certain cancers, such as prostate and colon.
- Beyond Meat

Men are typically meat-eaters as more masculine than other proteins; involvement. Men tend to view red meat because of the perception that more protein equals more muscle mass. That is not the case unless exercise is involved. Men tend to view red meat as more masculine than other proteins; continued on Page 10

4,700 milligrams a day of potassium from fruits, vegetables, fish and milk.

Energy Foods

Since men have more muscle and are typically bigger than women, they require more calories throughout the day. Moderately active males should eat 2,000 to 2,800 calories per day.

Your energy needs depend on your height, weight and activity level. For energy, weight management and disease prevention, men should eat whole grains like whole-grain bread, pasta, cereal, brown rice, oats, barley; fruits and vegetables. These foods are high in fiber, help manage hunger and fullness and help fend off certain cancers, such as prostate and colon.

Beyond Meat

Men are typically meat-eaters because of the perception that more protein equals more muscle mass. That is not the case unless exercise is involved. Men tend to view red meat as more masculine than other proteins; continued on Page 10

CAREGIVER SUPPORT GROUPS

Aging Parents
Bon Air Methodist Church
1645 Buford Road, Room 207
2nd Tuesdays 7:00 p.m.
804-320-3890

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

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

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

Essential Tremor
Our Lady of Hope
13700 North Parham Road
3rd Tuesdays 5:30 p.m.
Diane Campbell 804-556-2345

Fibromyalgia and Chronic Pain Association
804-862-4244

Grandparent Connection
Chesterfield County Senior Advocate
804-768-9787
1st Thursdays 4:15 p.m.
7000 Lucy Corr Boulevard

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

Jewish Family Services
6716 Patterson Avenue
3rd Thursdays 2:00 p.m.
Janina Bognar 804-282-5644

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

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

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

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

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

National Multiple Sclerosis Society
804-353-5008

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

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

Post Polio Central Virginia
Carol Kennedy 804-740-6833

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

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

For more information, please contact Marian Dolliver,
Caregiver Support Manager
804-343-3056
mdolliver@youraaa.org
RESOURCES

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

**Charles City and New Kent Counties**
Rathsville Gymnasium Complex
13100 The Glebe Lane
Charles City

**Chesterfield County**
Bon Air Presbyterian Church
9201 W. Huguenot Road
Ettrick Community Center
20400 Laurel Road
New Covenant Presbyterian Church
6415 Irongate Drive
Rockwood Village
3901 Price Club Blvd., Midlothian

**Goochland County**
Goochland Recreation Center
2415 Sandy Hook Road

**Hanover County**
Shiloh Baptist Church
106 S. James St., Ashland
Montpelier Senior Center
17203 Mountain Road

**Henrico County**
Highland Springs Recreation Center
16 South Ivy Avenue
Village Presbyterian Church
110 N. Laburnum Avenue

**Henrico County (continued)**
West Richmond
Church of the Brethren
7612 W. Huguenot Rd
Powhatan County
St. John Neumann Catholic Church
2480 Bottner Road
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
3980 W. Broad Street
Linwood Robinson Senior Center
700 N. 26th Street
Monarch Woods
6501 John Lee Road
Sixth Baptist Church
400 S. Addison St.

For additional information please call (804) 343-3000 or visit our website, www.seniорconnections-va.org

---

**Columbia Gas of Virginia’s Residential Elderly Audit Program**

Columbia Gas of Virginia offers programs to help our senior customers experience the savings on their energy bills.

**Residential Elderly Audit Program**

WarmWise is offering qualifying senior customers a free in-home walk through assessment to help identify potential energy efficiency improvements. At this same time, new energy-saving measures such as faucet aerators, shower heads, water heater pipe insulation and programmable thermostats are installed at no charge.

To qualify, Columbia Gas of Virginia residential customers must:

- Be 65 years of age or older
- Have natural gas space heating and water heating systems in their homes
- Not be eligible for federal or state weatherization assistance
- Meet the required income guidelines in the chart below -

**Residential Elderly Audit Program Income Eligibility Limits**

<table>
<thead>
<tr>
<th>Size of Family</th>
<th>60% of State Median Income</th>
<th>80% of State Median Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$28,114</td>
<td>$43,185</td>
</tr>
<tr>
<td>2</td>
<td>$36,764</td>
<td>$59,019</td>
</tr>
<tr>
<td>3</td>
<td>$45,415</td>
<td>$80,553</td>
</tr>
<tr>
<td>4</td>
<td>$54,065</td>
<td>$72,887</td>
</tr>
<tr>
<td>5</td>
<td>$62,715</td>
<td>$83,620</td>
</tr>
<tr>
<td>6</td>
<td>$71,366</td>
<td>$95,155</td>
</tr>
<tr>
<td>7</td>
<td>$72,987</td>
<td>$97,216</td>
</tr>
<tr>
<td>8</td>
<td>$74,509</td>
<td>$98,479</td>
</tr>
</tbody>
</table>

*For example, a family of 2 needs to fall between $36,764 and $49,019 to qualify.

Don’t meet the qualifications? Check out our Residential Program which offers a free Home Savings Evaluation, free energy efficiency kit and cash back rebates. For additional information contact Carla Haga at 804.777.3077 or visit WarmWiseVA.com.

---

**Healthy Eating for Men**

*Continued from Page 9*

Often this leads them to “order the steak.” It’s not the steak that’s unhealthy, it’s skipping the whole grains and vegetables. In addition, excessive meat eating is linked to heart disease and colorectal cancer in men. Eat red meat less frequently. Instead, focus on more fruits, vegetables and low-fat dairy products. This will not only help you keep weight off, but it can help keep blood pressure down. Obesity increases your risk of developing high blood pressure by eight times. Cut down on saturated fat from meat, cheese and fried foods. Instead, opt for foods with unsaturated, heart-healthy fats such as olive oil, canola oil, nuts, seeds and avocados.

**Weight and Disease Risk**

More than women, men gain weight around the middle; that’s due to the male hormone testosterone. If your waist measures more than 40 inches around, it’s time to shed some pounds. This fat around the waist is typically buried deep in the abdomen and increases your risk for diabetes, heart disease and dementia. The good news is, belly fat is easy to lose. If you take fewer calories in than you burn, your body breaks down belly fat first for energy.

Source: http://www.eatright.org/Public/content
May Events & Observances

Wednesday, May 14th
T'ai Chi Five Elements Form
10 a.m. to 2:30 p.m.
Lewis Ginter Botanical Garden
1800 Lakeside Avenue
The Five Elements of T’ai Chi is filled with simple and gentle movements easily mastered in a short period of time. Students study the physical movements and philosophy of T’ai Chi as well as breathwork and meditation. Benefits include increased circulation, balance and posture. Many find an increase in strength, flexibility and a reduction in stress. Instructor Rie Franklin is a 1993 graduate of the VCU Department of Dance and Choreography. Workshop includes morning refreshments and lunch. The cost is $75 per person for members and $86 for nonmembers. Please call 804-262-9988 ext. 329 for more information or to sign-up.

Thursday, May 15th
Annuals and Perennials for Richmond Gardens
4 – 6 p.m.
Lewis Ginter Botanical Garden
1800 Lakeside Avenue
Learn what perennial plants can stand full sun to shade, are tested performers in our area. The class combines lecture and instruction in the Garden. Beth Burrell discusses site conditions and care for exciting combinations that will enliven your own garden. The cost is $95 per person for Garden members and $128 for nonmembers. Please call 804-262-9988 ext. 329 for additional details.

Saturday, May 17th
National Armed Forces Day
A day to pay tribute to men and women who serve the U.S. armed services.

Tuesday, May 20th
Senior Connections’ Open House and Celebration of Older Americans Month
24 E. Cary St., Richmond
2:30 to 4:30 p.m.
Join us for our Annual Open House in recognition of Older Americans Month. Tour the Agency. Learn how we have provide essential programs and services for older adults, caregivers and persons with disabilities. Please call Martina James at 804-343-3023 or send an email to mjames@youraaa.org for more information.

Wednesday, May 28th
National Senior Health and Fitness Day®

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 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___________________________

Other Information:

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.

---

11th Annual Empty Plate Luncheon
Wednesday, October 8, 2014

The Empty Plate Luncheon is the celebration of our annual EMPTTY PLATE CAMPAIGN that raise funds to support Senior Connections’ programs and services for older adults, caregivers and persons with disabilities. At the luncheon, we recognize community leaders for their dedicated support and advocacy on behalf of older adults.

SPONSORSHIPS NEEDED!
For Sponsorships or more information please contact Martina James at (804)343-3023 or mjames@youraaa.org

---

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

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

Chesterfield Women’s League
Carole M. Crist
Geri Clare
Anne M. Stutz
Toni Sutton
Irene D. Andersen
Susan E. Miller
Lunette B. White
6 Anonymous Donors
May is Older Americans Month - Past Themes

1996  Aging: A Lifetime Opportunity
2005  Choose for Independence
2004  Celebrate Long-Term Living
2003  Aging Well, Living Well
2002  What We Do Makes A Difference
2001  America: A Community for All Ages
2000  The Many Faces of Aging
1999  In the New Century . . . The Future is Aging
1998  Honor the Past, Imagine the Future: Towards a Society for All Ages
1997  Living Longer, Growing Stronger in America
1996  Community Action Begins with You: Help Older Americans Help Themselves

May 2014
Older Americans Month - Past Themes

2013  Unleash the Power of Age
2012  Never Too Old To Play
2011  Older Americans: Connecting the Community
2010  Age Strong! Live Long!
2009  Living Together for a Better Tomorrow
2008  Working Together for Strong, Healthy and Supportive Communities

Mature Life: 2013 Merit Award Winner!