

Mature Life

The Newsletter of Senior Connections, The Capital Area Agency on Aging ♦ Volume 45, Issue 2

February - April 2014

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Mature Life



**2013
National
Mature Media
Award
Recipient!**

Legislation for Older Virginians

The 2014 session of the Virginia General Assembly has been busy and challenging. There are many budget and legislative issues that impact older Virginians. Several groups including the Commonwealth Council on Aging, the Virginia Association of Area Agencies on Aging, the Virginia Public Guardian and Conservator Advisory Board and AARP have advocated effectively on behalf of older Virginians. Two legislative platforms are printed below.

Legislative Platform of the Virginia Association of Area Agencies on Aging

Governor McDonnell added \$1.2 million in the Commonwealth's general fund of the biennial budget to offset reductions for sequestration. These monies are for Nutrition for seniors in each community and



will greatly enhance our ability to meet the needs of our senior Virginians. By adding this funding for services in FY15 and 16 to the Home and Community-Based Services budget, Virginia will appropriate just over \$12.50 GF annually per capita for the older Virginia population (60 years and older). Contrast this with the over \$30,000 GF per person annual costs to the Commonwealth for Medicaid Skilled Nursing Facility Care for this population. As recent studies show, states that support such services at a level above the national average experience a direct correlation between reduced nursing home entry and the expanded (less costly) home and community based services, especially home delivered meals (Thomas & Mor, December 2012.) This is one of the over two dozen studies in the last decade with similar findings.

HOME AND COMMUNITY SERVICES AND SUPPORTS

- Allow family members to go to work (and pay income taxes) while their loved ones are safe at home or at congregate care during the day.
- Provide respite for unpaid caregivers so they can get to their own doctor and dentist appointments.
- Provide meals to shut-ins, sometimes the only human contact this

older person has regularly.

- Ensure older Virginians can get a doctor's appointment and not wait for the crisis that means a trip to the emergency department.
- Provide counseling for older Virginians on how to deal with insurance bills, potential scams and abuse.
- Allow veterans, retired teachers, firefighters, librarians, nurses and moms and dads who built our communities and have just outlived their savings to stay in their communities with support networks.

You might have heard that some areas have no growth in the elderly population. This is untrue based on the U.S. Census data and data from Department on Aging and Rehabilitative Services. Yes, some areas grew more than others but all areas saw an increase in their elderly population.

Legislative Platform of the Virginia Public Guardian and Conservator Advisory Board

The Virginia Public Guardianship Program is a program of last resort for indigent adults who are incapacitated and in need of someone to help them make medical, financial, and daily living decisions and who do not have a suitable family member or friend to serve. A public guardian appointed by the court can enable a vulnerable adult to move from a state training center or nursing home to the community; protect the adult from financial exploitation, abuse and neglect; and greatly enhance the quality of life of each person served. Virginia's Program, coordinated by DARS, is currently operating at maximum capacity, serv-

Other legislative priorities include:

- Additional funding for the Public Guardianship Program to fund existing programs and gain statewide coverage;
- Additional funding to continue and expand Respite Care grants;
- Medicaid expansion;
- Absentee voting at will (no reason needed)
- Promoting visibility and accessibility for new single family homes and apartment homes;
- Providing a community-base continuum of care for older adults with severe mental illness; and
- Realistic Long-Term Care Ombudsman staffing.

Source: Virginia Association of Area Agencies on Aging, 2014 Legislative Platform

ing 601 persons statewide. There is a well-documented need for additional funding:

- **Expansion Statewide:** 16 counties of the state—primarily in southern and southwest Virginia—have no public guardianship program to serve their indigent incapacitated persons. Funding is needed to expand to these areas of the state.
- **Waiting List:** Existing programs have growing waiting lists—totaling 891 as of November 2013—of individuals who need a public guardian but cannot be served because all the

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Mature Life

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

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

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

ADVERTISING

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

Senior Connections

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Message from the Executive Director

Dr. Thelma Bland Watson

“Working Together, we achieve more.”

Coach Jimmy Williams, Prince George, VA

Partnerships with Department of Gerontology at VCU: Age Wave and CATCH Healthy Habits

Two of our current initiatives are the Age Wave Readiness Initiative for the Richmond Region and a new program, CATCH Healthy Habits. We are pleased to partner with the Gerontology Department at VCU on both of these projects.

Age Wave

We are actively preparing for the future through our partnership with the Department of Gerontology at Virginia Commonwealth University (VCU). We join with other communities throughout the Commonwealth of Virginia who are engaged with various regional Age Wave initiatives.

Senior Connections serves as fiscal agent:

- ◆ Receives and maintains funds.
 - ◆ Aligns with Strategic Plan, direct service work, community outreach and Mobility Management Program (transportation).
 - ◆ Provides oversight and accountability through Board and Advisory Council.
 - ◆ Co-manages the budget.
- VCU serves as the academic structure:
- ◆ Provides office space.
 - ◆ Staffs and manages coalition.
 - ◆ Coordinates, communicates and manages the activities.
 - ◆ Develops distribution and outreach strategy.
 - ◆ Integrates Readiness Plan into academia and courses.
 - ◆ Establishes process to monitor and assess progress.
 - ◆ Co-manages the budget.

The Age Wave Plan will be implemented with the following key deliverables:

- ◆ Toolkit for Age Wave Planning and a “Welcome to Aging” Toolkit for individuals (Baby Boomers,

Seniors and Caregivers).

- ◆ Scorecard to monitor and track accomplishments.
- ◆ GeroTrifecta (Engaging students, seniors and community leaders).
- ◆ Age Friendly Business Strategy (Businesses model success in serving older consumers and caregivers).

Thanks for support and joining our Age Wave Initiative which is guiding the future of the Richmond Metropolitan Region.

CATCH Healthy Habits

As a part of our Age Wave Partnership, we are continuing the OASIS CATCH Healthy Habits Program. CATCH Healthy Habits unites children (kindergarten through fifth grade) with an intergenerational focus.

CATCH Healthy Habits is an evidenced-based intergenerational program that encourages healthy eating and active living. The program combats obesity by engaging adults age 50-plus as mentors to teach healthy lifelong habits to youths in grades K through five. Adults in the program benefit also. Research shows that volunteers have lower rates of depression and mortality and greater functional ability than those who do not volunteer. As they promote healthy habits for youths and for themselves, they also experience the rewards of meaningful community service.

This is a program that addresses increased involvement for seniors and youth. Obesity rates in America have tripled for children and doubled for older adults in the last 30 years. Nearly one in three children in America are overweight or obese, increasing their risk of becoming overweight adults with chronic conditions like diabetes, heart dis-



ease and asthma. Approximately 60 percent of adults over 50 do not meet the CDC’s recommended physical

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Contributions to Senior Connections

Senior Connections, The Capital Area Agency on Aging depends on the support and generosity of individuals, corporations, and other organizations to fund our programs and services for seniors, caregivers and their families. As a charitable nonprofit organization, the Agency encourage 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 community (individuals, businesses, civic or faith-based organizations) the opportunity to support their neighborhood Friendship Café by “adopting” a café or becoming a “friend or sponsor” of the Friendship Café Program. By donating funds, the community can give back to older adults who bring inspiration and continuity to the fabric of our communities.

Senior Services Fund

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

If you have questions about making a donation, please call (804) 343-3000.

COMMUNITY NEWS

Virginia Public Guardian and Conservator Advisory Board

CONTINUED FROM THE FRONT PAGE
slots are filled. Programs are under court order to provide services for the individual's lifetime or until a guardian is no longer needed; without additional funding, slots rarely open up.

- **Programs in Crisis:** Rising costs, with level or reduced funding over the last few years, have caused some programs to question whether they can continue to provide this critical service. Additional funding is necessary to stabilize existing programs.

- **Increased Challenges:** The individuals served by the program may present significant behavioral and other challenges that require constant monitoring and intervention. The eventual closing of state training centers and the re-entry of aging prisoners into the community are likely to increase the demand for public guardians and to pose additional challenges to the program.

- **Approximately \$5,000 Per Slot:** Our most vulnerable Virginians are

served at an annual cost of approximately \$5,000 per person. The benefits of the program to these individuals greatly outweigh the minimal cost to the state.

- **Support for Increased Funding:**

The Virginia Public Guardianship and Conservatorship Board, Commonwealth Council on Aging, and Alzheimer's Disease and Related Disorders Commission all recommend increased funding. This is also a top priority of the Virginia Elder Rights Coalition (including AARP Virginia, Alzheimer's Association, State Long Term Care Ombudsman Program, Northern Virginia Aging Network, VACSB, VA Association of Area Agencies on Aging, Virginia Guardianship Association, and Virginia Poverty Law Center).

Source: Virginia Public Guardian and Conservator Advisory Board: 2014 Legislative Platform

Executive Director's Message

CONTINUED FROM THE PREVIOUS PAGE
activity standards. Higher obesity rates have increased chronic disease and reduced quality of life. Isolation and a lack of meaningful paid or volunteer work exacerbate these problems.

Additionally, a decline in physical activity and unhealthy eating styles are the principal causes. Walks to

school have been replaced by car and bus rides. Instead of running around after school, youth spend their afternoons with TV, video games, and the Internet. Parents are busier than ever and families are eating more fast food and larger portions.

CATCH Healthy Habits is based on the Coordinated Approach To Child Health, a nationally recognized evidence-based physical activity/nutrition curriculum. The program aligns with the national Let's Move! Campaign and NOIST (National Institute for Out-of-School Time) guidelines. Teams of volunteers work with children in after-school and summer programs for up to 25 sessions. Each one-hour session includes a nutrition lesson, a healthy snack and 30 minutes of physical activity.

Thanks for supporting and learning more about CATCH Healthy Habits. We look forward to our partnership with this initiative.

Senior Connections
The Capital Area Agency on Aging

The Resource for Aging Well

Senior Connections, The Capital Area Agency on Aging is the designated Area Agency on Aging for Planning District 15 that includes the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan. Senior Connections provides services for seniors, caregivers and persons with disabilities.



Donation Supports Transportation Services for Older Adults

Dr. Thelma B. Watson, Executive Director of Senior Connections (second from left), accepts donation from the DaVita Dialysis Center. Also pictured (left to right), are Officials from DaVita and Kenneth Lantz, former Regional Mobility Manager at Senior Connections. As of this publication date, Mr. Lantz serves as Regional Planner with the Richmond Regional Planning Commission.

Commonwealth Council on Aging Accepting Nominees for 2014 Best Practices Awards

AMY MARSCHEAN
VIRGINIA DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES (DARS)

The Commonwealth Council on Aging is sponsoring the 2014 Best Practices Award Program funded in part by Dominion Power and targeted to organizations serving older Virginians and their families. As we struggle to meet the challenges of serving a rapidly aging population during a time of budget cuts and growing demand, we need to share our best practices and applaud our successes. Instructions, nomination forms, and information on previous Best Practices Award Winners are on the Commonwealth Council on Aging's website <http://vda.virginia.gov/council.asp>. Nominations must be received by Monday, March 3, 2014.

This is the ninth year of the Best Practices Award Program and the Council is pleased to offer monetary awards to the top winners: The First Place program will receive \$5,000; Second Place \$3,000; and Third Place \$2,000. The Council will also recognize three Honorable Mention programs.

The awards will echo the message to develop and support programs and services that assist older adults to

Age in the Community. This invites an opportunity to recognize creativity in services that foster "Livable Communities" and/or "Home and Community Based Supports" from Transportation to Housing, from Caregiver Support to Intergenerational Programming. We believe the door is wide open for creative best practices.

The Council has recognized organization as examples of best practices since 2006. A list of these organizations and a brief overview of their programs can be found on the Best Practices Award page <http://vda.virginia.gov/ccoa-bpa.asp>.

We thank Dominion Resources for its generous contribution, which allows us to recognize these organizations for their dedication and work in advancing services for the aging.

Editor's Note:

Senior Connections received Best Practices Awards in 2006 for The Healing Zone Project, in 2008 for Workplace Partners for Eldercare, in 2011 for the Volunteer Money Management Program and in 2013 for Caregiver Support Seminar and, in partnership with YMCA and United Way of Greater Richmond and Petersburg for the Growing Younger Program.

COMMUNITY NEWS

Better Business Bureau: Five Top Scams Hit Seniors in 2013

In 2013, the Better Business Bureau Serving Central Virginia spoke in our communities about how to fight against fraudulent and unfair business practices. A prime target of these crimes is our senior citizens. According to a 2005 study by the National Institute on Aging, the U.S. population age 65 and over is expected to double in size by 2030 and scam artists are seeking out this growing demographic group.

Jack Saunders and Jennifer Dobson, with our BBB Senior Fraud Program, met face to face with over 2,500 Central Virginia seniors in 2013 to educate and discuss with them deceptive mailings, phone calls and emails along with other business interactions to watch out for.

The Senior Fraud Program is one branch of our outreach, working to educate and give seniors the resources they need to prevent becoming a victim. This list showcases the top scams your BBB saw in 2013 that

targeted local seniors:

1. Medical Alert Products: This was our biggest scam by far in 2013. Callers tell folks that a free medical alert service has already been paid for and is waiting to be shipped. The goal of these calls is to obtain personal/financial information. Once the product is shipped there may be a charge for some form of service that was not disclosed previously. BBB advises that you hang up before even giving your name.

2. Foreign Lottery/Sweepstakes: Phony mailers, emails and phone calls tell folks that they have won a lottery or sweepstakes, usually from a foreign county. Sometimes this includes a check that you are asked to cash and send back a portion for processing fees. BBB advises that you throw it away, delete or hang up the phone. Remember, if you win a legitimate lottery/sweepstakes you will never be asked to pay upfront to claim your winnings.

3. Fake Debt Collectors: Our communities received dozens of calls from scammers demanding money for old/past due debts. Representatives posing as legitimate collection agencies call using abusive language and threats of jail time to intimidate consumers into paying bogus collections. BBB advises you to ask for everything in writing by mail. Then call the said bank from a confirmed

number to determine if you do indeed have a bill and if the agency calling is working on the behalf of the company or bank.

4. Social Security Replacement Cards: At the end of 2013 scammers took full advantage of confusion around new government healthcare programs. Our seniors were receiving calls telling them they needed a new social security card. They were asked to provide personal information which included social security numbers. BBB advises you to ask for everything in writing by mail. Do not give out any information. Call the Social Security Administration or whatever agency someone says they are calling from to confirm that the information you're being given is valid.

5. Bogus Door To Door Handyman Work: Less than legitimate handyman/contractors patrol neighborhoods with high senior populations and offer to do work on-the-spot for discounted prices. BBB advises that you never do business this way. Ask for a written quote and contract which includes their business information. Tell them you will call them back. Then check them out with BBB before doing business and never pay in cash. Do not hire someone that shows up unexpectedly on your doorstep, no matter how badly you

(Reprinted from BBB BizNotes)




Annual Holiday Gift Basket Project for Older Adults

Thanks Extended to Donors and Supporters of our 2013 Project!

Through the generous support from the community, the Project delivered 55 gift baskets that helped to assist 136 seniors in the Metropolitan Richmond area.

<p>ORGANIZATIONS</p> <ul style="list-style-type: none"> Arthritis Foundation CareMore Health Care Centers Family Life Line - Personal Care Department project:HOMES K-Line Home Instead Senior Care Metropolitan African American Baptist Church City of Richmond <ul style="list-style-type: none"> Department of Economic and Community Development Department of Public Utilities Office of the City Clerk Parks, Recreation and Community Facilities Public Libraries Sheriff's Office Riverside PACE McTavish 	<ul style="list-style-type: none"> Social Security Administration - W. Cary St. Office Virginia Department for Aging and Rehabilitative Services Virginia Department of Social Services <p style="text-align: center;">INDIVIDUALS</p> <ul style="list-style-type: none"> Ms. Colleen Brown Ms. Harriet Coalter Ms. Helen Constant Mr. Julian Cook Ms. Marian Dolliver Dr. Norma Goode Ms. Gladys Lewis Ms. Michelle Miles Dr. Sandra Mitchell Ms. Patricia Roberts Ms. Jean Shaw Ms. Gloria Stevens
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NONDISCRIMINATION POLICY

Senior Connections, The Capital Area Agency on Aging operates in compliance with Titles VI and VII of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and Commonwealth of Virginia regulations prohibiting sexual harassment.

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.

EEOE/AA

COMMUNITY NEWS

Richmond Chapter NCBA Holds Annual Seniors Program During Martin Luther King Learning Week

On January 15th, members of the Richmond Chapter of the National Caucus & Center on Black Aging, Inc. (NCBA), Senior Connections staff, and approximately 100 seniors gathered at Fifth Baptist Church on West Cary Street to honor Martin Luther King Jr. In addition to Senior Connections, the City of Richmond Office on Aging & Disabilities and Affiliated Seniors of Metropolitan Richmond, Inc. were co-sponsors for the 36th year of celebrating Dr. King's legacy.

Mr. Ivan Tolbert, Community Relations Specialist, Senior Connections served as Master of Ceremonies and Rev. Delores R. Seay, President, Affiliated Seniors of Metropolitan Richmond, delivered the welcome message. Exhibitors included the Greater Richmond Transit Company (GRTC) and JenCare Health Care.

Pamela Bridgeforth, Care Coordinator, Senior Connections, introduced Ms. Morgan Avery McCoy, an actress and motivational speaker for the event. Ms. McCoy performed her play, "Evolution of a Black Girl: From the Slave House to the White House." She presented mini-dramas that covered the lives of 12 Black

women. Her performance garnered sadness and happiness among the audience while at the same time delivering a powerful message that touched all in attendance. Afterwards, Ms. McCoy received a standing and exhilarating ovation. The celebration was enjoyed by all.

Attendees were treated to a light nutritious snack that was prepared and served by members of the NCBA.

About Morgan Avery McCoy



Morgan McCoy is a minister, actress, author, motivational speaker and college professor whose life's mission is to A.C.T. (Advocate Change and Transformation.) She was the valedictorian of her high school class, earned her B.A. in Theater from Hampton University and graduated from Regent University with her M.A. in Communications.

As an African American woman, Morgan has encountered racism and sexism, so she decided to use her life experiences to write "Evolution of a Black Girl . . ." to combat some of the negative stereotypes imputed on Black women. Studying the lives of those who have gone before her has greatly influenced Morgan's drive to excel.



Ms. McCoy as one of the characters of her play, "Evolution of a Black Girl: From the Slave House to the White House."



BETH SHOLOM
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



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.



COMMUNITY NEWS

Ageless Grace

21 Simple Tools for Lifelong Comfort and Ease



This fitness and wellness program is performed with the use of a chair. Ageless Grace is open to healthy young adults, active older adults, persons using wheelchairs, walkers or canes. The one-half hour class is fun, easy and performed to music.

Classes meet on Mondays and Thursdays from 11:00 a.m. to 11:30 a.m. and are held at Sheltering Arms, 206 Twinridge Lane, Richmond.*

For additional information, please visit Ageless Grace's website at www.agelessgrace.com

*DIRECTIONS: Off of Midlothian Boulevard, across the street from Golden Corral at Providence Road and situated next to the Police Station.

What is ImpactRichmond?

ImpactRichmond is a 501(c)(3) non-profit organization that strives to be the hands and feet of Christ in the Richmond community by building relationships with our neighbors and providing home maintenance and repair services for those in need. The program impacts the lives of youth participants, adult counselors, and the neighborhood residents it serves.

The mission of ImpactRichmond is to help repair the homes of those in need while helping participants and homeowners strengthen their relationships with Christ and one another. We want to take Christ to our community by sending volunteer work crews to spend time with the elderly and less fortunate while providing home repair services. We work closely with Senior Connections, the Capital Area Agency on Aging, to locate homeowners whose

homes need repair but are on a fixed budget. We also provide a place where youth can experience meaningful worship by being the hands of Christ. We provide all of the tools that the students will need to complete their home improvement jobs, as well as a place for them to stay and programmed evening activities.

During the week of July 13-18, ImpactRichmond will provide home repair for residents of the city of Richmond and the surrounding areas. If you are interested in applying for assistance with home repair needs, please call Mrs. Majoria Norton Simms, Senior Connections' Care Coordination Program Manager, at (804) 343-3025. To make a donation or serve as a volunteer, please email Sara Adcock at cadcock@gmail.com. For additional information about our program, please visit our website at



2014 Tax Aide Sites

CITY OF RICHMOND

Senior Connections, 1st Floor

24 E. Cary Street
Richmond, VA 23219
(804) 343-3059

E-Filing

Wheelchair Accessible

Free Parking Behind Building

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

Appointment Needed? Yes. Please bring your photo ID and Social Security Card to your appointment

Goodwill Richmond

6301 Midlothian Turnpike
Richmond, VA 23225
(804) 745-6300

E-Filing

Wheelchair Accessible

Schedule: Mondays and Wednesdays 9 a.m. to 4:30 p.m.;

Tuesdays and Thursdays 1 p.m. - 4:30 p.m.; Fridays 9 a.m. to 1 p.m.

Appointment Needed?: Walk-ins welcome

CHESTERFIELD COUNTY

Harbour Pointe Clubhouse

13800 Harbour Pointe Road
Midlothian, VA 23112
(804) 639-0347

E-Filing

Wheelchair Accessible

Schedule: Mondays to Fridays 12:30 p.m. to 5 p.m.;

Saturdays 9 a.m. to 12:00 p.m..

Appointment Needed?: Walk-ins welcome

CHESTERFIELD COUNTY (continued)

HENRICO COUNTY

Deep Run Park Recreation Center

9910 Ridgefield Parkway
Henrico, VA 23233

E-Filing

Wheelchair Accessible

Schedule: Mondays to Fridays 10 a.m. - 3 p.m.; Saturdays 9:30 a.m. to 11:30 a.m. (On Saturdays returns prepared for first 10 clients.)

Appointment Needed?: Walk-ins welcome. Please bring last year's Return.

POWHATAN COUNTY

Powhatan Library

2270 Mann Road
Powhatan, VA 23139
(804) 598-7577

E-Filing

Wheelchair Accessible

Schedule: Wednesdays and Fridays 9:30 a.m. to 4:30 p.m. Last day will be Friday, April 12th

Appointment Needed?: Yes

CAREGIVER SUPPORT

Attention Caregivers: Tax Deductions Not To Be Overlooked

Before filing your taxes, don't miss out on deductions related to medical expenses and other costs that come out of your wallet as you care for a family member throughout the year. See if you can get a break on your taxes with these 10 tax deductions:

Medical Expenses

Nearly 100 medical costs can be deducted, related to the diagnosis, treatment, cure or prevention of disease or costs for treating any part of the body. Those include equipment, services and supplies, ranging from glasses to eye surgery to acupuncture to prescriptions. Even artificial limbs, bandages, hearing aids and wigs are accepted medical expenses. The medical and dental costs must total more than 7.5 percent of your adjusted gross income to be deducted.

Long-Term Health Care Costs

An often missed expense is the amount paid for long term care services and long term care insurance (that's a more limited deduction, dependent on age). Rehabilitation, therapeutic, preventative and personal care services are among those that qualify as long term care services if your family member is chronically ill and if it's part of a plan set by a health care practitioner. Someone is considered chronically ill if they can't perform at least two activities of daily living (such as eating, toileting, bathing and dressing) without substantial assistance from someone else.

Mileage

From weekly doctor's appointments to out-of-town visits with a specialist or for a procedure, the miles you log for your patient's medical

needs can be deducted. You can take this deduction if they qualify as your dependent. Keep a log as you're providing transportation for medical needs.

If you're staying overnight for a medical purpose, deduct \$50 per night, for each, for lodging.

Dental Expenses

Dental expenses are among the costs that some people ignore, including dentures and artificial teeth.

Home Improvements for Older Adults

Investing in ramps for a wheelchair-bound parent, handrails and grab bars in the bathroom or a stepless shower can be part of a deduction. It doesn't matter if the improvements are in your home or your parent's home, as long as it doesn't add value to the house. The IRS states that the cost of the improvements is reduced by the increase in your property value. Other changes, such as widening doorways and hallways, lowering kitchen cabinets and installing lifts, also typically do not add value to houses.

Energy Saving Home Improvements

Whether or not you did this in the course of being a caregiver, any energy saving changes are eligible for a credit. For more traditional items such as insulation and windows, it's 10 percent of the cost (a maximum of \$500). For alternative energy equipment like a solar hot water heater, the credit is up to 30 percent of the cost. Find more details from the federal EnergyStar Program

Source: www.AgingCare.com

Caregiver Support Services Provided by Senior Connections

- Seminars, Individual Counseling and Respite Care
- Information About Available Resources
- Resource Assistance for Caregivers

Please contact Marian Dolliver, Caregiver Support Manager at (804) 343-3056 or mdolliver@youraaa.org for additional information about our support services. For a list of Support Groups, please visit our website at www.seniorconnections-va.org



Agape Care RVA

A division of American Critical Care Services

Non-Medical Services at Affordable Prices!

- Certified Nursing Assistants
- Companions/Homemakers
- Personal care aides
- Live-ins
- Errands

Standard Rates – Live-In \$180 per day

Hourly – 2 hours or more \$17.00 per hour

1 hour service \$29.00 per hour

Couples/two clients:

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NUTRITION SUPPORT

The Growing Younger Program . . . Keeps Growing

COLLEEN WILHELM, COMMUNITY OUTREACH
Special thanks to Eric Garmon, Director of Growing Younger Program, for his assistance with this article.

The Growing Younger Program is a collaborative partnership between the YMCA of Greater Richmond, Senior Connections, United Way of Greater Richmond & Petersburg and Genworth Financial. The Program provides seniors with fitness classes, nutritional education, art activities and opportunities for socialization. The Program started with one Friendship Café in Powhatan County in 2009. By the winter of 2013, The Growing Younger Program had expanded to other Cafés including the West Richmond Church of the Brethren, Good Shepherd, Goochland Recreational Center, and Village Presbyterian, as well as in limited capacity in Charles City/New Kent.

In the Fall of 2013, with additional support and resources, The Growing Younger Program was able to expand its reach to eight more Friendship Cafés at Guardian Place, Monarch Woods, Bon Air Presbyterian Church, Ettrick Community Center, New Covenant Presbyterian Church, Rockwood Village, Shiloh Baptist Church and back to Charles City, which had lost some of the pro-

gramming due to scheduling issues. Although the expansion does not include all aspects of the Growing Younger Program, it does provide the seniors at these Cafés the opportunity to understand their current overall physical wellness and how to improve it.

Eric Garmon, Director of the Growing Younger Program, visited each Café and conducted baseline Senior Fitness Tests (SFTs). This evidence-based test graded each participant's cardiovascular and strength against their peers within five year age brackets. Performance on the test is linked to a likelihood of falling. A low score meant the participant was at a higher risk for a fall. Each participant's performance was analyzed. Next, each Friendship Café received a simple exercise pro-

gram to be lead by each Café Manager. The objective is to improve scores; therefore, reducing the risk of falls among participants. Another goal of expansion is to determine if receiving a baseline SFT score can

be a catalyst and a call to action among the participants to improve their health. Will getting objective information on how they compare with their peers in overall physical health and wellness increase each participant's likelihood to take steps (literally and figuratively) to make positive changes in their exercise behavior?

In January 2014, Cafés new to the Growing Younger Program held competitions as a way to rally the participants who were not

either thinking about exercise or had thought about making changes but did not know how. Eric Garmon says, "We are going to put our seniors into action with this easy competition to encourage simple changes in behavior that can have enormous changes in our reportable outcomes." The YMCA will continue to work with these Cafés with monthly checks to ensure adherence and adjust the exercise regime as participants get stronger. Seniors will compete using the Wii as well as completing a simple six minute walk around the Café. Just like in the Olympics, the competition will be tracked at each Café with participants receiving a sticker each time they complete any of the tasks. The more stickers a participant receives, the more points, the better health of each senior and a win for the Friendship Café.

"For The Growing Younger Program, this will help us measure to see we have the tools available to implement change and positively affect more seniors in the Richmond Metro area in a low cost but effective manner," states Eric Garmon. In 10 weeks, we will have more seniors on their way to incorporating daily fitness experience in their lives both in and out of the Cafés, whether it be playing the Wii, walking, or strength training. "This expansion project is the culmination of a multiyear partnership with Senior Connections and the YMCA through the Growing Younger Program. I am very excited that the program is viewed as a true resource and effective at improving the health and wellness of our participants, I look forward to our continued partnership to implement best practices for effective programming through this partnership."

Missi Boyer, Meals and Wellness Program Manager agrees, "The participants at the Friendship Cafés experiencing some of the aspects The Growing Younger Program for the first time have really appreciated the experience as well as the challenge to take action to improve their physical health and well-being. Many thanks to Eric and the YMCA Greater Richmond for bringing The Growing Younger Program to our participants as well as the United Way of Greater Richmond & Petersburg and Genworth Financial for their on-going support."

For more information on Senior Connections' Friendship Café Program, The Growing Younger Program, How to Adopt a Café, Donate Wish List Items, Volunteer, or How Your Organization can help, please call Colleen Wilhelm @ 804-672-4497 or email her at cwilhelm@youraaa.org. For more information about Senior Connections services and programs for older adults, caregivers and persons with disabilities, please visit www.seniorconnections-va.org.



Representatives from Partnering Agencies

Left: Bill Liepis, Chair, United Way of Greater Richmond's Health Action Council; Middle: Carol Butterworth, Association Director of Youth, Teen and Families; Right: Eric Garmon, Director, Growing Younger



Growing Younger and Coming Together!

Members from Goochland Recreation Center, Good Shepherd Baptist Church, Village Presbyterian Church and West Richmond Church of the Brethren Cafés (and Growing Younger Program participants) dance in celebration of the 2012 holidays at Regency Square Mall.

VOLUNTEERS

RSVP Volunteer's Energy Keeps Center Humming

For the past 20 years, Pat Hupp has been showing up at the Bensley Community Building to work. The 80-year-old prepares and serves food, makes coffee, waters plants, keeps the lobby decorated, washes windows and wipes down exercise equipment at the Chesterfield County center.

On the days when there are exercise classes, she comes in early to clean and sanitize the building. That includes cleaning doorknobs. She also helps set up for events. So what does she get paid for all the hours and effort she puts in? Nothing.

Hupp is a volunteer. Since the early 1990s, she has come in almost every day to help out. "I do it because I enjoy it," said Hupp, who lives in Chester. It just gives me a good feeling to make people smile. It makes me happy."

David Potter, who oversees the center, says "Hupp is invaluable. She is my most dedicated volunteer at the Bensley Community Building." "She helps make all our programs a huge success," he added. Potter calls Ms. Huff "the ultimate giver and good-



David Potter, manager at the Bensley Community Building and Pat Hupp

deed-doer."

Hupp, whose energy wears out people decades younger than her, says her desire to help comes partly from her upbringing and partly from a sense of responsibility. "I love it. I just love it. I love the people," she said. "It was the way I was raised. My family was always giving."

Hupp was born in Tennessee and moved here in 1944 when she was 11. Before retiring, she worked in banking and in several other jobs. She first came to Bensley with a friend, and "ever since then, I've been here."

In the early days, she was doing things on her own, spending her own money on parties and events. Eventually, the center's management "came in and said, 'No, we have a treasury and we're going to start giving you money for functions,'" she said. She was told the center "had a budget, and I needed to use the budget."

As much as Hupp does around Bensley, it's just a small part of her charitable work. Ask her how else she gives, and you get a laundry list of good deeds. She drives people without transportation to the grocery store and to appointments; she feeds

stray animals; she gives to the Angel Tree; she keeps stuffed animals in her trunk in case she sees a needy child; she asks random strangers at the grocery store what their children want and buys it for them; she holds teas to raise money for different organizations. "I can lay down at night and be tired, and then think, 'How can I be tired when Pat outworked me today?'" said Potter, who is nearly half a century younger than Hupp. As for Hupp, she has no immediate plans to slow down. "Maybe when

Reprinted from the 12/22/132 edition of the Richmond Times-Dispatch

Foster Grandparent Volunteers Provide Mentoring Support to Children and

CHARLENE COLE, MANAGER

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

Foster Grandparent volunteers provide mentoring support to children and youth, on an average 20 hours per week, in Public Schools, Head Start classrooms, and faith-based child learning centers.

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

In 2012, 66 FGP volunteers (whose average age is 72) served 48,000 hours supporting 150 children and youth (infants to age 12). Teachers reported children showed improvement in social-emotional behavior and in language-literacy skills with support from a Foster Grandparent mentor.

For information about becoming a volunteer with the Richmond FGP, please call (804) 343-3000.

Learn more about The Corporation for National and Community Service (CNCS) and its other Senior Corps programs at <http://www.nationalservice.gov/about/programs/seniorcorps.asp>



RSVP Volunteers Change Lives

TONY WILLIAMS, COORDINATOR, RETIRED AND SENIOR VOLUNTEER PROGRAM

"There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live." – Dalai Lama

RSVP (The Retired & Senior Volunteer Program) is celebrating its 42nd year serving the community. Our motto is "Lead with Experience." We record volunteer activities, including hours of service and numbers of clients served while measuring outcomes

of volunteer activities: how our volunteers impact the organizations and clients they serve. Some benefits from registering with RSVP are free supplemental accident and liability insurance, optional limited travel

reimbursement (to make it easier for those on a tight budget - and who isn't? -to serve); newsletters and timely information about the services regularly provided by Senior Connections such as Senior Law Day and Medicaid and Medicare insurance counseling). RSVP volunteers currently serve at 25 partnering organizations including:

- Academic Mentors
- Activities Planners
- Activities Helpers
- Hospital Admissions
- Advisory Committee Members
- Hospital Ancillary Services
- Arts & Crafts at Friendship Cafes
- Building Maintenance
- Clerical assistants
- Community activities assistants
- Computer class instructors
- Docents at museums
- Hospital escorts

CONTINUED ON PAGE 10



Foster Grandparent Program Welcomed New Staff in 2013

Mr. Tolbert, a member of Senior Connections' Community Relations Department, added the title of Volunteer Resource Coordinator for the Foster Grandparent Program in July.

In November, Ms. Juanita Peoples joined the staff as Clerical Assistant. Ms. Peoples was previously with the Senior Connections' Senior Community Service Employment Program.

**2014 National Volunteer Week:
April 6-13**

RESOURCES

You Can! Live Well, Virginia!

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. You Can! Live Well Virginia! workshops put me back in charge. Now I have the energy to do the things that matter. I can live well!

You Can! Live Well, Virginia!
Chronic Disease Self Management Program

Sign up for a workshop at
Senior Connections, The Capital Area
Agency on Aging

Chronic Disease Self Management Program

The Chronic Disease Self Management Program, sponsored by Senior Connections, help individuals cope with chronic diseases such as arthritis, high blood pressure, diabetes, or heart disease by providing self-help classes. Classes meet weekly for two to one-half hours for six weeks. Adults with a chronic disease, friends, family members and caregivers are welcome to participate. For more information please call **Joan Welch at (804) 615-0135** or visit www.seniorconnections-va.org

RSVP Volunteers

CONTINUED FROM PAGE 9

- Museum exhibit maintenance
 - Flower delivery in hospitals
 - Friendly visitors
 - Telephone reassurance volunteers
 - Hospital outpatient desk volunteers
 - Tour guides
 - Transportation providers
 - Wheelchair accessibility ramp builders
 - Researchers
 - Hospital Radiology volunteers
 - Recreation planners/assistants
- RSVP and its partners are currently recruiting volunteers particularly in the areas of activity planning (at Bensley Community Center); telephone reassurance and friendly visiting (at Elderlescent Care, Jewish Family Services, Family Lifeline and Chesterfield County Senior Advocates); money management

(at Senior Connections, 24 E. Cary St.); academic mentoring (Higher Achievement and the Harrowgate Elementary Readers program sponsored by Chesterfield County Senior Advocates); and at McGuire VA Medical Center on Broad Rock Rd.

Registering with RSVP is very easy—there is a one-page volunteer registration form (front and back) to be completed. After you complete the form, we can assist in helping you find a volunteer assignment that is meaningful to you and utilizes your talents and interests. For further information please contact Tony Williams at m343-3050 or Norma Austin, RSVP Program Assistant at 672-4490. The registration form may be faxed to us here at Senior Connections at (804) 649-2258 or emailed to twilliams@youraaa.org. Please give us a call! Do it today!

Next Senior Law Day To Be Held In April

Needs Assessments conducted in the mid-2000's in conjunction with planning for future service needs, indicated that seniors, persons with disabilities and caregivers needed help in addressing legal concerns. Senior Connections successfully met this need with its Senior Law Day Program. This service is available to older adults, caregivers and persons with disabilities.



The first Senior Law Day was held in 2009 at Senior Connections' Resource Center. Approximately 50 persons received professional and free legal assistance with basic life planning documents: Wills, Advanced Medical Directives and Du-

able Powers of Attorney. The event was co-sponsored by the Williams Mullen Law Firm and the Virginia State Bar Senior Lawyers' Conference. Today, the Williams Mullen Law Firm remains a dedicated sponsor and has been joined by students from the Law School of the University of Richmond.

The next Senior Law Day will be held in mid-April at Senior Connections (*date and time to be announced*). For additional information or to schedule an appointment, please contact Ms. Pat Giesen at (804) 343-3059 or send an email to pgiesen@youraaa.org

Richmond Area Transportation Providers

Providers include profit and nonprofit agencies, professional services, private services and voluntary programs. They provide transportation services to adults and their families, serve all of the metropolitan Richmond area. For a complete list, please visit our website: www.seniorconnections-va.org. On the Home page, click on **Services**, then **Information and Assistance**. The **transportation link** is on the right panel. If you would like a copy mailed to you, please call (804) 343-3000 and ask for the Transportation Department.



Medication Assistance Program

WHAT WE DO

Screen and complete applications for reduced cost or free medications offered by pharmaceutical companies.

WHO SHOULD APPLY?

Income eligible seniors age 55 and over and not covered by Medication Insurance or any other program.

HOW TO APPLY

An application must be completed in order to determine whether your prescribed medications are available at reduced cost or free from pharmaceutical companies.

For additional information please call **(804) 343-3018**.

Senior Center of Greater Richmond, Inc.



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Henrico, VA 23230

www.seniorcenterofgreaterrichmondinc.com

CALENDAR

FEBRUARY

Senior Connections Advisory Council Meeting
Thursday, February 27, 1:30 p.m.
Senior Connections, 24 East Cary St.

Senior Wellness Class
February 28 to April 11, 9:00 - 10:00 a.m.
Eastern Henrico Recreation Center
1440 N. Laburnum Avenue, Henrico

For ages 50+. Come and get moving in this class that is designed to work on improving your overall physical wellbeing. The class uses different exercises modalities such as joint mobility, resistance and flexibility training to improve your overall mobility and strength for everyday living. Call (804) 225-2056 for more information.

MARCH

Fundraiser for ImpactRichmond
Thursday, March 6, 6:00 to 9:00 p.m.
Baker's Crust, Carytown

Please visit www.impactrichmond.org for additional information.

"Soup for the Caregiver's Soul"
Tuesday, March 18, 9:00 a.m. to 3:00 p.m.
"Soup for the Caregiver's Soul"
Southminster Presbyterian Church
7500 Hull Street

Sponsored by the Chesterfield Council on Aging and the Chesterfield County Office of the Senior Advocate. Lunch will be provided. Call (804) 768-7878 to RSVP or for more information.

Senior Connections Board of Directors Meeting
Tuesday, March 25, 1:30 p.m.
Senior Connections, 24 East Cary Street

Open to the Public. Call (804) 343-3023 for additional information.

APRIL

National Volunteer Week April 6-13

Senior Connections Recognizes All Its Volunteers for Dedicated Service and Ongoing Support of the Agency's goals and mission.

AARP Driver Safety Class
April 22 - 23, 9:00 a.m. to 1:00 p.m.
Tuckahoe Area Library
1901 Starling Drive, Henrico

Brush up on your driving skills! Though geared for drivers age 50 and older, this course is open to drivers of any age. Students must attend both sessions of this two-day class. The cost is \$15 for AARP Members and \$20 for non-members. Payment is due on the first day of class. Please make checks payable to AARP. Beginning March 1, you can register online or call (804) 290-9130.

MAY

Chesterfield TRIAD 15th Annual Senior Day
"Mayberry Comes to Chesterfield"
Wednesday, May 7, 7:30 a.m. to 12:45 p.m.

Victory Tabernacle Church, 11700 Genito Rd., Midlothian

Sponsored by the Chesterfield TRIAD and Chesterfield County. Offering an opportunity for seniors, their family members, caregivers and friends to learn about community resources and services available to older adults in Chesterfield County. For more information call Debbie Leidheiser, County Senior Advocate at (804) 768-7878.

Senior Connections Open House and Annual Meeting
Tuesday, May 20, 2:30 to 4:30 p.m.
Senior Connections, 24 E. Cary Street

Tours! Exhibits! Guest Speakers! Door Prizes! Come join us as we celebrate our programs and services that support the wellbeing of older adults, persons with disabilities and caregivers.



MAY IS OLDER AMERICANS MONTH

2014 THEME:

"SAFE TODAY, HEALTHY TOMORROW"

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 con-



Save The Date!
Wed., October 8, 2014
ANNUAL EMPTY PLATE LUNCHEON

For sponsorships or other information about the luncheon, please call Martina James at (804) 343-3023 or email mjames@youraaa.org

Donations Requested to Support Newsletter

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

Thank you

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

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

N.B. Johnson
Coleen Kenny
Florence M. Gorman
Gaye Jeffrey
7Anonymous

✂

Yes, I want to help support *Mature Life*. Enclosed is my tax-deductible contribution of:

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Mature Life



**2013
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Senior Connections Choral Group performing at the 2013 City of Richmond Centenarians Luncheon.

Senior Connections Choral Group

TONY WILLIAMS, CHORAL DIRECTOR
"If I cannot fly, let me sing."

—Stephen Sondheim

First of all, a funny quote: "I only sing in the shower. I would join a choir, but I don't think my bathtub can hold that many people."

The Senior Connections Choral Group is busy working on musical arrangements for "a few" new songs for 2014: Landslide, My Eyes Adored You, You Were Meant for Me, I Only Have Eyes for You,

Tonight You Belong to Me, Down by the Old Mill Stream, Dark Town Strutters' Ball, What are You Doing New Year's Eve, Side by Side, A Couple of Swells, Harmony, Old Man River, Walkin' After Midnight, Fool on the Hill, Laughter in the Rain, I Believe and Old Lang Syne.

Our next concert might be seven hours long. We welcome new member Peggy Vance to our fold. Peggy is from Highland Springs and will be our resident Patsy Cline cover artist.



Next Deadline: March 31, 2014
(For Older Americans Month issue in May)

**To place an ad or for more information
 please contact Hannah Robinson at
 804-343-3046 or hrobinson@youraaa.org**

Computer Classes for Older Adults

Computer classes are held in the first floor Resource Center at Senior Connections, 24 E. Cary St., Richmond. The classes are:

- ◆ **BASIC BEGINNER:** For individuals with little or no computer experience. Single session class approximately two hours long. Held on the **first Tuesday** of each month from 10:00 a.m. to noon.
- ◆ **BEGINNERS II:** For individuals with some computer experience and looking to learn more. Single session class approximately two hours long. Held on the **second Tuesday** of each month from 10:00 a.m. to noon.
- ◆ **BASIC INTERNET:** For individuals with basic computer knowledge who would like to learn how to access the Internet. Single session class

approximately two hours long. Held on the **third Tuesday** of each month from 10:00 a.m. to noon.

◆ **BASIC E-MAIL:** Participants will learn how to send and receive e-mail messages. This lesson will be scheduled as an individual session with a volunteer tutor. There will also be opportunities for three or four follow up individual sessions with volunteer tutors after formal classes end.

To register for a class, please call Trevon Marrow at (804) 672-4481 and leave your name, telephone number and the name of the class you would like to attend. You will be placed on our waiting list and you will be called when there is an opening.

Visit Our Web Site:

www.seniorconnections-va.org

- ❖ Executive Director's Blog
- ❖ Community Calendar
- ❖ On-line Donations
- ❖ Links to Community Resources
- ❖ Easy Navigation

Senior Connections
 The Capital Area Agency on Aging

The Resource for Aging Well

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Welcome to Senior Connections!

Senior Connections, The Capital Area Agency on Aging offers a comprehensive range of Home and Community-Based Services for seniors age 55 and older, caregivers and persons with disabilities in the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

