Thanks to Everyone Who Supported Our Effort!

Annual Luncheon Celebrates Success of Fundraising Campaign:

The Newsletter of Senor Communications, The Capital Area Agency on Aging

Volume 48, Issue 1
1st Issue FY2017

The Resource for Aging Well
2017: A Time for More Service and Growth through Empowerment and Support

Dr. Thelma Bland Watson, Ph.D

“Every opportunity to serve is an opportunity to grow.”

Favorite Quote of Mrs. Gloria Johnson, Board Member Emeritus, Senior Connections

Thelma Watson with Dr. Cecil Drain, Dean, School of Allied Health Professions, VCU

Autumn is truly a favorite time of year for me, both personally and professionally. I love the colors of the plants, the cooler weather and the brilliant skies of Autumn. I also appreciate the impact of Autumn on the work of Senior Connections as we conclude some efforts and start new ones in preparation for the New Year of 2017 that is right before us.

Senior Connections is more than an Area Agency on Aging designated to respond to issues and needs. Indeed, Senior Connections is a service Agency and “every opportunity to serve is an opportunity to grow.”

Since 1973, a highly visible Senior Connections, The Capital Area Agency on Aging has served and grown as we achieve and excel. So it is that we find ourselves at the dawn of 2017 with additional opportunities to serve. It is my pleasure to share successes, opportunities and trends with you.

Successes for 2016

1. Grants and Awards from local, state and national entities for a range of programs
2. Funds from successful Empty Plate Luncheon
3. Numerous Awards presented and received for Best Practices
4. Implementation of No Wrong Door Service Coordination System with more than 14 local partners
5. Co-partnership with Virginia Commonwealth University for Age Wave Coalition
6. Expansion of Friendship Cafes focusing on Health/Wellness/Nutrition
7. Exceptional partnership with Feedmore for Meals Home Delivered

Opportunities for 2017

1. Recipes for Life: Art Mural Project
2. Advance Care Planning and Senior Law Day expansion
3. Membership with VAACare (Virginia Area Agencies on Agency Cares) statewide coalition
4. 14th Annual Empty Plate Campaign and Luncheon with Workshop
5. Expanding visibility with Business Community
6. Board/Advisory Council Retreat on Alignment with Strategic Goals for 2019

Trends Current and Future

1. Collaborations with local agencies and groups that serve older adults and caregivers are growing. There are many examples of collaboration and coordination between local service providers and these partnerships should continue to be strengthened.

2. People of all ages need to know about available resources before they need them.

3. Government agencies need to ensure that information about resources and services is available by increasing presence on websites and partnering with local agencies, such as libraries, as a means to distribute information about resources and services.

4. Information and assistance is needed for veterans, military dependents and family members.

5. Computer and related technology are being used by some seniors. Classes, equipment and training are needed.

6. Caregivers need assistance with respite to provide them with relief from their duties, especially if they are employed. Support is also needed for grandparents raising grandchildren.

7. Legal services and help with the preparation of legal documents (wills, powers of attorney and advance health care directives) are priorities to support advance care planning.

8. There is a need to address expansion of services for diverse groups.

9. Community stakeholders are working to develop strategies for identifying and connecting seniors at-risk and to provide data necessary to support interventions and services to address isolation.

10. Transportation resources need to be both accessible and affordable.

11. Safety and crime prevention are important concerns. Also, awareness and prevention of elder abuse and/or exploitation need to be highlighted.

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 Cafe

The Adopt A Cafe Initiative provides the community (individuals, businesses, civic or faith-based organizations) the opportunity to support their neighborhood Friendship Cafe by “adopting” a cafe or becoming a “friend or sponsor” of the Friendship Cafe 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.
Both programs assist older adults with community and stakeholder groups in an effort to build the New Virginia orders, decision briefs, legislation, budget issues, and state matters. Felix collaborates a wealth of Virginia. He also advises the Secretary of Administration on executive Human Resource Management, and the Department of Elections for the Commonwealth of Virginia.

Mr. Felix Sarfo-Kantanka, Jr., Deputy Secretary of Administration, Commonwealth of Virginia.

Mr. Sarfo-Kantanka oversees the operations and policy development of the Compensation Board, Department of General Services, Department of Human Resources Management, and the Department of Elections for the Commonwealth of Virginia. He also advises the Secretary of Administration on executive orders, decision briefs, legislation, budget issues, and state matters. Felix collaborates with community and stakeholder groups in an effort to build the New Virginia Economy.

Richard Hogan Memorial Award for Volunteer Service
Mr. G. Andrew Nea, Jr., Williams Mullen Law Firm
Mr. G. Andrew Nea, Jr. created the award-winning Senior Law Day program. The program prepares, executes, and delivers simple wills, powers of attorney and advanced medical directives for low-income seniors in the Greater Richmond Region and throughout Virginia. It also provides the necessary direct legal counsel needed regarding how to store, distribute and appropriately use the documents. Mr. Nea established the program in Richmond with Senior Connections, The Capitol Area Agency on Aging, the University of Richmond’s law school students, and Williams Mullen.

Richard Hogan Memorial Award for Volunteer Service
Mr. Franck Lamy, Volunteer, Virginia Insurance Counseling and Assistance Program, Senior Connections
Franck Lamy has volunteered with Senior Connections since 2011. He volunteers for the Money Management and Virginia Insurance, Counseling and Assistance Programs and contributes significant hours each year. Both programs assist older adults.

Richard Hogan Memorial Award for Volunteer Service
Senior Connections Choral Group

Senior Connections’ Choral Group was organized in May 2004 by Mrs. Francine Blum, Foster Grandparent Program Director. Ms. Carol Golden, a Senior Connections employee, was the Choral Director. Mr. Tony Williams, a Richmond musician, became the Choral Director in 2005. Now more than 35 members have joined and entertained for numerous organizations and events in Richmond and the surrounding Counties, representing Senior Connections in its mission.
In Your Estate Planning

Remember Senior Connections

Executive Director's Message

13th Annual Empty Plate Luncheon and Awards Ceremony
FREE CLASSES FOR OUR VETERANS

 Virginia Veterans Legal Service Clinic
Epidemic of Isolation and Loneliness in Older Americans is the Focus of the Annual Eldercare Locator’s Home for the Holidays Campaign

The Annual Home for the Holidays Campaign was developed to encourage discussion of important issues affecting older Americans at a time of the year when family and friends often gather together. A national campaign, in collaboration with the AARP Foundation, was held on November 16 to spread the word about the growing problem of social isolation and loneliness affecting millions of older Americans.

This year’s topic is “Expand Your Circle: Prevent Isolation and Loneliness As You Age.” It is estimated that one in five adults over age 50 are affected by isolation, a problem that has been associated with higher rates of chronic disease, depression, dementia and death.

Source: National Association of Area Agencies on Aging (n4a)

Donations Requested for Senior Connections’ 27th Annual Holiday Gift Basket Project

Senior Connections, The Capital Area Agency on Aging’s Annual Holiday Gift Basket Project is an important initiative that promotes healthy aging and helps older adults remain independent in their homes and communities. This Project addresses social isolation for those in the greatest need of support – living alone, no family nearby and in need of assistance, etc.

Most needed items include Gift Cards from Grocery Stores and Pharmacies, Nonperishable Food Items (low or no sodium), Household Supplies and Emergency Preparedness Items (radios, flashlights, lanterns and batteries). The final date to deliver donations is Friday, December 9, 2016. Please deliver gifts to our downtown office at 24 East Cary Street (corner of 1st and East Cary Streets), Richmond.

Other emergency needs such as payments of utility bills and transportation assistance, can be met through monetary contributions from individuals and businesses wishing to support the Project. Please make checks payable to Senior Connections and write “2016 Holiday Gift Project” on the memo line of your check. Mail to SC/CAA Holiday Project, 24 E. Cary Street, Richmond, VA 23219.

Contributions are requested by December 9, 2016.

Donations are tax-deductible. Thank you for your consideration. Please contact Diane Foster at 804-343-3009 or dfoster@youraaa.org for additional information.

NOTE: Appreciation is expressed to the Richmond Christmas Mother Fund for special support.

Veterans Legal Service Clinic

CONTINUED FROM PAGE 5

document evidencing military service).

• You must be a Virginia resident.

• This program is designed to offer simple Wills, Powers of Attorney, and Advance Medical Directives – it is not designed to provide tax, estate or succession planning.

• Your income, assets, expenses and geographic location must demonstrate that you do not have access to readily available attorney representation for estate planning and are therefore eligible to receive pro bono (free) legal services.

Instructions

• In order to be considered for the clinic, you must fill out the questionnaire in its entirety. A representative from the clinic will contact you over the following weeks.

• All clinics are appointment only (no walk ups) and will be scheduled on a first come, first served basis

• If you and your spouse/partner would both like to request an appointment, you must both complete intake questionnaires

• Please bring photo ID and DD214 (or some other official document evidencing military service) to your appointment

• Return your completed questionnaire by mail to:

Office of the Attorney General Veterans Legal Services Clinic
202 N. 9th Main Street
Richmond, VA 23219

New VeteransNavigator Website Announced

Kim Tarantino
SeniorNavigator

We are pleased to announce to launch of our new website: www.VeteransNavigator.com.

As a unique and comprehensive online resource, VeteransNavigator provides veteran and their families with easy access to targeted support services, educational features, and vital community-based programs and services. VeteransNavigator is an important resource to expand capacity of the “boots on the ground” providing direct services.
Toni Beecham and Marilyn Branch-Mitchell
Recipients of the 2016 Bertha M. Anderson Award

The Bertha Anderson Award For Superior Customer Service, given by Senior Connections, The Capital Area Agency on Aging, recognizes the importance of customer service excellence as a vital component of the Agency’s core values and missions. Being central to the delivery of services to seniors and caregivers, Agency partners and members of the general public. It is presented in memory of Mrs. Bertha M. Anderson, a loyal, dedicated and long-time employee of Senior Connections who embodied these important customer service values and practices in her daily work.

Toni works as a Care Transitions Coach assisting older adults with transitioning from a hospital to home. Marilyn is Senior Connections’ Human Resource Manager. Congratulations and thanks to both of you for your excellent customer service that supports the Agency’s positive image.

2016 Active Aging Week held Sept 25 - Oct. 1

Active Aging Week (AAW) is a part of an initiative of the International Council on Active Aging. The weeklong event is an annual health/wellness promotion that celebrates adults age 50 and older and promotes the benefits of leading an active, healthier lifestyle regardless of age or health conditions. This year’s theme, “Explore the Possibilities” encouraged activities that allowed older adults to reach for their best potential. Sponsored by Bon Secours, the Kickoff Event, Successful Aging Forum was held on September 26 at Lewis Ginter Botanical Garden with a program titled “Senior Nutrition: Aging Gracefully with Food with Caroline Roessler, RDN. Throughout the week, activities included Aqua Zumba, Stability Ball Exercises, Health Assessments and Bingo with a Fitness Twist. The Closing Event, held September 30 at Genworth Financial, presented opportunities for community entrepreneurs to pitches their projects, programs, etc.

Managing Partners for 2016 AAW were The Age Wave Coalition, VCU Department of Gerontology, Senior Connections, The Capital Area Agency on Aging, CareMore and the YMCA of Greater Richmond. The weeklong event was supported by the generous funding of community sponsors, Genworth Financial (Title) and United Way of Greater Richmond & Petersburg (Supporter). Thanks to everyone who helped to make the celebration of active aging a great success.

Erika Payne Joins Agency as Senior Employment Program Coordinator

In October, Senior Connections welcomed Ms. Erika Payne to the position of Senior Employment Program Coordinator. Erika comes to us with more than 10 years of experience in program development and outreach, most recently from the Resource Workforce Center, where she worked with the Adult and Dislocated Worker Program and the Workforce Innovation and Opportunity Act (WIOA) for job placement services. In addition, Ms. Payne was employed by the Neighborhood Housing Services of Richmond.

Ms. Payne received her Bachelor’s and Master’s Degrees in Business Administration from Averett University. She is a board member of the Virginia Center for Restorative Justice and serves as Secretary for the Berwick Village Board of Directors. Welcome Erika!

Agency Welcomes Jackee Parker as Information Specialist/Receptionist

In November, Ms. Jackee Parker joined Senior Connections’ as Information Specialist/Receptionist, a part of our Intake Staff. Ms. Parker’s most recent work experience was as a Support Specialist with the City of Richmond Department of Social Services. Her customer service background extends into several different settings including Capital One, Virginia Center for Children and Alabama Psychiatric Services. Welcome Jackee!

Teepa Snow presents Best Practices in Dementia Care at Circle Center Adult Day Services
Metropolitan Richmond Transportation Providers

This list includes for profit and nonprofit agencies, professional services, private services and voluntary programs. These organizations provide transportation services to adults and their families. *Unless otherwise noted, the transportation providers serve all of the metropolitan Richmond area. This list is subject to change. Please contact Margaret Robinson at (804) 343-3000 for more information.

Accessible Chesterfield*
79-8489 (registration)
955-4172 (ride request)
www.chesterfield.gov/content.aspx?id=2949
Chesterfield County, with service to Richmond, Petersburg, Hopewell, Colonial Heights
Mon.-Fri., 5:30 a.m.-7:30 p.m.;
Saturdays 5:30 a.m.-5:30 p.m.
Wheelchair accessible service

Acti Kare In-Home Care
264-2829
www.actikarerichmondva.com
Chesterfield, Goochland, Hanover, Henrico, Richmond. Monday-Sunday,
6:00 am-9:00 pm
Ambulatory, wheelchair accessible.
Medical & Nonmedical.
$15-$16 per hour. Accepts Medicaid
and other insurances. (Medicare will not pay for service)

Alliance Specialty Transport
225-8599
http://alliancespecialtytransport.com/index.html
Chesterfield, Henrico, Richmond. (Goochland, Hanover & Powhatan
service for an additional fee.) 24 hr. service. Medical and Nonmedical.
Flat fee. Accepts Medicaid. Ambulatory
and wheelchair accessible.

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

Bay Transit
Katherine Newman
(877) 869-6046
www.bavtransit.org
k Newman@bayaging .org
Charles City, New Kent, Richmond, Williamsburg. Limited service Monday,
Wednesday, Friday. The pick-up
location for riders going to Richmond or Williamsburg is the Food Lion in New
Kent. Mon to Fri. 6:00 a.m. to 6:00
p.m. Medical and non-medical. Rates:
$3 for trips to Richmond and
Williamsburg; $2 for trips to Charles
City and New Kent. Ambulatory and
wheelchair accessible.

Brighter Solutions Medical Transport
Kenneth Lewis 651-8397
Ambulatory, wheelchair and stretcher
transport

CAP-UP
598-3351, ext 103
http://capup.org/CAPUP/Home.html

Comfort Keepers
750-1123
www.comfortkeepers.com/office-
273/richmond-virginia
Richmond, Surrounding Counties and
Petersburg. 24 Hr. Service. Medical
and Non-medical. $60 for up to 3
hours. Do not accept any insurance.
Ambulatory and lightweight wheelchairs
Foldable

Dependacare Transportation
745-1818 (office)
426-9036 (cell)
edgar@dependcareva.com
www.dependcareva.com
Chesterfield, Goochland, Hanover,
Henrico, Powhatan, City of Richmond.
Monday to Saturday. 24 hr. service.
Rates: Non-wheelchair within 20 miles -
$60 round trip; Wheelchair within 20
miles - $85 round trip. Accepts
Medicare

Disabled American Veterans Volunteer Transportation Network
Mary Johnson
675-5313
Richmond, Ashland, Glen Allen,
Chester, Chesterfield, Hopewell,
Petersburg. Mon.-Fri. 8:30 a.m to
11:30 a.m. Medical Transportation.
Must be ambulatory. Free for veterans.

Greater Richmond Transit Co. (GRTC) CARE
782-2273
http://www.ridegrtc.com/services/
specialized-transportation/
Wheelchair accessible service

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

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

Mechanicsville Churches Emergency Function Senior Rides
Aimee West 357-9360
www.mcecf.com
Service provided in zipcodes
23111,23116 & a portion of 23059

Napoleon Taxi
354-8294
http://unapoleontaxi.com

Saleh Medical Transportation, Inc.
Doug Meyers
334-9511 myershlighting@yahoo.com
Chesterfield, Richmond, Henrico,
Ashland. 6:30 a.m. to 6:00 p.m.
Medical and Non-medical. Charge by
mileage. Private Pay. Ambulatory and
wheelchair accessible.

Seniors Helping Seniors
553-0526
http://www.seniorshelpingseniors.com/
RVA/
Richmond and Eastern Henrico
Office hours: 6:00 am to 8:00 pm.
Medical and Non-medical; Only
ambulatory. Private Pay: $22 per hour.

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

Shepherd’s Center of Richmond
355-7282
www.theshepherdscenter.org
Chesterfield County

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

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

Total Praise Transport
Donnell Fonville
229-5353
www.totalpraisetransport.com
totalpraisetransport@hotmail.com
Chesterfield and Tri-Cities
Mon.-Sat., 6:00 a.m.-6:00 p.m.
Medical and non-medical. Rate: $1.10
per mile. Medicaid accepted.
Ambulatory service only

Van Go
261-7388 www.vangorichmond.com
Richmond and surrounding Counties.
6:30 a.m. to 6:30 p.m. Private Pay.
Rates: $80 Ambulatory; $90
Wheelchair.

VIP & Associates
421-2500
Mon.-Fri. 8:00 a.m.-4:00 p.m.
Wheelchair accessible service
(Editor’s Note: While Senior Connections
is providing this list of potential
resources, we do not endorse any of these
transportation providers over another.)

Virginia GrandDriver.
Virginia GrandDriver is an educa-
tional resource designed to provide
Virginians with information and
resources about staying safe and
mobile on the road as they age.
GrandDriver is an initiative of the
Virginia Department for Aging and
Rehabilitative Services (DARS) and
is funded by the Virginia Departmen-
t of Motor Vehicles. Please visit
www.granddriver.net for additional
information.

Stay Mobile. Learn How.
Are you caring for someone who has been diagnosed with Alzheimer’s Disease or some other form of Dementia? If you answered “YES” to both of these questions, please keep reading.

Senior Connections has received a grant that will provide up to 40 hours of Personal Care per month for six months. Personal Care Services will be provided by Certified Nursing Aides from licensed/Medicaid approved home health care agencies.

The goal of the program is to provide Caregivers with some “off time/respite.” Time when they can take care of their own needs whether it is for doctors appointments or going to the grocery or getting a haircut. Time that they don’t have to worry about their care receiver because he or she is receiving good care.

**REQUIREMENTS**
- There must be a full time (24 hours/day) Caregiver
- There must be a diagnosis of Alzheimer’s Disease or another Dementia
- The Care Receiver must be 60 years old or older
- There is a small Co-Pay which is decided on by the Client/Caregiver and the Respite Manager to be paid monthly.

If you are interested in knowing more about our Respite Grant, please call 804-343-3000 and ask for Intake.

---

**Support Groups**

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

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

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

- **Brain Injury**
  3rd Mondays 6:15 p.m.
  (CONTINUED IN NEXT COLUMN)

---

**Grandparents Connection**
3rd Thursdays 4:30 p.m.
Chesterfield Community Development Building
9800 Government Ctr. Pkwy.
Chesterfield County
Debbie Leidheiser 804-768-7878
Leidheiserd@chesterfield.gov

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

**Jewish Family Services**
3rd Thursdays 6:30 p.m.
6718 Patterson Avenue
Janina Bogner 804-282-5644

**Kinship Care Support Group**
Henrico Human Services Building
10:30 a.m. to 12 noon
804-501-5866

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

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

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

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

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

**National Multiple Sclerosis Society**
804-353-5008

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

**Metro Chapter Parkinson’s Disease**
3rd Sundays 2:00 p.m.
HealthSouth Hospital
Kathy Morton 804-730-1336

**Post Polio Central Virginia**
Carol Kennedy 804-740-6833

**Prostate Cancer**
3rd Mondays except July and August
7:00 to 8:30 p.m.
Chesterfield Fire Station #4
Midlothian, VA 23113

**Richmond Fibromyalgia and Chronic Pain Association**
sue@richmondfibro.org
804-859-4622

**Smyelin MS Support Group**
3rd Wednesday noon to 2:00 p.m.
Chesterfield Fire Station #4

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

---

The Senior Center of Greater Richmond, Inc.

**Our Mission:** To positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity and lifelong learning.

P.O. Box 6521 Richmond, VA 23230 (804) 353-3171
SeniorCenterOfGreaterRichmond.org
SeniorCenterRVA@gmail.com
Employment Services

**ARE YOU 55 YEARS OR OLDER?**

Are you a resident of Charles City, Goochland, Hanover, New Kent or Powhatan Counties and interested in:

- On-the-Job Training?
- Make yourself more marketable?
- Learn new and/or updated skills?
- Earn income while you learn?

**Senior Community Service Employment Program (SCSEP)** is for you! SCSEP can assist you with:

- Assessment and testing services determining your present skill level and the types of occupations for which you would like to train
- Workshops teaching the best methods for finding, applying and interviewing for the right job for YOU
- On-the-Job Training with government and not-for-profit agencies up to 20 hours per week
- Funds to help pay for additional classroom training, if appropriate
- Occupational training to help you acquire new or upgraded work skills
- Referrals to other employment and training programs
- Referrals to other senior programs assisting you in other aspects of your life

For more information, please contact:

Erika Payne  
Senior Connections  
804-343-3021

Doris Williams  
Senior Connections  
804-343-3020

Mary Johnson  
Senior Connections  
804-343-3034

Erika Payne  
Doris Williams  
Mary Johnson
Volunteers

Agency’s Foster Grandparent and Retired Senior and Volunteer Programs Have Joined to Share Resources

Senior Connections, The Capital Area Agency on Aging is pleased to announce the joining of its Foster Grandparent (FGP) and the Retired Senior and Volunteer Programs (RSVP). Both program are funded by the federal Corporation for National and Community Service. They also share the expertise of a joint Advisory Board led by Mrs. Nancy Nagle Bolio, Chair and Mr. Keith Rogers, Vice Chair.

Volunteer Opportunities

- Volunteer Crafts & Arts Workshop Instructors
  Senior Center of Greater Richmond
  (804) 353-3171 Ask for Carolyn; SeniorCenterRVA@gmail.com
  For meetings at partner locations on a regular scheduled basis. Daytime actually usually once or twice a month.

- Volunteer Workshop or Interest Group Leaders
  Senior Center of Greater Richmond
  (804) 353-3171 Ask for Carolyn; SeniorCenterRVA@gmail.com
  Includes Photography, Writing and History. For meetings at partner locations on a regular scheduled basis. Daytime actually usually once or twice a month.

- Volunteer Drivers
  The Shepherd’s Center of Chesterfield
  (804) 706-9198; shepcenter@gmail.com; www.shipcenter.org.
  Our volunteer provide free, accompanied, and door-to-door transportation in their own vehicles for older adults to medical appointments, grocery shopping and the pharmacy. Hours are flexible and depends on the needs of the volunteers. Requirements includes a commitment to serve, age 25+, valid driver’s license, DMV record, background check and volunteer training.

- Crater Community Hospice Thrift Store
  Teresa Brockwell
  (804) 526-4300; tbrockwell@cratercommunityhospice.org
  Monday through Friday at the store. Store hours are 10 a.m. - 5 p.m.

- Conversational Spanish Mentor
  Senior Center of Greater Richmond
  (804) 353-3171. Ask for Carolyn SeniorCenterRVA@gmail.com
  Classes are held at Battery Park Christian Church, Brook Rd., Richmond. Our Spanish Club need bilingual mentors.

- Friendly Visiting Volunteers - Family Lifeline
  volunteer@familylife.org
  Weekly friendly visits and companionship to older adults experiencing isolation and loneliness. Hours are flexible and depends on the needs of the volunteer and their older friend. Requirements includes a commitment to serve, age 18+, background check and volunteer training.

Volunteer Money Management Program

From balancing a checkbook to paying bills, managing your money can get harder as you age. Help is available. Call 804-343-3055 to ask about our Money Management Program.

Call (804) 343-3024 to volunteer as a Bill Payer for a person needing assistance to remain independent.

Thank You for Your Interest and Support!

CATCH Healthy Habits

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

Kids need more exercise.

You want to make a difference.

CATCH Healthy Habits pairs teams of adults 50+ with kids in grades K-5. Classes meet once a week for up to 25 weeks. We have lots of ways you can help!

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

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

CATCH Healthy Habits is delivered in Richmond in partnership with:
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 Monday 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 Monday 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 Monday 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 Linda Jackson at (804) 672-4481 and leave your name, telephone number and the name of the class you would like to attend. You will be contacted and informed of the class date and time.

Nondiscrimination Policy


Senior Connections shall not discriminate against elderly Virginians on the basis of race, color, sex, sexual orientation, 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 (EEOE/AA) 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. [March 2015]

Caregiver Support Services provided by Senior Connections

24 E. Cary Street, Richmond, VA 23219
(804) 343-3000
www.seniorconnections-va.org

- Information About Available Resources
- Resource Assistance for Caregivers
- Seminars, Individual Counseling and Respite Care
Mature Life 1st Issue 2017 15

Calendar

**DECEMBER**

- **Senior Parkinson’s Dance Project**
  - Simply Ballroom Dance Studio
  - 3549 Courthouse Road
  - Rockwood Plaza Shopping Center
  - Wednesdays 11 a.m. to Noon
  - Free. For more details please call 804-276-3343 or visit richmondparkinssonancedanceproject.com

- **Thanksgiving Holidays**
  - Thursday, 11/24 & Friday, 11/25
  - Senior Connections will be closed. The Agency will reopen on Mon., Nov. 28th

- **Board of Directors Meeting**
  - Tuesday, 11/29; 1:30 p.m.
  - 3rd Floor Board Room

**NOVEMBER**

- **Annual Staff Event**
  - Friday, 12/16
  - Senior Connections will close at 1:00 p.m. and reopen on Monday, 12/19

- **Christmas Holidays**
  - Friday, 12/23 & Monday, 12/26
  - Agency will reopen on Tuesday, 12/27

- **New Year’s Eve**
  - Family Frolic
  - Saturday, 12/30, 2 to 5 p.m.
  - Lewis Ginter Botanical Garden
  - Agency will reopen on Tuesday, 12/27

**JANUARY**

- **New Year’s Holiday**
  - Observed
  - Monday, 1/2
  - Agency will reopen on Tuesday, 1/3

- **Dr. Martin Luther King, Jr. Day**
  - Monday, 1/16
  - Agency will reopen on Tuesday, 1/17

- **Board of Directors Meeting**
  - Tuesday, 1/31
  - 1:30 p.m.
  - 3rd Floor Board Room

- **Senior Advocacy Day**
  - at the General Assembly
  - Wednesday, 1/25
  - Please contact Mrs. Pat Giesen
  - 804-343-3059 or pgiesen@youraaa.org for additional information

**FEBRUARY**

- **Presidents’ Day**
  - Monday, 2/20
  - Senior Connections will reopen on Tuesday, 2/21

- **Advisory Council Meeting**
  - Thursday, 2/23; 2:00 p.m.
  - 3rd Floor Board Room

---

**Donations Requested to Support Newsletter**

*Mature Life* is offered free of charge to persons age 55 or older and to others interested in their well being. Advertising is solicited to help defray production costs of its quarterly publication. To help improve our newsletter distribution, Senior Connections is requesting contributions from individuals who receive the newsletter. These contributions are tax deductible.

Readers may use the form below to mail contributions to Senior Connections Mature Life, 24 E. Cary St., Richmond, VA 23219.

---

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

- $20
- $10
- $5
- Other Amount $___________

**Name**

**Address**

**City State Zip**

Please check ALL that apply:

- [ ] I receive *Mature Life.*
- [ ] I do not receive *Mature Life* but would like to be added to the mailing list.
- [ ] I wish my contribution to remain anonymous.

---

**Save the Date!**

**14th Annual Empty Plate Luncheon**

“To meet the needs of older adults and caregivers in our community.”

**WEDNESDAY, OCTOBER 4, 2017**

**“Sharing Recipes for Life”**

(Community Mural Art Project)

---

**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.

- R. C. Cavendish
- Cecilia A. Graham
- Ophelia A. Dean
- 4 Anonymous
- Louise J. Crawley
- Mary M. Donan
- N.B. Johnson
- Sandra Lipscomb
- Katie Mitchell
- Gwen Poinexter
- Ethel H. Smith
- Lunetter B. White
- Julia Winfree
- 11 Anonymous Donors

---

**Advertise In Mature Life!**

**Next Deadline:**

**Wednesday, January 18, 2017**

Please contact Hannah Robinson at (804) 343-3046 or hrobinson@youraaa.org for additional information.

---

**Senior Connections**

The Capital Area Agency on Aging

The Resource for Aging Well

---
13th Annual Empty Plate Luncheon and Awards Ceremony

Thanks Sponsors!

Co-Event Sponsors

Foundation Family Foundation

Mr. John Moore

Mr. Joseph H. Hill

Event Sponsor

Title Sponsor

TABLE SPONSORS

Thanks Sponsors!