Senior Advocacy Day at the General Assembly

Senior Advocacy Day at the General Assembly
- Transfer Area Agencies on Aging
- Medicaid State Match for Disability Determinations
- Rehabilitative Services

Department for Aging and Rehabilitative Services
• Medicaid State Match for Disability Determinations includes $228,235 GF each year for the state match requirement for Medicaid’s share of disability determinations. The Agency primarily conducts determinations for the Social Security Disability Insurance (100% federally funded), but a small portion of determinations are performed as part of the Medicaid eligibility process. These determinations must be cost allocated to Medicaid, which has a 50% state match requirement.
• Increase NGF Appropriation to Reflect Additional Staff for Social Security Disability Determination. Provides $3.5 million NGF each year and 25 positions to reflect higher spending related to additional staff hired as allowed by the Social Security Administration (SSA). Recently the SSA, after several years of restricting state staffing for disability determinations, allowed the agency to hire 98 staff to handle the backlog of determinations. These positions are fully supported with federal funding.
• Transfer Agency on Aging (AAAs) Funding to Reflect Administrative Actions. Transfers $320,470 GF each year from nutrition programs to supportive services. The Area Agencies on Aging are allowed, per appropriation act language, to transfer up to 40 percent of their funding from one service category to another. This action transfers appropriation to reflect the annual administrative transfer over the past few years. The transfer does not affect any services; it only reflects current spending patterns.

Central Account Reductions
• Eliminate Funding for Certain Pass-Through Grants. Eliminates $200,000 GF each year in support for Didlake, Inc. and $215,500 GF the second year for Pharmacy Connect.
• Reduce Funding for Various Programs. The proposed savings includes the following reductions:
  - $300,000 GF each year for the Personal Assistance Services Program.
  - $426,997 GF the first year for brain injury programs;
  - $230,250 GF the first year and $580,800 GF the second year for Centers for Independent Living which is partially offset by using Social Security program income of $82,343 NGF the first year and $397,416 GF the second year; and
  - $302,666 GF the first year and $364,943 GF the second year for employment support services programs.

Woodrow Wilson Rehabilitation Center
• Reduce Personnel Costs through Turnover and Vacancy Savings. The Governor’s savings plan includes $246,898 GF the first year and $345,854 GF the second year that the agency will achieve through holding positions vacant longer. This savings is in the central account reductions.

Source: Virginia Department for Aging and Rehabilitative Services (DARS)
Message from The Executive Director

Dr. Thelma Bland Watson, Ph.D

“Empowering Seniors to Live with Dignity and Choice.”
Mission of Senior Connections, The Capital Area Agency on Aging

Summary of Older Americans Act Reauthorization Act of 2015

This legislation reauthorizes the Older Americans Act of 1965, a federal law with long-standing bipartisan support. The law provides for the organization and delivery of social and nutrition services to older Americans and their caregivers. This bill reauthorizes programs through 2018 and includes provisions that aim to protect vulnerable elders by strengthening the Long-Term Care Ombudsman program and existing elder abuse screening and prevention efforts. The bill also promotes the delivery of evidence-based programs, such as falls prevention and chronic disease self-management programs. The reauthorization streamlines federal level administration of programs, promotes the efficient and effective use of transportation services, and improves coordination between programs at the federal, state, and local levels.

Elder Abuse

• To be consistent with current law, updates definitions of “elder protective services,” “abuse,” “exploitation and financial exploitation,” and “elder justice”
• Improves coordination of activities between the state and local aging offices
• Promotes best practices related to responding to elder abuse, neglect, and exploitation in long-term care facilities through the Administration on Aging
• Promotes States’ submission of data concerning elder abuse
• Directs the Administration on Aging to include, as appropriate, training for States, area agencies on aging, and service providers on elder abuse prevention and screening

Long-Term Care Ombudsman Program

• Allows ombudsmen to serve all residents of long-term care facilities, regardless of age
• Ensures private, unimpeded access to the ombudsman for all residents of long-term care facilities
• Provides for identification and resolution of potential individual and organizational conflicts of interest
• Clarifies the role of ombudsman program in advocating for residents unable to communicate their wishes
• Clarifies that ombudsmen may continue to serve residents transitioning from a long-term care facility to a home care setting
• Clarifies that the ombudsman office is a “health oversight agency” for purposes of HIPAA

Title III Grants to States Formula

• To account for geographic changes in the older population, adjusts the formula for the Title III programs of supportive services, congregate meals, home meals, and preventive services.
• The formula adjustment would update the 2006 hold harmless by using the most recent fiscal year funding as a baseline for an annual dynamic hold harmless, reflecting more recent population trends and ensuring funding better meets the nationwide needs of older adults while also protecting every state from experiencing a negative adjustment of no more than 1 percent a year. After three years, the formula’s hold harmless would again freeze in place at FY2018 funding levels. Minimum grant states are not affected.

Transportation Services

• Directs the Assistant Secretary to provide information and technical assistance to States, area agencies on aging, and service providers on providing efficient, person-centered, transportation services, including across geographic boundaries
• Clarifies current law that older adults caring for adult children with disabilities and older adults raising children under 18 are eligible to participate in the Family Caregiver Support Program

Preventing Fraud and Abuse

• Continues support for Medicare program integrity initiative that trains senior volunteers to prevent and identify healthcare fraud and abuse

Administration Demonstration Authority

• Streamlines the Act by eliminating three outdated demo programs: Computer Training, Multidisciplinary Centers and Multidisciplinary Systems, and Ombudsman and Advocacy Demonstration Projects
• Clarifies current law that older adults caring for adult children with disabilities and older adults raising children under 18 are eligible to participate in the Family Caregiver Support Program

Home Care

• Directs the Assistant Secretary to develop a consumer-friendly tool, when feasible, to assist older individuals and their families in choosing home and community-based services

Emphasis on Evidence-based Programs

• Ensures that, in accordance with current practice, disease prevention and health promotion programs are “evidence-based”
• Encourages the delivery of falls prevention and chronic disease self-management programs

Mentions the aging network may include oral health screenings among disease prevention and health promotion activities
• Directs the Assistant Secretary to provide technical assistance and share best practices to improve collaboration and coordination with health care entities, such as Federally Qualified Health Centers to enhance care coordination for individuals with multiple chronic illnesses.

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 encourages contributions which are tax-deductible. The following options for making donations are available.

Empty Plate Campaign

Contributions to this ongoing campaign help provide critical services and programs, such as Meals on Wheels, 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.

CONTINUED ON PAGE 4
The Seniors Connections Service Region

Senior Connections, The Capital Area Agency on Aging serves the citizens of Planning Service Area 15 (PSA 15) which includes the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan, and the City of Richmond. We maintain a central office at 24 East Cary Street and seven field offices in the Counties. Senior Connections is a part of a nationwide network of Area Agencies on Aging (AAAs) that provide information, advocacy, and direct services to seniors and their families. There are 25 AAAs in Virginia and more than 650 nationwide.

Charles City County

The Young At Heart Club is a program for older adults and sponsored by the Charles City County Department of Parks and Recreation located at 8320 Ruthville Road in the Charles City Social Center. The Club generally meets the fourth Monday of every month. Call to confirm day, time and place. The club is open to all senior age 55 and over. Some of the club activities include walking and exercise on Monday, Wednesday and Friday; bowling on Tuesday and special events such as picnics, fun day and banquets. New programs are now being offered in partnership with the YMCA. To join or for more details, please call Brenner Carter, Programs Coordinator at 804-652-1601 or 804-652-1603.

Senior Law Day is offered through a partnership between the Charles City County Department of Social Services, Senior Connections and the Williams Mullen Law Firm. It provides income-qualified residents an opportunity to obtain an Advance Medical Directive, Simple Will and/or Durable Power of Attorney at no cost.

Chesterfield County

The Caregiver Connection Support Group meets the first Tuesday of each month, 4:00 to 5:15 p.m. at Lucy Corr Village, Assisted Living Friendship Room, 6800 Lucy Corr Boulevard, Chesterfield. The support group, sponsored by the Chesterfield County Office of the Senior Advocate and Lucy Corr Village, helps address the needs of those who are caring for an adult with physical or cognitive deterioration, usually a parent or spouse.

The Grandparent Connection Support Group for grandparents and other kin raising a child, meets third Thursday of each month, 4:30 to 6:00 p.m. at the Chesterfield County Development Building, 9800 Government Center Parkway, Chesterfield. Come and share your experiences and concerns. Free childcare will be available.

Upcoming Events

Soup for the Caregivers Soul Caregiving Conference
Tuesday, April 21; 9:00 a.m. to 3:00 p.m.
Southminster Presbyterian Church
7500 Hull St. Rd, North Chesterfield
The keynote speaker will be Rosemary Rawlins, author of “Learning by Accident: A Caregiver’s True Story of Fear, Family and Hope.” Various workshops will be available for caregivers.

Chesterfield Triad 16th Annual Senior Day
Wednesday, May 6; 7:30 a.m. to 12:45 p.m.
Victory Tabernacle Church, 1170 Genito Rd., Midlothian
Learn about local services available by local businesses and nonprofit organizations to make life more enjoyable and safe. Free entertainment, light breakfast

Goochland County

The Goochland Free Clinic & Family Services provides access to health care and basic human services to the Goochland community. Goochland Free Clinic & Family Services is a private, 501(c)(3) non-profit corporation supported by individuals, churches, corporations, grants, and businesses who share its vision. Goochland Free Clinic and Family Services is fortunate to have many individuals, businesses, civic groups, churches and foundations who volunteer their time and talents and provide financial support for our programs.

Hanover County

TRIAD is a partnership consisting of the local sheriff, and police chief, seniors/senior service providers in a community who agree to work together to reduce criminal victimization of older adults. The Hanover Adopt-A-Senior Program is a TRIAD-sponsored program. Participants in the Adopt A Senior Program receive regular contact or visitation from observant and compassionate law enforcement personnel who provide participants with social support, crime prevention assistance, additional assurance, monitoring and service referrals. Participants may be:
• Older adults with special needs
• Individuals or couples age 60 and over who live alone and have limited mobility or medical problems which renders them home bound
• Those with limited family or social support

Referrals are accepted from third parties such as human service agencies, extended family members, neighbors and friends or the individual in need of the service.

Resource: http://www.hanovercounty.gov/Sheriff/
Adopt-A-Senior/

Henrico County

Kinship Care Support Group, offered by Henrico County Social Services (designed for senior caregivers raising children: grandparents, aunts, uncles, etc.) meets every other month at Social Services. For more information, contact Renee White at 501-5866.

Triad and SALT (Seniors and Law Enforcement Together) in Henrico County. The Triad-SALT is a crime-fighting partnership between law enforcement and seniors. The organizations that form the Triad are the AARP (American Association of Retired People), IACP (International Association of Chiefs of Police), and NSA (National Sheriffs’ Association). For information regarding Triad-SALT Council, please call 501-5933.

Local Government Connections

The keynote speaker will be Rosemary Rawlins, author of “Learning by Accident: A Caregiver’s True Story of Fear, Family and Hope.” Various workshops will be available for caregivers.

Senior Law Day will be held in Charles City County during April 2015. The reservation deadline is Friday, April 10, 2015. For more information or to reserve an appointment, please contact Ivan Tolbert at (804) 672-4498 or itolbert@youraaa.org.
Local Government Connections

New Kent County

The 2014 Collaborative Efforts between New Kent Department of Social Services and Senior Connections, CAAA included:

- Coordination of Senior Law Day with Williams Mullen Law Firm
- Provision of local office space in the New Kent Human Services Building
- Combined welfare visits to elders confined to home
- Provision of educational material relevant to older adults & their families
- Participation in the New Kent Outreach Council
- Promotion of services such as the Virginia Insurance Counseling & Assistance Program (VICAP)

Program Partnership Possibilities for the Future:

- Senior Town Hall meeting
- Establishing a New Kent Friendship Café
- Expanding New Kent resources to include local support group(s) and lifelong learning opportunities
- Please share your suggestions and provide support in creating a livable community for all ages!

Call Nancy Goodman at 804-966-1853 extension 5123; Pat Armbrust at 804-343-3010. For more information about Senior Connections, please schedule an appointment at the New Kent office or to arrange for an in-home visit please call 804-343-3000 and ask for the Intake Department.

Powhatan County

The Coalition of Powhatan Churches was established in 1996 for the purpose of helping the citizens of Powhatan County have a better life. The organization has been able to reach out to those who have needed some extra help in all areas of life. Many areas churches have joined hands in this effort.

Powhatan has many churches of all faiths who work together to make a difference in the lives of our neighbors. Many organizations, businesses, and individuals have joined in these efforts to give of their time, talents, and finances. All are necessary to meet the various needs within our county. If you want to be more involved, please contact us by E-Mail: ppgoodwyn@verizon.net.

City Of Richmond

The Richmond Department of Parks, Recreation and Community Facilities invites senior adults age 55 years and older to participate in a variety of senior programs at Pine Camp Arts and Community Center located at 4901 Old Brook Road, Richmond, VA 23227. Programs include:

- Chair Aerobics,
- Walker Aerobics and
- Water Aerobics
- Dance Classes, Tai-Chi and Yoga

Crafting

Please call 804-646-3677 or go to http://www.richmond.gov/parks/documents/programguide.pdf to obtain more information.

Upcoming Event

Richmond Earth Day Festival

17th Street Farmers’ Market
Saturday, April 18
11:00 a.m. to 5:00 p.m.

Renew your commitment to Mother Earth at this annual Richmond celebration featuring music, food, art, vendors, alternative transportation, environmental education, games and activities.

Resources:

Summary of OAA Reauthorization Act of 2015

Continued from Page 2

Nutrition Services

- When feasible, encourages the use of locally grown foods in meals programs
- Clarifies that, as appropriate, supplemental foods may be part of a home delivered meal at the option of a nutrition services provider

Mental Health

- Updates references of mental health to also include “behavioral health,” as appropriate to reflect the Aging Network’s current practice
- Directs the Assistant Secretary to develop guidance on serving Holocaust survivors through Older Americans Act programs.

The above summary describes the long awaited reauthorization of the Older Americans Act. The Act was last authorized in 2011. The reauthori-

nization supports the mission of Senior Connections and will “help ensure that older Americans enjoy healthier lives.” The Act also supports the four focus areas of the 2015 White House Conference on Aging: retirement, security, healthy aging, long term care services and elder justice.

Thanks for your suppor of the Older Americans Act.

Source: The National Association of Area Agencies on Aging (N4A)

Nondiscrimination Policy


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

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

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

Visit Our Web Site!

www.seniorconnections-va.org
Community News

Richmond Region Wins Distinction as One of Best Intergenerational Communities for 2015

The Richmond Age Wave Coalition is proud to announce that the Greater Richmond Region has been awarded the 2015 Metlife Foundation/Generations United Best Intergenerational Community/Generations United award. The award ceremony was held on February 11th on Capitol Hill, Washington, D.C. The award was accepted by Dr. Ayn Welleford, Chair, Department of Gerontology at the Virginia Commonwealth University (VCU); Ms. Sara Link, Director of the Age Wave Coalition; Ms. Debbie Leidheiser, Senior Advocate for Chesterfield County; and Mr. John Robertson, Chair, Board of Directors, Senior Connections. Ms. Doris Hairston spoke at the event on behalf of senior volunteers with the Foster Grandparent Program. The VCU’s Department of Gerontology and Senior Connections, The Capital Area Agency on Aging are managing the inter-generational engagement opportunity. It is awarded after a rigorous self-evaluation and preparation of a performance-based portfolio. A panel of professionals who are certified in Volunteer Administration, pledge to work within the professional code of ethics and demonstrate their knowledge-in-use in the core competency areas of organizational management, human resources management, accountability, leadership and advocacy. Beverly joins a select group of over 1360 individuals who have attained this sought-after international credential as demonstration of their professional excellence in mobilizing and managing volunteers.

Congratulations to Shana Beverly, Recipient of the Credential: “Certified in Volunteer Administration”

Shana Beverly, Volunteer Coordinator for Senior Connections, has been awarded the credential, “Certified in Volunteer Administration,” by the Council for Certification in Volunteer Administration. The credential, which entitles Shana to use the designation “CVA”, is the only one in the field that is recognized internationally. It is awarded after a rigorous process that includes an extensive self-evaluation and preparation of a performance-based portfolio. A panel of professionals who are certified in volunteer administration judges the portfolio. In addition to the portfolio, Beverly sat for a two-hour examination testing knowledge, application and analysis of skills related to volunteer resources management. Successful CVA candidates must prove they have a clear philosophy of volunteer administration, pledge to work within the professional code of ethics and demonstrate their knowledge-in-use in the core competency areas of organizational management, human resources management, accountability, leadership and advocacy. Beverly joins a select group of over 1360 individuals who have attained this sought-after international credential as demonstration of their professional excellence in mobilizing and managing volunteers.

The VCU’s Department of Gerontology and Senior Connections, The Capital Area Agency on Aging are managing the inter-generational engagement opportunity. It is awarded after a rigorous self-evaluation and preparation of a performance-based portfolio. A panel of professionals who are certified in Volunteer Administration, pledge to work within the professional code of ethics and demonstrate their knowledge-in-use in the core competency areas of organizational management, human resources management, accountability, leadership and advocacy. Beverly joins a select group of over 1360 individuals who have attained this sought-after international credential as demonstration of their professional excellence in mobilizing and managing volunteers.

The Commonwealth Council on Aging is Accepting Nominations for the 2015 Best Practices Awards

The Commonwealth Council on Aging is sponsoring the 2015 Best Practices Award Program funded by Dominion Resources 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. Instructuions, nomination forms, and information on previous Best Practices Award Winners are on the Commonwealth Council on Aging’s website http://vda.virginia.gov/ccoa.asp. Nominations for the 2015 Awards must be received by Monday, March 2, 2015. This is the 10th year of the Best Practices Award Program and the Council is pleased to offer monetary awards to the top winners: The first place 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 be given to innovative programs and services that assist older adults to Age in the Community. This invites an opportunity to recognize innovative 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 organizations 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 Awards 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.

Representatives from the Metropolitan Richmond area who attended the Best of Intergenerational Committees awards ceremony on February 11 in Washington, D.C. pose for photo with Juan Williams (center), Fox News Correspondent and Journalist.

Supports the development and expansion of programs bringing children, youth and older adults together. The Richmond application was spearheaded by the Greater Richmond Age Wave Coalition and supported by various community partners including Chesterfield County, United Way of Greater Richmond & Petersburg, Richmond Regional Planning District Commission, PALETTE, AARP, William Fox Elementary School, Family Lifeline, YMCA of Greater Richmond, Sports Backers and many others. Coalition partners are commended for helping make this award possible for the Richmond Region. An awareness, adding academic expertise, and elevating the profession of volunteer administration.

The Commonwealth Council on Aging is sponsoring the 2015 Best Practices Award Program funded by Dominion Resources 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. Instructuions, nomination forms, and information on previous Best Practices Award Winners are on the Commonwealth Council on Aging’s website http://vda.virginia.gov/ccoa.asp. Nominations for the 2015 Awards must be received by Monday, March 2, 2015. This is the 10th year of the Best Practices Award Program and the Council is pleased to offer monetary awards to the top winners: The first place 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 be given to innovative programs and services that assist older adults to Age in the Community. This invites an opportunity to recognize innovative 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 organizations 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 Awards 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.
25th Annual Holiday Gift Basket Project: Another Huge Success

Thanks Community Partners, Supporters and Volunteers

6

The generosity from the community and volunteers helped to make the project a success. Donations received included grocery and pharmacy cards, nonperishable food items, emergency preparedness items and other essential household needs. Several organizations and many private citizens provided monetary support as well. Gift Baskets were delivered to seniors in the greatest need of support especially during the holidays. Generally, its during this time of year when some older adults may feel isolated and forgotten. In addition to the gift baskets, the Project also provides a social call and welcome when baskets are delivered. Many seniors have expressed gratitude for being remembered.

A new component, "The Guardian Angel Tree," was part of this year’s project. Gifts were purchased and delivered to 19 Public Guardian Program participants.

Thanks To:

• Jean Adams
• Gigi Amateau
• Patricia Armbrust
• Toni Beechaum
• Missy Boyer
• Barbara Cook
• Willie Dell
• Department on Aging and Rehabilitation Services (DARS)
• Department on Aging and Rehabilitation Services (DARS) Adult Protective Services
• Cora Dickerson
• Marian Deliver
• Joan Doss
• Grove Ave Baptist Church
• Sew and Sow Group

Senior Navigator E-Quicktip:

Its Never Too Late for Higher Education

Still early in 2015, you may have some resolutions you want to accomplish this year. Why not add to your list higher education? Under provisions of the Virginia Senior Citizens Higher Education Act, a person who is at least sixty years of age with legal domicile in Virginia for one year before the beginning of a semester may enroll in a Virginia university to take tuition-free classes.

Find out more about this program by visiting the Virginia Department for Rehabilitative Services and Aging:

http://vda.virginia.gov/eldereducation.asp

E-QUICKTIPS is a fast free resource for seniors and those who care for them. Please feel free to add your branding, logo, or company name, and share it with employees, colleagues, and clients through list serves, newsletters, and bulletin boards, referencing Senior Navigator as the source.

Next Senior Law Day Set for April 15

Patricia Giessen
Community Relations Events Specialist
Senior Connections will hold the next Senior Law Day on Wednesday, April 15 at its downtown office at 24 E. Cary Street. This is not a law seminar or class but an opportunity to have any one of these documents (Wills, Powers of Attorney and Advance Medical Directive) or all three prepared for you gratis. There are preliminary papers to be filled out and returned, which are "sample Wills, etc." They are not official documents but simply give the attorneys an idea of what you want. If you would like to be placed on that list for inclusion in April, please phone Pat Giessen at 343-3055 and she will send you the necessary papers and answer any questions you may have.

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

V4A Legislative Priorities for 2015

Continued from Front Page

-Enhanced Long-Term Care Ombudsman staffing;
-Required written notice by hospitals to patients when the attending physician has entered them in an "observational" status (outpatient) and not "admitted" (inpatient) status;
-Coverage of hearing aids by health insurers and Medicaid for adults;
-Medicaid coverage of dental services for adults;
-Portability of Auxiliary Grant along with sufficient funding to cover services costs;
-Request to Housing Commission to consider local autonomy for affordable and accessible housing including determination of need and construction requirements; promotion of visitability and accessibility options for new residential building; and
-Expand livable homes by increasing the livable home tax credit from $1 million to $1.5 million/year and create a livable homes grant program at $1 million for low income homeowners whose tax liability is too low to qualify for a tax credit.

Source: Virginia Association of Area Agencies on Aging (V4A)
Agency Welcomes New Staff to its Long Term Care Ombudsman Program

In December, Senior Connections welcomed Suchita Basnet and Alix Unwin to the Long Term Care (LTC) Ombudsman Program. Ombudsmen act as advocates for persons receiving long-term care, whether the care is provided by a nursing home, assisted living facility, home health care agency, or day care. When clients are unable to resolve problems on their own, the Ombudsmen will assist them to find a solution.

Suchita Basnet

Suchita holds a Bachelor of Science degree majoring in Psychology and is currently a graduate student at Virginia Commonwealth University and will be completing the Masters program in Gerontology in May of this year.

Prior to coming to Senior Connections, Suchita served as an intern for the Chesterfield County Senior Advocate Office working with the Caregiver Connection and Grandparent Connection programs. She also worked on Age Wave Coalition projects. Suchita’s experience also include working with Interim HealthCare of Richmond on a project for Humana where she made home visits to participants and performed medical assessments and their updated health information and an internship with Moon River Senior Care in Reston, VA.

Alix Unwin

Alix has a Bachelor of Science degree majoring in Psychology and Gerontology from York College of Pennsylvania and is currently working on her Masters of Science degree majoring in Gerontology at Virginia Commonwealth University.

Alix’s previous experience as a Recreation Therapy Assistant at a Rehabilitation and Long Term Care Facility in York, PA gave her insight into working with older adults and has provided her with skills and enthusiasm for connecting with and advocating for this population.

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.

Caregiver Support

Are You A Long-Distance Caregiver?

If so, check out the following resources to find Eldercare Services anywhere in the U.S.

- Eldercare Locator (1-800-677-1116) www.eldercare.gov
  You will need to enter the county, city name or zip code to proceed on the website
- National Association of Professional Geriatric Care Managers www.caremanager.org
- National Association of Elder Law Attorneys www.naela.org

Information About Available Resources
- Resource Assistance for Caregivers
- Seminars, Individual Counseling and Respite Care
Shifting Gears: Keeping the Drive at 75!

Driver’s License Renewal

Your license expires now. To keep driving, you need to renew it. Here’s how:

1. Check your license expiration date.
2. Collect the required documents:
   - Proof of identity (e.g., passport or birth certificate)
   - Proof of address (e.g., utility bill)
   - Proof of vision screening
3. Visit your local DMV office or renew online through the Virginia Department of Motor Vehicles’ website.
4. Pay the renewal fee.
5. Complete any additional requirements if needed (e.g., vision test).

You can complete the renewal process online at https://safely.dmv.virginia.gov.

Don’t Let Your License Expire!

Changes in Drivers License Laws for Mature Drivers

Transportation

Changes in Virginia’s Transportation Laws for Mature Drivers

1. Increased Penalties for Traffic Violations:
   - Mature drivers (ages 75 and older) are subject to steeper fines and penalties for traffic violations.

2. Increased Vision Requirements:
   - Mature drivers must undergo vision screening to ensure they meet the standards for safe driving.

3. Increased Health Requirements:
   - Certain medical conditions may require a medical examination before renewing a license.

4. Increased Education Requirements:
   - Mature drivers are encouraged to participate in local driving safety classes.

5. Increased Alcohol Impact:
   - Penalties for drunk driving are increased for mature drivers.

Visit the Virginia Department of Motor Vehicles website for more information.

Get Your Vision Screened at DMV

Stay Mobile. Learn How.
Nutrition Support

Art Work by Café Participants on Display at Senior Connections
A Collaborative Effort by Art on Wheels, YMCA, and Senior Connections

“Sea Turtle in a Choral Reef”
(Monotypes on Paper. On display in the Staff Lounge)
Created by participants from Rockwood Village, Charles City, West Richmond Church of the Brethren, St. John Neumann Catholic Church, Village Presbyterian Church, Good Shepherd Baptist Church, Goochland and Chickahominy YMCA Friendship Cafés. This large group piece contains 96 individual monotypes. Each piece was printed by a different seniors. The prints were assembled to create the overall composition.

“Birds Above the Beach”
(Acrylic on Canvas. On display in the Lobby)
Created by participants from the West Richmond Church of the Brethren Friendship Café. The participants were torn between making a painting of a beach and a painting of birds. So naturally we all thought it would be best to do both. The birds flying above the beach represent their favorite birds. Each canvas was painted by one senior then assembled to create the overall composition.

“Sunrise/Sunset”
(Mosaic. On display in the Meals Department)
Created by participants from the Village Presbyterian Church Friendship Café. The participants had their hearts set on making a sun over a mountain. What they couldn’t agree on was whether it was a setting or rising. The best part about this piece is that it can be either! The seniors were divided into three groups to create one of the three panels.

Holiday Celebration with Song and Fellowship

Colleen Wilhelm
Community Outreach Specialist
Meals and Wellness Department
In December, members of the Friendship Cafés gathered at Regency Square for a special event filled with song, music, laughter and fellowship. Art on Wheels’ Music Therapist, Denise Lee, helped coordinate the Friendship Café participants from Goochland Recreation Center, Henrico’s Village Presbyterian Church and West Richmond Church of the Brethren, Powhatan’s St. John Neumann Church, Hanover’s Shiloh Baptist Church, City of Richmond’s Good Shepherd and New Covenant Presbyterian Church in Chesterfield. Visitors to Regency were treated to songs of the seasons and a “shining” rendition of This Little Light of Mine, I’m Going to Let it Shine. And sparkle we did! Visit Senior Connections Facebook page to see the performance for yourself.

Friendship Cafés
Food, Fun, Fellowship!
A Nutrition Support Program Provided by Senior Connections, The Capital Area Agency on Aging
(See List of Café Locations on Page 13)
For Additional Information: Colleen Wilhelm
Phone: (804) 672-4494; Email: cwilhelm@youraaa.org
or visit our website: www.seniorconnections-va.org
April 12-18, 2012

National Volunteer Week is an annual observance held to recognize the value of volunteers and to encourage more people to become involved in their communities.

During the week, national foundations, non-profits, community agencies, businesses, and individuals will celebrate the efforts of volunteers and the difference their dedication makes in their communities.

In honor of National Volunteer Week, we are highlighting the efforts of volunteers who serve on the Board of Directors and the many volunteer committees that support our mission.

We want to thank you for your ongoing support and for making the American Diabetes Association stronger.

Sincerely,

[Signature]
Managing Medications

Managing a growing number of medications can be confusing for anyone, whether you’re managing them for yourself or for your parents. Yet, taking medications properly is critical for your or your parents’ health and well-being.

Good communication with your doctor and pharmacist can help you stay safe and ensure your drugs work the right way. Your situation is unique, so get the personal attention you deserve. Ask your doctor and pharmacist any questions you may have.

In the meantime, here are some ways to manage common challenges you may face:

**Multiple Medicines**

It helps to use one pharmacy for all your prescriptions and refills. That way, your pharmacist can check for potential interactions between your medications. They can also suggest supplements that would be safe for you to take along with those drugs. Your pharmacist can also help you make sense of your medications with a comprehensive medication review.

Take a list of all your prescription medications, over-the-counter medications, vitamins and supplements to your pharmacist. At Bremo Pharmacy, we can provide you with an up-to-date medication list including directions on how to take your medicines. We can discuss ways to synchronize your medications so all of your refills are due at the same time. That way, your prescriptions can be picked up or delivered to you all at the same time, avoiding multiple trips to the pharmacy or multiple deliveries throughout the month. You can also talk to us about packaging options so you never miss a dose!

If you notice any side effects, tell your doctor and pharmacist right away. This can be a reaction to a drug or a combination of drugs. It may also be due to an interaction with alcohol or certain foods. Several medications interact with some common foods – please let us know if you have any concerns.

**Forgetfulness**

You may find it helpful to write down your medication schedule. Note the day and time to take each drug, and what it is for. Include special instructions such as whether to take the drug with food and where to store it.

Special pill boxes or packaging, including calendar cards, may also help. Also, set a daily routine and tie it to another well-ingrained habit. For example, if you need to take a medication at night, keep those pills on your nightstand. Just be careful not to leave your medications in an area where children or pets would be able to get to them.

**Cost**

On fixed incomes, many older adults are concerned about the high cost of medications. First of all, know that skipping doses or not filling your prescription is not a safe solution. You need to take the drug exactly as directed to avoid complications. Hospital visits related to medication problems are expensive.

Talk to your pharmacist about ways to reduce costs. For example, your pharmacist can see whether a generic version of your drug is available or if you are eligible for a prescription assistance program. Also, ask your insurance company if you can get a senior citizen discount.

Before filling a prescription, your doctor may have free samples available. This isn’t a long-term solution, but you can try a drug for free while seeing if it works with a minimum of side effects.

**Swallowing or Dexterity Problems**

Do you have trouble swallowing pills or opening pill bottles? Bremo Pharmacy has solutions. For example, easy-to-open containers are okay if there are no children in your home. And, you may be able to take a liquid medicine instead of pills. If your medicine doesn’t come in a liquid form, we may be able to make it into one in our compounding center. Always check with your pharmacist first before chewing or crushing tablets.

Pharmacists at Bremo Pharmacy are medication experts. We can help you with any of your medication needs.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.
Get the Most Nutrition Out of Your Calories

Each major food group provides a variety of nutrients, so it’s important to include all food groups in your daily eating plan. You will enjoy many different foods while getting essential nutrients that help you get the most nutrition out of your calories.

Many older adults don’t eat enough foods that contain calcium, potassium, fiber, magnesium, and vitamins A, C, D, and E. Fruits and vegetables contain potassium, fiber, magnesium, and vitamins A and C. Vitamin E is found in many ready-to-eat cereals, nuts, and vegetable oils. Calcium and vitamin D are found in fat-free and low-fat milk. At the same time, many older adults eat too many foods high in calories, saturated and trans fats, cholesterol, added sugars, and salt.

Getting the nutrients you need through a healthy diet is essential for protecting against chronic diseases that affect older adults, people with dark skin, and people insufficiently exposed to sunlight. Some nutrients have reduced absorption of vitamin B12. Fortified cereal, lean meat, some fish or shellfish, and vitamin B12 dietary supplements are sources of vitamin B12.

Many people over 50 years old have reduced absorption of vitamin B12. Fortified cereal, lean meat, some fish or shellfish, and vitamin B12 dietary supplements are sources of vitamin B12.

Older adults, people with dark skin, and people insufficiently exposed to sunlight tend to need more vitamin D to help maintain bone health. Drinking vitamin D-fortified low-fat or fat-free milk is a good way to get vitamin D.

Since constipation may affect up to 20% of people over age 65, older adults should consume foods rich in dietary fiber.

Lifestyle changes can prevent or delay the onset of high blood pressure and can lower elevated blood pressure. These changes include increasing potassium intake, reducing salt intake, eating an overall healthful diet, and getting enough physical activity.

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

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

- Greater Richmond Chapter
  Linda Wallace
  HLAGreaterRichmond@gmail.com
  http://www.hlagreaterrichmond.com
- Rappahannock Chapter
  Arva Priola
  apriola@clldrc.org
- Virginia Beach Chapter
  Donald Doherty
  dondoherty@mchsi.com
  http://www.hlaavirginiabeach.com

Source: www.health/gov/dietary_guidelines
Computer Classes for Older Adults

Computer classes provided by Senior Connections are held in the first floor Resource Center at Senior Connections, The Capital Area Agency on Aging, 24 E. Cary Street, Richmond. The classes are:

♦ BASIC BEGINNER: For individuals with little or no computer experience. Single session class approximately two hours long. Held on the first Tuesday of each month from 10:00 a.m. to noon.

♦ BEGINNERS II: For individuals with some computer experience and looking to learn more. Single session class approximately two hours long. Held on the second Tuesday of each month from 10:00 a.m. to noon.

♦ BASIC INTERNET: For individuals with basic computer knowledge who would like to learn how to access the Internet. Single session class approximately two hours long. Held on the third Tuesday of each month from 10:00 a.m. to noon.

♦ BASIC 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.

AARP Tax Aide Site Now Open At Senior Connections

The AARP Tax Aide Site at Senior Connections is now open on the first Tuesday of each month from 10:00 a.m. to noon.

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.

For additional information or to leave your name, telephone number and the name of the class you would like to attend, please call Trevon Marrow at (804) 672-4481.

Thank You for Your Interest and Support!
Take time to unwind...

It’s healthy to relax, renew, and rejuvenate

Stress happens. Sometimes it’s unavoidable; at times it’s unbearable. That’s why taking time for yourself is a necessity.

April is National Stress Awareness Month

More information and resources are available online at:

www.FOH.hhs.gov/calendar
Aging Well: Resources for Tomorrow and Today!

Seniors Resources Event
Thursday, March 12, 10:00 a.m. to 12 noon
Mechanicsville Baptist Church
8016 Atlee Road, Mechanicsville

Sponsored by the Hanover County Council on Aging and hosted in cooperation with the Mechanicsville Baptist Church Kneen Age Club. Topics to include Medical Directives, Powers of Attorney, In-Home Care, Chore Services and the myths about Reverse Mortgage. Light refreshments and door prizes. For more information contact Lisa Adkins, Hanover County Department of Community Resources at 804-365-4302.

Food For Thought: The Place for Me - No Wrong Choices
Informational Gathering for Older Adults and Their Families
Monday, March 16, 12 noon to 1:00 p.m.
Jewish Family Services

Guest speaker Kevin Parks, President of A Helping Hand Senior Care Services presenting The Place for Me - No Wrong Choices. Learn the difference between an Assisted Living Facility, Skilled Nursing Facility, Continuing Care Retirement Communities, and Home Care options. RSVP required: 804-545-8611 or sbarkc@weinstejnccj.org

Senior Connections Board of Directors Meeting
Tuesday, March 24, 1:30 p.m.
3rd Floor Board Room - Open to the Public

Easter Break Holiday
Friday, April 3
Senior Connections will be closed

Senior Law Day
Wednesday, April 15

Senior Connections, 24 East Cary Street
Through the partnership of the Williams Mullen Law Firm, University of Richmond law students and Senior Connections, Life Planning Documents (Wills, Durable Powers of Attorney, and Advance Medical Directives) will be provided for older adults and persons with disabilities. To sign up or for additional information, please call Mrs. Pat Giesen at (804) 343-3059.

National Healthcare Decisions Day
Thursday, April 16

This nationwide grassroots event exists to inspire, educate and empower the public and providers about the importance of advance care planning. More information, free advance care planning tools, and other resources available at: www.nhdrd.org

Richmond Earth Day Festival
17th Street Farmers’ Market
Saturday, April 18, 11:00 a.m. to 5:00 p.m.
Renew your commitment to Mother Earth at this annual Richmond celebration featuring music, food, art, vendors, alternative transportation, environmental education, games and activities.

Food For Thought: Elder Law
Informational Gathering for Older Adults and Their Families
Monday, April 20, 12 noon to 1:00 p.m.

Jewish Family Services

Weinstejn JCC, 5403 Monument Ave.

Guest speaker Paula Feuden, Elder Law Attorney presenting A Lot Has Changed: preserving your assets with proper wills, trusts, and advance directives. RSVP required: 804-545-8611 or sbarkc@weinstejnccj.org.

Soup for the Caregiver’s Soul: A Workshop for Families and Caregivers
Tuesday, April 21, 9:00 a.m. to 3:00 p.m.
Southminster Presbyterian Church
7500 Hull Street, North Chesterfield

Sponsored by the Chesterfield Council on Aging and Chesterfield County Office of the Senior Advocate. Keynote speaker, Rosemary Rawlinn will be speaking about Life Lessons and Post Traumatic Growth. There will be various workshops for caregivers to attend, and lunch will be provided. For more information and to RSVP, contact Debbie Leidheiser at 804-768-7878 or leidheiserd@chesterfield.gov.

MAY

GET INTO THE ACT:
OLDER AMERICANS MONTH
MAY 2015

Each May, the Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. In honor of the upcoming 50th anniversary of the Older Americans Act (OAA), we are focused on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is “Get into the Act.”

Chesterfield Triad 16th Annual Senior Day
Wednesday, May 6; 7:30 a.m. to 12:45 p.m.
Victory Tabernacle Church, 1170 Genito Rd., Midlothian

Learn about local services available by local businesses and nonprofit organizations to make life more enjoyable and safe. Free entertainment, light breakfast and door prizes. For more information, call 804-768-7878 or email Leidheiserd@chesterfield.gov.

Senior Connections Open House and Annual Meeting
Tuesday, May 19; 2:30 p.m. to 4:30 p.m.
Senior Connections, 24 E. Cary St.

Join us in celebrating Older Americans Month and in recognition of volunteers and community partnerships. Learn about Agency programs and services that support older adults, persons with disabilities and caregivers.

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

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

DONATIONS REQUESTED TO SUPPORT NEWSLETTER

Mature Life is offered free of charge to persons age 55 or older and to others interested in their well being. Advertising is solicited to help defray production costs of its quarterly publication. To help improve our newsletter distribution, Senior Connections is requesting contributions from individuals who receive the newsletter. These contributions are tax deductible. Readers may use the form below to mail contributions to Senior Connections Mature Life, 24 E. Cary St., Richmond, VA 23219.

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

Other Amount $ ________

Name __________________________
City __________________________ State ________ Zip ________

Address __________________________

Please check ALL that apply:
I receive Mature Life
I do not receive Mature Life but would like to be added to the mailing list.
I wish my contribution to remain anonymous.

DONATIONS REQUESTED TO SUPPORT NEWSLETTER

Mature Life is offered free of charge to persons age 55 or older and to others interested in their well being. Advertising is solicited to help defray production costs of its quarterly publication. To help improve our newsletter distribution, Senior Connections is requesting contributions from individuals who receive the newsletter. These contributions are tax deductible. Readers may use the form below to mail contributions to Senior Connections Mature Life, 24 E. Cary St., Richmond, VA 23219.

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

Other Amount $ ________

Name __________________________
City __________________________ State ________ Zip ________

Address __________________________

Please check ALL that apply:
I receive Mature Life
I do not receive Mature Life but would like to be added to the mailing list.
I wish my contribution to remain anonymous.

By checking here, I agree to be contacted by phone or email.

Save the Date!!!
Wednesday, October 7, 2015
12th Annual Empty Plate Luncheon & Awards Ceremony
MORE INFO: (804) 343-3023; mjames@youraaa.org
2015 AARP Foundation
Tax Aide Sites in Metropolitan Richmond

CITY OF RICHMOND
Senior Connections, The Capital Area Agency on Aging
24 E. Cary St., 1st Floor, Richmond, VA 804-343-3059
Wheelchair Accessible; Free Parking Behind Building
Wednesdays, Thursdays and Fridays 11 a.m. to 3 p.m.
Appointment Required

Goodwill Richmond
6301 Midlothian Turnpike, Richmond, VA 23225 804-745-6300
Wheelchair Accessible
Mondays and Wednesdays 9 a.m. to 4:30 p.m.; Tuesdays and Thursdays 1 to 4:30 p.m.; Fridays 9 a.m. to 1 p.m.
Walk-ins Only

CHESTERFIELD COUNTY
Harbour Pointe Clubhouse
13800 Harbour Pointe Rd., Midlothian, VA 23112 804-639-0347
Wheelchair Accessible
Mondays through Fridays 12:30 p.m. to 5 p.m.; Saturdays 9 a.m. to 12:00 p.m.
Walk-in Welcome

St. Ann’s Church
17111 Jefferson Davis Highway, South Chesterfield, VA 23834
(Please do not call the church for appointments)
Wheelchair Accessible
Mondays 12 p.m. to 4 p.m.; Wednesdays 9 a.m. to 1 p.m.; Fridays 12 p.m. to 4 p.m.
Walk-ins Welcome

HENRICO COUNTY
Deep Run Park Recreation Center
9910 Ridgefield Parkway, Henrico, VA 23233 804-519-9308
Wheelchair Accessible
Mondays through Fridays 10:00 a.m. to 3 p.m.; Saturdays (for first 10 clients only) 9 a.m. to 11:00 a.m.
Walk-in Welcome

Source: www.aarp.org

Next Issue of Mature Life:
Older Americans Month
Deadline:
MONDAY, MARCH 30
To advertise or for additional information, please call (804) 343-3046 or send an email to hrobinson@youraaa.org

Mature Life
MAILING LIST CHANGE FORM
☐ Address ADDITION
☐ Address CHANGE
☐ Address DELETION

Please Print
Name __________________________________________

Current Address______________________________________

Source: www.aarp.org

Complete this Section for Change of Address Only
Name __________________________________________

NEW Address______________________________________