This year’s theme for Older Americans Month, “Age Out Loud,” certainly speaks appropriately to the many activities that we have embarked on during the past 44 years. We continue to reflect on the lives we touch as we look ahead to the future. We touch the lives of more than 23,000 individuals (older adults, caregivers, individuals with disabilities) throughout the year.

We take this opportunity to extend greetings and special thanks to you as we celebrate Older Americans Month 2017. We reflect on the rich history of Senior Connections, an organization that has served the Richmond Metropolitan Region since 1973, and look towards the future. By the year 2030, our Region’s population of older adults will double to 340,000. This is a significant reason for celebration and recognition. The theme for this year’s Older Americans Month, “Age Out Loud” relates to the contributions that older adults provide to their families and communities.

For those of us who provide services and work in collaboration with community partners, we support this theme every day. We support the interests, goals and dreams of older adults, caregivers and their families. We encourage everyone to “Age Out Loud” as we celebrate the opportunity to support the needs of more than 23,000 older adults each year and provide direct services to more than 4,000 individuals in the Richmond Metropolitan Region on an annual basis.

In 2017, we have many examples of people who “Age Out Loud.” The U.S. Administration on Community Living (ACL) shares the story of Mr. Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75, Ms. Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May – the same month recognized as Older Americans Month (OAM). In the Richmond Metropolitan Region, we have many individuals who continue to contribute and serve as models.

Two that come to mind hold Board Member Emeritus status with Senior Connections, Mrs. Gloria Johnson of Henrico County and Dr. James Bowles, Sr. of Goochland County. We salute and recognize them both! Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the ACL, this annual observance offers a special opportunity to learn about, support, and recognize our nation’s older citizens. This year’s theme, “Age Out Loud,” emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Senior Connections will use OAM 2017 to focus on the ways that older adults in our community are redefining aging – through work or family interests, by taking charge of their health and staying involved with activities and participation with community and advocacy efforts. We can also use OAM as a time to learn how we can best support and learn from our older adults in our communities.

Throughout the month, Senior Connections will conduct activities and share information designed to highlight local people, programs, resources and stories. We encourage you to get involved by “Aging Out Loud” with us.

Thank you for your advocacy and support.

Dr. Thelma Bland Watson, Ph.D

Message from the Executive Director

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.

A adopt A Cafe
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.

Mature Life

Mature Life is the newsletter of Senior Connections, The Capital Area Agency on Aging, a private, nonprofit organization serving older persons and their families in the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan. Mature Life is produced and published by Senior Connections with financial assistance, in whole or in part, from the Administration on Aging and/or the Virginia Department for Aging and Rehabilitative Services (DARS). Mature Life is distributed, free of charge, to older adults, caregivers, families, organizations and businesses. Donations are accepted to help defray production costs. Opinions or ideas expressed by guest columnists are not necessarily those of the editorial staff or Senior Connections. ADVERTISING: Mature Life accepts advertising solely to help defray production and mailing costs. We appreciate the support of our advertisers. Products and services advertised for profit does not constitute an endorsement by Senior Connections, The Capital Area Agency on Aging but are intended for informational purposes only. Please contact Ms. Hannah Robinson, Editor, at 804-343-3046; hrobinson@youraaa.org for additional information about advertising. Mature Life reserves the right to refuse any advertising deemed inappropriate.
History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older adults to our country, in particular those who defended the nation. Every President since the Kennedy Administration has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. All localities in the Richmond Region has recognized May as Older Virginians Month.

Older Americans Month 2017

Each May, the Administration for Community Living (ACL) leads our nation’s celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, Age Out Loud, to give aging a new voice—one that reflects what today’s older adults have to say. This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let’s amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM! (Source: The Administration for Community Living)
Henrico County Board of Supervisors Presented Proclamation on April 25

Thelma Watson thanked the Board as follows:

“Thank you for presenting the Older Americans Month Proclamation again this year to recognize older residents of Henrico and their families. Mrs. Crawley’s remarks this evening show the importance of Senior Connections joining with the Department of Social Services, the Advocate for the Aging, Department of Parks and Recreation as we insure services, support and information for the growing population of older adults and caregivers.

We appreciate the opportunity to support the needs of individuals who have contributed much to their communities and families. We appreciate the County’s ongoing financial support and other assistance. We are very grateful to have Mrs. Crawley serve on our Board following the long and dedicated service of Mrs. Gloria Johnson who retired last year and is now a member Emerita on the Board.

Thank you again for the recognition this evening. We look forward to many opportunities to support Henrico residents as we all “age out loud.”

Mrs. Jane Crawley, Board Member representing Henrico County and retired Deputy County Manager for Community Resources, provided the following remarks to the Board:

“As a member of the Senior Connections Board, I am here tonight with my colleagues to express our appreciation for your ongoing recognition and support of Henrico’s older residents, their caregivers and their families.

There are more than fifty-four thousand Henrico residents (54,068) who are sixty years of age or older. This reflects approximately 17.6 percent of the County’s total population.

The needs of these individuals are wide-ranging as are the services that Senior Connections provides - ranging from Home Delivered Meals, Information and Assistance via Case Management, Legal Assistance, Friendship Cafes and a variety of other services that are specific to the needs of the County’s Senior Citizens.

During this current Fiscal Year (2016-2017) more than thirteen hundred Henrico Senior Citizens were served (unduplicated numbers = 1,335).

Senior Connections also works with Jelisa Turner, the County’s Advocate for the Aging and we would also like to thank her for the ongoing collaboration.

We at Senior Connections look forward to continuing our ongoing partnership with the County as we empower and assist our Older Americans.”
Overview of Empty Plate Campaign and Luncheon

The Empty Plate Campaign is a collaborative fundraising activity and community event. Prior to 2015, the past eight events were co-chaired by the Honorable Eva Teig Hardy and the Honorable Frank Hall. The 2015 Phoebe and Frank Hall Humanitarian Award for Service to Vintage Virginians was presented to Mrs. Nancy Nagle Bolio by Mrs. Hall. In 2016, Mr. Felix Sarfo-Kantanka, Jr. received the award.

The 14th annual event is being co-chaired by Mrs. Hardy and Mrs. Phoebe A. Hall. For the past three events, Ms. Sabrina Squire from WWBT12 has served as the dynamic and inspiration Mistress of Ceremonies. Past keynote speakers have included Congressman Bobby Scott, Mr. Hugh Gouldthorpe, Retired Vice President (Head Cheerleader) of Communications for Owens & Minor, Commissioner Jim Rothrock of Virginia Department for Aging and Rehabilitation Services, the late Mr. Tony Lineberry (Disabilities Advocate), Mr. Mark Gordon, CEO of Bon Secours St. Francis Hospital, Mrs. Eva Teig Hardy and most recently Mr. G. Gilmer Minor III.

The Campaign and Luncheon:
- Recognizes the health, security and independence needs of older adults and persons with disabilities and their families;
- Raises awareness of the dramatically increasing need for services for people of all walks of life who, as we live longer, need support from community agencies;
- Raises funds to expand/extend programs of Senior Connections, The Capital Area Agency on Aging.

The 14th Annual Luncheon is scheduled for Wednesday, October 4 at 11:30 a.m. at Trinity Family Life Center, 3601 Dill Road, Richmond. The focus of the luncheon is addressing financial exploitation of older adults. The invited keynote speaker is Mr. Victor Branch of Bank of America. Awards will be presented to several individuals who have made significant contributions to improve the quality of life for seniors and families. These include the Eva Teig Hardy Award for Corporate Service, the Phoebe and Frank Hall Award for Service to Vintage Virginians, the Richard Hogan Award for Volunteer Service and the Mary C. Payne Memorial Award.

We also will have Greetings from state and local officials. Senior dignitaries who participate with various Agency programs will be in attendance.

The cost is $60 for individuals.

Table Sponsorship range from $600 to $10,000. To participate please complete and return the Table Sponsor Form below or the Individual Form on the next page. For more information, please contact Angie Phelon at 804-343-3045; aphelon@youraaa.org.

SPONSOR RESERVATION

We are pleased to support Senior Connections, The Capital Area Agency on Aging’s Empty Plate Luncheon and enhance the quality of life among older adults and caregivers. Enclosed is our contribution for the following Sponsorship Levels:

- **$10,000 Program Sponsor**: Contribution can be targeted to a specific Agency program of choice.
  The Sponsor’s logo will appear on that program’s marketing materials. Lunch for up to 10 guests, special recognition at luncheon, full-page Thank You in program, name and logo in all publicity, solo recognition in Facebook posting, featured prime position on new donation page on website, primary placement on Major Donor poster displayed year-round at first floor elevator at Senior Connections.

- **$5000 Presenting Sponsor**: Lunch for up to 10 guests, special recognition at luncheon, full-page Thank You in program, name and logo in all publicity, solo recognition in Facebook posting, position on new donation page on website, placement on Major Donor poster displayed year-round at first floor elevator at Senior Connections.

- **$3000 Title Sponsor**: Lunch for up to 10 guests, special recognition at luncheon, full-page Thank You in program, name and logo in all publicity, name and logo included in Facebook postings, listing on new donation page on website, placement on Major Donor poster displayed year-round at first floor elevator at Senior Connections.

- **$2000 Event Sponsor**: Lunch for up to 10, recognition as sponsor at event, inclusion in Facebook postings, website listing.

- **$1200 Co-Event Sponsor**: Lunch for up to 10, recognition at event, inclusion in Facebook postings, website listing.

- **$600 Table Sponsor**: Lunch for up to 10, recognition at event, website listing.

Please make your check payable to Senior Connections and note “Empty Plate 2017” on the memo line of your check. Mail this completed form, along with your check, to Senior Connections EPL, 24 E. Cary St., Richmond VA 23219. For additional information contact Angie Phelon at (804) 343-3045 or aphelon@youraaa.org. Thank You!

www.seniorconnections-va.org

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**Thanks 2016 Corporate Sponsors!**

- Empty Plate
- Program
- PRESENTING
- JenCare
- **Dominion**
- MHW
- **Magellan**
- CARE
- **Ameriguard**
- **SunTrust**
- **TNT**
The Board of Aldermen and the City of Alexandria are working on plans to improve the waterfront area and to enhance the public's access to the waterfront. The improvements will include new walkways, landscaping, and public art installations. The city has also created a task force to advise on the development of the waterfront area. The task force is made up of community members and representatives from local businesses. The task force will meet regularly to discuss the progress of the project and to hear from the public. The public is encouraged to attend the meetings and to provide feedback on the plans. The goal is to create a beautiful, welcoming, and accessible waterfront that will benefit the entire community.
Advance Care Planning

Excerpts from the Remarks of Dr. Louis Sullivan at the April 18, 2017 Faith to Fate Lecture at the University of Richmond

“Thank you for inviting me to be here tonight, as we celebrate the 10th annual National Healthcare Decisions Day. This week, there are events like this one being held in towns and cities, from coast-to-coast. Perhaps a few of you might not know that this successful nationwide program got its start right here in your hometown of Richmond, Virginia. It was created by Nathan Kottkamp, an attorney with the McGuire Woods Law Firm. Unfortunately, due to a prior scheduled event in Washington, D.C., Nathan is not able to be with us tonight. While we will surely miss him, I am certain that his presence will be felt, at least in spirit. As I have been given to understand he was front-and-center in the actual launch of the Faith to Fate Initiative at Senior Connections, when it first got started here four years ago. And so I say “Good Evening” to you all, and to Nathan as well.

It seems that Virginia is quite fond of starting new things! Although some of my Northern friends would likely argue with me, I think all of you will agree with me when I say that Virginia’s “Founding Tradition” actually began some five hundred years ago, and not very far from here, with the very birth of our nation at Jamestown Settlement. Of course, you have founded many other things since then, including as I’m told, that most refreshing beverage called “LIME-ADE.” And as we speak, you are doing it again. Virginia is fast emerging as a leading state in the nation for embracing professional advance care planning as a standard practice of care. In the Western and Northern parts of Virginia, you have the Virginia POST Collaborative, which is now implementing the National POLST Paradigm in communities throughout the Commonwealth. In Hampton Roads, you have As You Wish, promoting awareness of advance medical directives with the support of the Sentara and Riverside Hospital Systems and the regional Area Agencies on Aging. And here in Central Virginia, you have Honoring Choices Virginia and an exciting new private sector startup Sacient Advance Care Planning, that both are committed to best-practice advance care planning conversations delivered in hospitals and communities under the world leading Respecting Choices model.”

Rita Randolph Recognized with Award

Charles City native Rita Randolph was recently honored with the 2017 HomeAgain Community Leadership Award for 35 years of service with Dominion’s EnergyShare program at a March 30th awards dinner. Mrs. Randolph has worked with the program that assists older adults in paying fuel bills and provides energy-saving upgrades since its inception in 1982 and has been with Dominion for 35 years. Mrs. Randolph has served as a member of the Board of Directors of Senior Connections, The Capital Area on Aging for the past 10 years. Congratulations and thanks Rita!
Senior Connections Welcomes Edward Richards as Public Guardianship Program Manager

We are pleased to welcome Mr. Edward Richards, who joined our staff in April as Public Guardian Program Manager. Mr. Richards’ most recent work experience includes Program Manager for the Home/Again Men’s Shelter, previously serving as a Case Manager for Home/Again. He holds a bachelor of Social Work with a minor in Psychology from Virginia Commonwealth University where he was a member of Omicron Delta Kappa, the Phi Alpha Honor Society and he earned the Student Success Award. He also has an Associate’s degree from J. Sargent Reynolds.

Mr. Richards hails from Long Island, NY and he has an interest in independent film production, reading and he enjoys the outdoors. Welcome Edward!

Update on Art Mural Project

The Senior Connections’ Interactive Art Mural Project is up and running. The project’s goal is to raise awareness of senior issues while highlighting the wisdom, vitality and gifts, through art interpretation, that older adults have to offer.

As of March 31, completed surveys totalling 121 have been submitted electronically or in writing, and analyzed. Here are the results:

**What Is Good About Getting Old?**
- Freedom/autonomy of time
- Confidence in self and recognition of abilities
- Perspective granted by time and experience to see clearly
- Spirituality awareness
- Staying active/learning
- Helping others/volunteering
- Relationships/Connections

**Recipes for Life**
- Positive attitude
- Accepting of self and others
- Selfcare/exercise and health (including nature)

This project is generously sponsored by Genworth Financial. Richmond artist Colleen Hall is the project’s coordinator. Please contact Angie Phelon at 804-343-3023; aphelon@youraaa.org for additional information.

AARP Tax Aide Site at Senior Connections Assisted Over 500 with Free Tax Preparation

**PATRICIA GIESEN**
Special Events Coordinator

Between mid-February and April 14, 2017, the tax aide site assisted 500 older adults and persons with disabilities with preparing their federal and state income taxes free of charge. We are one of the few sites that make actual appointments but walk-ins are served if time permits. The AARP certified tax preparers volunteered four hours, three days a week.

This is a fantastic service for older adults especially those on fixed income. In the past, some have been charged $200 to over $500 for simple tax returns.

Senior Connections is more than happy to provide the space and time to accommodate these services and look forward to working with AARP for many years to come.

Nancy Goodman Recipient of the 2017 Helen J. Napps Award of Excellence

Congratulations to Nancy Goodman as the recipient of this prestigious award. The award recognizes excellence by individuals who work in the area of elder abuse prevention and protection.

Ms. Goodman is a Family Services Supervisor with New Kent Department of Social Services and a member of the Senior Connections Advisory Council.

Governor’s Conference on Aging


The 2017 Governor’s Conference on Aging will be held May 22 and 23 at the Hotel Roanoke. Conference registration is now open. The extensive Website has information for registration and other details. The Conference theme and topic areas from the 2016 Conference will be continued. Topic areas are Cultural Change in Long Term Supports and Services, Safety and Financial Security, Livable Communities and Community Engagement. A new area this year is Volunteer Advocacy at the Grassroots-Community Engagement. Also, scholarships to cover registration only is available to community volunteers. AAs are asked to encourage interested community volunteers to apply. Conference speakers include Dr. Bill Thomas, cultural change in long term care and John Martin, policies on aging. Commendation goes to Martina James Nalley for outstanding work on the conference. **Websites:** Registration: http://vgcoa.com/conference-registration-2/; Program: http://vgcoa.com/conference-program-2/.

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

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

**Beth Sholom Woods** is part of the Beth Sholom Lifecare Community in the Far West End of Richmond. For more information or an application, please call (804) 741-4691, Monday-Friday, 9:00 a.m. - 4:30 p.m.

**Telephone:** (804) 741-4691     **TTY Users Dial 711**
**Fax:** (804) 741-9813
**Email:** sberinato@bslcc.org
**Website:** www.bethsholom-lifecare.org

**Beth Sholom Woods**
Beth Sholom Lifecare Community
2027 Lauderdale Drive
Richmond, VA 23233
# Friendship Cafés

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

**Food, Fun and Fellowship!**

**Café Locations**

<table>
<thead>
<tr>
<th>City of Richmond</th>
<th>Goochland County</th>
</tr>
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<tbody>
<tr>
<td>CAPUP* East Senior Center</td>
<td>Goochland Rec Center</td>
</tr>
<tr>
<td>1103 Oliver Hill Way</td>
<td>2415 Sandy Hook Road</td>
</tr>
<tr>
<td><strong>Good Shepherd Baptist Church</strong></td>
<td><strong>Hanover County</strong></td>
</tr>
<tr>
<td>1127 N. 28th Street</td>
<td>Shiloh Baptist Church</td>
</tr>
<tr>
<td><strong>Guardian Place</strong></td>
<td>106 S. James Street</td>
</tr>
<tr>
<td>1620 N. Hamilton Street</td>
<td>Ashland</td>
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<tr>
<td><strong>Korean Senior Center</strong></td>
<td><strong>Montpelier Senior Center</strong></td>
</tr>
<tr>
<td>Renaissance Apartments</td>
<td>17203 Mountain Road</td>
</tr>
<tr>
<td>1021 German School Rd.</td>
<td><strong>Henrico County</strong></td>
</tr>
<tr>
<td><strong>Linwood Robinson Senior Center</strong></td>
<td>Deep Run Recreation Center</td>
</tr>
<tr>
<td>700 N. 26th Street</td>
<td>9900 Ridgefield Parkway</td>
</tr>
<tr>
<td><strong>Monarch Woods</strong></td>
<td>Highland Springs Recreation Center</td>
</tr>
<tr>
<td>6501 Jahnke Road</td>
<td>16 S. Ivy Avenue</td>
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<tr>
<td><strong>Sixth Baptist Church</strong></td>
<td>Highland Springs</td>
</tr>
<tr>
<td>400 S. Addison St.</td>
<td>Oakwood Memorial Baptist Church</td>
</tr>
<tr>
<td><strong>Charles City County</strong></td>
<td>3100 Gay Avenue</td>
</tr>
<tr>
<td>Ruthville Gymnasium Complex</td>
<td><strong>West Richmond</strong></td>
</tr>
<tr>
<td>13100 The Glebe Lane</td>
<td>Church of the Brethren</td>
</tr>
<tr>
<td>Charles City</td>
<td>7612 Wannymala Road</td>
</tr>
<tr>
<td><strong>Chesterfield County</strong></td>
<td><strong>New Kent</strong></td>
</tr>
<tr>
<td>Bon Air Presbyterian Church</td>
<td>New Generation Church</td>
</tr>
<tr>
<td>9201 W. Huguenot Road</td>
<td>6160 Pocahontas Trail</td>
</tr>
<tr>
<td><strong>Market Square Apartments</strong></td>
<td>Providence Forge</td>
</tr>
<tr>
<td>7300 Taw Street</td>
<td><strong>Powhatan County</strong></td>
</tr>
<tr>
<td><strong>New Covenant Presbyterian Church</strong></td>
<td>St. John Neumann Catholic Church</td>
</tr>
<tr>
<td>6415 Trongate Drive</td>
<td>2480 Batterson Road</td>
</tr>
<tr>
<td><strong>Rockwood Village</strong></td>
<td>(CAPUP: Capital Area Partnership Uplifting People)</td>
</tr>
<tr>
<td>3901 Price Club Blvd.</td>
<td>(Hours vary by locations)</td>
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<tr>
<td>Midlothian</td>
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For more information please call (804) 343-3000 or visit our website: [www.seniorconnections-va.org](http://www.seniorconnections-va.org)

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## Care Transitions to Help Prevent Hospital Readmissions

### Care Transitions: Coleman Coaching Model

To address the problems of uncoordinated and fragmented care during periods of hospitalization, the University of Colorado Health Sciences Center, Denver, Colorado was awarded a five-year grant in 2000 to develop the Care Transitions Intervention. Dr. Eric Coleman served as principal investigator for this project. Dr. Coleman is a Robert Wood Johnson Clinical Scholar.

During the four-week Care Transitions Program, patients with complex care needs and family caregivers work with a “Transition Coach” and learn self-management skills that will ease their transition from hospital to home with four interactions:

1. Medication self-management
2. The Personal Health Record
3. Timely primary care/specialty care follow up
4. Knowledge of red flags that indicate a worsening in their condition and how to respond

With the Care Transitions Intervention model, patient health and well-being are improved and the health care system derives cost savings from reduced readmission to the hospital. Both patients and health care providers report satisfaction with the program. These results were demonstrated in studies conducted by Dr. Coleman and his colleagues. In one study, hospitalized patients who received the Care Transitions Intervention were approximately half as likely to return to the hospital as those who did not receive the Intervention. In another study, patients receiving the Care Transitions Intervention also had lower re-hospitalization rates. This study also found that hospital costs were lower for patients with care transition coaches. The investigators estimated that the hospital, health plan, or clinic which employs the coach can realize annual net cost savings of $295,594 across 350 patients.

Dr. Coleman’s team has also shown that patients who were assisted by care transitions coaches had greater knowledge and skills regarding their illness. They understood how to manage their medications and they confidently knew what was required of them during the transition period. The continuity of the coaching relationship fostered a sense of caring, safety, and predictability about the transition, which contributed to greater patient investment in the program. Patients who received the CTI were significantly less likely to be readmitted to the hospital, and the benefits were sustained for five months after the end of the one month intervention.

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### The Chronic Disease Self Management Program

Offers self-help classes for individuals coping with chronic diseases such as arthritis, high blood pressure, diabetes, or heart disease. Classes meet weekly for two to one-half hours for six weeks.

Please contact Kathy Brown 804-343-3004; kbrown@youraaa.org for more info or next class schedule.
Healthy Habits for Adults—Free 1-Hour Classes

Making small changes in our lifestyle habits and food choices can reap BIG rewards.

Healthy Habits for Adults is a 1-hour class that is fun and interactive, promoting healthy, active living. The curriculum, covering ten meaningful topics, is primarily taught by volunteers throughout the area.

Classes include an educational topic, low impact exercises, and a light snack. See partial list of upcoming classes held throughout the year!

Sampling of classes offered include learning more about Salt, Sugar, Protein, Dairy, Fats, Fiber, Fluids, Eating on a Budget, Whole Grains, Fruits and Vegetables.

Class registration is required. Contact Linda Rubin at Senior Connections for all the details:

lrubin@youraaa.org or 804-299-1157

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>2-May</td>
<td>Tues</td>
<td>10:00-11:00</td>
<td>New Covenant Friendship Cafe, 6415 Irongate Dr. Richmond</td>
</tr>
<tr>
<td>3-May</td>
<td>Wed</td>
<td>10:30-11:30</td>
<td>8th Baptist Church, 400 S. Addison St. Richmond</td>
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<tr>
<td>8-May</td>
<td>Mon</td>
<td>10:30-11:30</td>
<td>West Richmond Church of the Brethren Friendship Cafe, 7612 Wanymala Rd. Henrico</td>
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<tr>
<td>9-May</td>
<td>Tues</td>
<td>10:30-11:30</td>
<td>Rockwood Friendship Café-3901 Price Club Blvd-Midlo</td>
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<tr>
<td>10-May</td>
<td>Wed</td>
<td>10:30-11:30</td>
<td>8th Baptist Church, 400 S. Addison St. Richmond</td>
</tr>
<tr>
<td>11-May</td>
<td>Thurs</td>
<td>10:00-11:00</td>
<td>Market Square Friendship Cafe, 7300 Taw St. Richmond</td>
</tr>
<tr>
<td>12-May</td>
<td>Fri</td>
<td>10:00-11:00</td>
<td>Lifelong Learning Center-13801 Westfield Rd, Midl</td>
</tr>
<tr>
<td>15-May</td>
<td>Tues</td>
<td>10:30-11:30</td>
<td>CAPUP- 1103 Oliver Hill Way, Richmond</td>
</tr>
<tr>
<td>17-May</td>
<td>Wed</td>
<td>1:30-2:30</td>
<td>Harbour Square New Church Residences, 7102 New Hunter Rd, Mechanicsville</td>
</tr>
<tr>
<td>23-May</td>
<td>Wed</td>
<td>10:00-11:00</td>
<td>Deep Run Friendship Cafe, 9900 Ridgefield Pkwy, Henrico</td>
</tr>
<tr>
<td>29-May</td>
<td>Mon</td>
<td>10:30-11:30</td>
<td>Guardian Place 1620 N. Hamilton St. Richmond</td>
</tr>
<tr>
<td>2-Jun</td>
<td>Fri</td>
<td>10:00-11:00</td>
<td>Lifelong Learning Center-13801 Westfield Rd, Midl</td>
</tr>
<tr>
<td>8-Jun</td>
<td>Thurs</td>
<td>10:00-11:00</td>
<td>Market Square Friendship Cafe, 7300 Taw St. Richmond</td>
</tr>
<tr>
<td>12-Jun</td>
<td>Mon</td>
<td>10:30-11:30</td>
<td>West Richmond Church of the Brethren Friendship Cafe, 7612 Wanymala Rd. Henrico</td>
</tr>
<tr>
<td>13-Jun</td>
<td>Tues</td>
<td>10:30-11:30</td>
<td>Rockwood Friendship Café- 3901 Price Club Blvd-Midl</td>
</tr>
<tr>
<td>14-Jun</td>
<td>Wed</td>
<td>10:30-11:30</td>
<td>8th Baptist Church, 400 S. Addison St. Richmond</td>
</tr>
<tr>
<td>15-Jun</td>
<td>Thurs</td>
<td>10:00-11:00</td>
<td>New Covenant Friendship Cafe, 6415 Irongate Dr. Richmond</td>
</tr>
<tr>
<td>21-Jun</td>
<td>Wed</td>
<td>1:30-2:30</td>
<td>Harbour Square New Church Residences, 7102 New Hunter Rd, Mechanicsville</td>
</tr>
</tbody>
</table>
Public Forum on Regional Human Service Transportation Held April 25th

Transportation is important for people of all ages. Human Service Transportation Coordination is also important. Senior Connections, The Capital Area Agency on Aging is the Coordinating Entity for Human Service Transportation in the Richmond Metropolitan Region. As the Coordinating Entity, Senior Connections joined with the Greater Richmond Age Wave Coalition and the Richmond Regional Planning District Commission on April 25 at Cultural Arts Center at Glen Allen to host the first Transportation Forum as part of a planning series on transportation services about options for enhancing current transportation services for older adults and persons with disabilities. The forum provided opportunity for updates and suggestions on Human Service Transportation.

Patrick Hickey, No Wrong Door Service Program Manager, presented a four-tier Action Plan for coordinating human service transportation in the Richmond Region. The Action Plan includes:
1. Implement Strategies to Improve Communications.
2. Facilitate Opportunities for Collaboration.
3. Improve Volunteer Driver Programs.
4. Conduct Research, Planning and Analysis.

Remember Senior Connections
In Your Estate Planning

Perhaps you or a loved one have received service from Senior Connections (Caregiver Support, Meals and Health Support, Transportation Assistance, Care Transitions) that improved your 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.

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.
Children’s Hospital, 2924 Brook Rd.

Caregiver Connection
1st Tuesdays 4:00 p.m.
Lucy Corr Village Friendship Room
6800 Lucy Corr Blvd.
Chesterfield County
Debbie Leidheiser 804-768-7878
Leidheiserd@chesterfield.gov

Essential Tremor
3rd Tuesdays 6:30 p.m.
Our Lady of Hope
13700 North Parham Road
Diane Campbell 804-556-2345

Fibromyalgia and Chronic Pain Association
804-862-4244

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 2:00 p.m.
6718 Patterson Avenue
Janina Bognar 804-282-5644

Kinship Care Support Group
Henrico Human Services Building
10:30 a.m. to 12 noon
808-501-5866

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
Ethan 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 Thursdays 7:00 p.m.
Ridge Baptist Church
Peter Moon 804-346-4407

Reach Out for Life
(Breast Health Education)
www.reachoutforlifeva.org
(804) 977-3920

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

Smyelin MS Support Group
3rd Wednesday noon to 2:00 p.m.
Richmond Fire Station #4
Midlothian, VA 23113

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

Transportation Coordination is also important. Senior Connections, The Capital Area Agency on Aging is the Coordinating Entity for Human Service Transportation in the Richmond Metropolitan Region.
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 additional information.

<table>
<thead>
<tr>
<th>Transportation Providers</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Chesterfield*</td>
<td>279-8489 (registration) 955-4172 (ride request) <a href="http://www.chestereasterfield.gov/accesschesterfieldcontent.aspx?id=2949">www.chestereasterfield.gov/accesschesterfieldcontent.aspx?id=2949</a> 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</td>
</tr>
<tr>
<td>Acti Kare In-Home Care</td>
<td>264-2829 <a href="http://www.actikarerichmondva.com">www.actikarerichmondva.com</a> Chesterfield, Goochland, Hanover, Henrico, Richmond. Monday-Sunday, 6:00 am-9:00 pm Ambulatory, wheelchair accessible. Medical &amp; Nonmedical. $15-$16 per hour. Accepts Medicaid and other insurances. (Medicare will not pay for service)</td>
</tr>
<tr>
<td>Angels for Hire/Angelride</td>
<td>338-6858 (855) 525-7433 <a href="http://www.angelride.net/index.html">www.angelride.net/index.html</a> Western Richmond, Western Henrico, Northern Chesterfield. Wheelchair accessible service.</td>
</tr>
<tr>
<td>Bay Transit</td>
<td>Katherine Newman (877) 869-6046 <a href="http://www.baytransit.org">www.baytransit.org</a> <a href="mailto:knewman@bayaging.org">knewman@bayaging.org</a> 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.</td>
</tr>
<tr>
<td>Brighter Solutions Medical Transport</td>
<td>Kenneth Lewis 651-8397 Ambulatory, wheelchair and Stretcher transport</td>
</tr>
<tr>
<td>CAP-UP</td>
<td>(804) 788-0050 <a href="http://www.capup.org">www.capup.org</a></td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>750-1123 <a href="http://www.comfortkeepers.com/office-273/richmond-virginia">www.comfortkeepers.com/office-273/richmond-virginia</a> 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)</td>
</tr>
<tr>
<td>Dependacare Transportation</td>
<td>(804) 745-1818 (office) (804) 477-9721 (cell) <a href="mailto:edgar@dependacareva.com">edgar@dependacareva.com</a> <a href="http://www.dependacareva.com">www.dependacareva.com</a> 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</td>
</tr>
<tr>
<td>Disabled American Veterans Volunteer Transportation Network</td>
<td>Mary Johnson (804) 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.</td>
</tr>
<tr>
<td>Greater Richmond Transit Co. (GRTC) CARE</td>
<td>782-2273 <a href="http://www.ridegrct.com/services/specialized-transportation/">www.ridegrct.com/services/specialized-transportation/</a> Wheelchair accessible service</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td>527-1100 <a href="http://www.homeinstead.com">www.homeinstead.com</a> Seven days a week Logiscicare (Medicaid recipients) (866) 386-8331 <a href="http://www.logiscicare.com">www.logiscicare.com</a> Wheelchair accessible service</td>
</tr>
<tr>
<td>Mechanicville Churches Emergency Function Senior Rides</td>
<td>Aimee West (804) 357-9360 <a href="http://www.4mcef.com">www.4mcef.com</a> Service provided in zipcodes 23111,23116 &amp; a portion of 23059</td>
</tr>
<tr>
<td>Napoleon Taxi</td>
<td>(804) 354-8294 <a href="http://www.napoleontaxi.com">www.napoleontaxi.com</a></td>
</tr>
<tr>
<td>Saleh Medical Transportation, Inc.</td>
<td>Doug Meyers 334-9511 <a href="mailto:myerslightning@yahoo.com">myerslightning@yahoo.com</a> 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.</td>
</tr>
<tr>
<td>Seniors Helping Seniors</td>
<td>(804) 921-4280 7400 Beaufont Springs Drive Suite 300 <a href="http://www.seniorshelpingseniors.com">www.seniorshelpingseniors.com</a> Richmond and Eastern Henrico Office hours: 6:00 am to 8:00 pm Medical and Non-medical; Only ambulatory. Private Pay. $22 per hour.</td>
</tr>
<tr>
<td>Shepherd's Center of Chesterfield</td>
<td>9804 706-6689 <a href="http://www.shepcenter.org">www.shepcenter.org</a> Chesterfield County</td>
</tr>
<tr>
<td>Shepherd's Center of Richmond</td>
<td>(804) 355-7282 <a href="http://www.tscor.com">www.tscor.com</a> Services provided in the following zipcodes: 23059, 23060, 23113, 23114, 23219, 23220, 23221, 23222 (Medical Only), 23224 (Medical Only), 23225, 23226, 23227, 23228, 23229, 23230, 23233, 23235, 23236, 23238, 23294</td>
</tr>
<tr>
<td>Superior Mobility LLC</td>
<td>819 Grove Rd., Suite A, Midlothian (804) 379-5370 <a href="http://www.supieriormobility.com">www.supieriormobility.com</a></td>
</tr>
<tr>
<td>Tendercare Transport of Virginia</td>
<td>(804) 288-8763 <a href="http://www.tendercareofva.com">www.tendercareofva.com</a> Wheelchair accessible &amp; stretcher service</td>
</tr>
<tr>
<td>TNT Transportation Services, Inc.</td>
<td>(804) 270-3258 <a href="http://www.tntvans.com">www.tntvans.com</a> Monday-Friday, 7 a.m. to 6 p.m. Wheelchair accessible service</td>
</tr>
<tr>
<td>Total Praise Transport</td>
<td>Donnell Fonville 229-5353 <a href="http://www.totalpraisetransport.com">www.totalpraisetransport.com</a> <a href="mailto:totalpraisetransport@hotmail.com">totalpraisetransport@hotmail.com</a> 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</td>
</tr>
<tr>
<td>Van Go</td>
<td>(804) 261-7388 <a href="http://www.vangorichmond.com">www.vangorichmond.com</a> Richmond and surrounding Counties. 6:30 a.m. to 6:30 p.m. Private Pay. Rates: $80 Ambulatory; $90 Wheelchair.</td>
</tr>
<tr>
<td>VIP &amp; Associates</td>
<td>(804) 421-2500 Mon.-Fri.8:00 a.m.-4:00 p.m. Wheelchair accessible service</td>
</tr>
<tr>
<td>Your Taxi</td>
<td>(804) 447-1393 <a href="http://www.yourtaxirichmondva.com">www.yourtaxirichmondva.com</a> Serving all locations in Chesterfield County, Chester, Midlothian and Southern Richmond</td>
</tr>
</tbody>
</table>

(Editor’s Note: Last Update Feb. 2017. While Senior Connections is providing this list of potential resources, we do not endorse any of these transportation providers over another.)
Volunteer Opportunities at Senior Connections: Join Us!

Here are some of our volunteers’ own impact stories:

Mr. Mike Fager retired in 2009 and is now involved in community activities, including volunteering with VICAP (The Virginia Insurance Counseling and Assistance Program) at Senior Connections. He has spent many hours developing his counseling skills and helping people solve complex insurance issues. Mr. Fager is also a classically trained singer with a Bachelors and Master of Arts from San Jose State University. He was attracted to Senior Connections because “I want to give back to the community and to do so in a manner that is intellectually stimulating and rewarding to those in need.” Mike also loves people. “I love the opportunity to improve their lives. I like the challenge of finding useful solutions to their problems. I love to see the joy and hope that it brings to them.” Mike feels rewarded and appreciated for a job well done when “I can see and hear the relief in their faces and voices; their comments of gratitude. More importantly, I observe the actual improvement in their situations.” Mr. Fager blends his analytic abilities and musical talents to improve our community through both his volunteer service and his performances. He makes the world around him a better and more beautiful place to live.

Ms. Dorothy Manuel has been a mentor in the Foster Grandparent Program for 11 years. Her days are full of hugs and smiles as she mentors young children at a local children’s center. She provides support and encouragement to each child she is assigned to; teaching them the alphabet, shapes and colors. She enjoys eating lunch with the children, playing games and dress up. She states, “Being with the children makes her happy.” and “I am always smiling and engaged in life.” The Foster Grandparent program is a federally funded site-based mentoring program for individuals age 55 or older who meet income requirements.

For 29 years Mr. Raymond Turner worked for the U.S. Postal Service and, at the age of 51, decided to retire. After a couple of months of retirement, Mr. Turner began looking for volunteer opportunities in the local newspaper. Mr. Turner described his volunteer experiences as “giving [him] a sense of completeness. Each day is a good day and if you can put your hand out and make another person’s life better, it’s well worth it.” Mr. Turner is involved in various volunteer opportunities with Meals on Wheels and Senior Connection’s Money Management program just to name a few. The Retired Senior Volunteer Program (RSVP) program is a network of volunteer opportunities for individuals 55 years of age and older. Through RSVP we work to match individuals with volunteer opportunities, like the ones Mr. Turner is involved in, that best fit your interests.

If you have some skills and interests other than what you see here, contact Shana Beverly at 343-3024. We can work together to create a new volunteer opportunity for you.

Volunteers Honored for Dedicated Service and Support

On April 27th, Senior Connections held a Volunteer Appreciation Event celebrating our program volunteers, our Community Heroes! We met at Fifth Baptist Church, where the pastors are Rev. Earl Brown, and Rev. Ricardo Brown. Our Executive Director, Dr. Thelma Watson, welcomed our volunteers and thanked them for their service to the Agency and the community. Our guest speaker was Lisa Speller-Davis, Senior Advisor for Community Engagement, from the Office of Mayor Levar Stoney. Harold Moss, AKA “DJ Smooth” provided the nostalgic blend of music that tied it all together. The Agency is appreciative of the contributions of our volunteers, and extend our thanks to all.

Mrs. Shana Beverly, Volunteer Program Coordinator for Senior Connections, opened the celebration offering greetings to attendees.

Mrs. C. Linda Barnhart, Senior Resources and Advocacy Program Manager, (far right) and some of our dedicated volunteers.
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.
Tuesday, May 16
2:30 to 4:30 p.m.
Annual Open House
Senior Connections
24 East Cary Street
Join us in celebrating Older Americans Month. This year's focus is on housing support for older adults with special recognition of project: HOMES, celebrating 25 years of service to the community. Learn about Senior Connections’ programs and services provided to older adults, persons with disabilities and caregivers. Light refreshments will be provided. No RSVP required. For more information, please call (804) 343-3059 or send email to pgiesen@youraaa.org

Tuesday, May 16
3:00 to 7:00 p.m.
Senior Volunteer Hall of Fame Recognition Event
Eanes-Pittman Public Safety Training Center
6610 Public Safety Way
Join others as Chesterfield residents age 60 and over are recognized for their volunteer service to the community. Sponsored by the Council on Aging and the Senior Advocate’s Office. To RSVP: (804) 768-7878 or SeniorAdvocate@chesterfield.gov.

Wednesday, May 17
9:00 a.m. to 3:00 p.m.
Senior Law Day (Charles City County)
Union Baptist Church
5801 Old Union Road
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. Please contact Ms. Michelle Johnson at (804) 652-4721; mjohnson@co.charles-city-va.us

Thursday, May 18
10:00 a.m. to 11:30 a.m.
Family Caregiving Series
First Baptist Church of Richmond
2700 Monument Avenue
Sponsored by the Senior Center of Greater Richmond, Inc. Presenter: Alzheimer’s Association. For additional information call (804) 353-3271 or SeniorCenterRVA@gmail.com.

Thursday, May 18
10:00 a.m. to noon
Printing & Quilting
Intergenerational Program
Pine Camp Cultural Arts and Community Center
4901 Old Brook Road
Sponsored by the City of Richmond Office of Aging and Persons with Disabilities. Learn quilt making basics and printing. To RSVP call the Senior Helpline at (804) 646-1082 or email agingdisability@richmond.gov

Thursday, May 18
10:00 a.m. to 1:00 p.m.
Senior Party in the Park
Eastern Henrico Recreation Ctr.
1440 N. Laburnum Ave, Henrico
Sponsored by Henrico Recreation and Parks and Senior Connections. Activities for this free event will include health and wellness screenings, vendors, carnival games, music and entertainment. Concessions will be available for purchase. Please call (804) 652-1408 for more information.

Thursday, May 18
Noon to 1:00 p.m.
Culturally Competent Care for LGBT Elders (A Monthly Series)
Senior Connections
24 East Cary Street
Sponsored by Senior Connections and Jewish Family Services and generously funded by Diversity Richmond. The session will be hosted by Dr. Jay White, Gerontologist and will feature a showing of the award-winning document Gen Silent followed by an interactive training. Light refreshments provided. Seating limited. For information or to register, send email to jwhite@fsrichmond.org.

May 22–23
Virginia Governor’s Conference on Aging
Hotel Roanoke, Roanoke, VA
For more information on sponsorships, registration or programming please visit www.VGCOA.com or contact Martina James (804) 297-5163; martinajames@dars.virginia.gov.

Thursday, May 23
9:00 a.m. to noon
(By Appointment Only)
CARFIT
Battery Park Christian Church
4201 Brook Road
Sponsored by the Mid-Atlantic Foundation for Safety and Education/AAA. Be sure you and your car are working together for your safety. This free inspection looks at things you can control on your car for your safety. Please call 804-353-3171 to schedule an appointment or for more info.

Tuesday, May 23
1:00 to 4:00 p.m.
Senior Law Day (Powhatan County)
Powhatan Rescue Squad
3290 Marion Harland Lane
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. More information, please call Mrs. Pat Giesen at (804) 343-3059 or send email to pgiesen@youraaa.org

Thursday, May 25
10:00 a.m. to 11:30 a.m.
Family Caregiving Series
First Baptist Church of Richmond
2700 Monument Avenue
Sponsored by the Senior Center of Greater Richmond, Inc. Presenter: Alzheimer’s Association. For additional information call (804) 353-3271 or SeniorCenterRVA@gmail.com.

Wednesday, May 25
10:00 a.m. to 1:00 p.m.
Powhatan Triad Senior Health Fair
Powhatan National Guard Armory
276 Essayons Drive, Powhatan
Free and open to the public. Activities include health screenings, vendors, lunch, entertainment and door prizes. A canned food drive will also be held. For more information, please contact Joan Doss (804) 556-4815; jdoss@youraaa.org.

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.