The V4A is seeking $1.07 million in general funds (GF) each year of the biennium in order to reduce waiting lists of unserved and of underserved older Virginians in need of home-delivered meals and in-home care.

“…Virginia is not only the best state for making a living; it is also committed to planning and supporting “Livable Communities,” The Department for Aging & Rehabilitative Services (DARS) and its 25 Area Agencies on Aging are supporting efficient, coordinated approaches for enhancing community livability and addressing the needs of older Virginians and, in fact, all Virginians who may benefit from accessible, livable communities with sufficient long-term services and supports. Virginia’s network of providers assists older Virginians and their caregivers through SERVICES AND SUPPORTS that are CRITICAL to their independence and well-being.” (DARS)

By adding $1,070,000 to the community-based services budget, Virginia will appropriate approximately $42 annually per capita for the older population in Virginia. Contrast this with the over $30,000+ per person general Fund costs to the Commonwealth for Medicaid skilled nursing facility care. The proposed budget amendment (adding $1,070,000 for in-home, community-based services) looks to build for the growth in our older Virginian cohort. V4A advocates for:

1. Services and supports that allow family members to go to work (and pay income taxes) while their loved ones are safe at home during the day;
2. Services and supports that provide meals on wheels to shut-ins . . . sometimes the ONLY HUMAN CONTACT AN OLDER PERSON HAS REGULARLY;
3. Services and supports that ensure older Virginians have assistance with personal care and in-home care, avoiding situations that grow worse and may result in a trip to the emergency room;
4. Services and supports for the veterans, the retired teachers, the firefighters, the librarians, the nurses and Moms and Dads who built our communities and have exhausted their savings and no longer have a network of family and friends…. For more information, please contact Deborah Silverman, President V4A (434-385-9070) or Jane Woods, Liaison for Advocacy (703-966-0147).

For more information, please contact Deborah Silverman, President V4A (434-385-9070) or Jane Woods, Liaison for Advocacy (703-966-0147).

2018 Legislative Platform for V4A

The V4A is seeking $1.07 million in general funds (GF) each year of the biennium in order to reduce waiting lists of unserved and of underserved older Virginians in need of home-delivered meals and in-home care.

“The V4A is seeking $1.07 million in general funds (GF) each year of the biennium in order to reduce waiting lists of unserved and of underserved older Virginians in need of home-delivered meals and in-home care. “…Virginia is not only the best state for making a living; it is also committed to planning and supporting “Livable Communities,” The Department for Aging & Rehabilitative Services (DARS) and its 25 Area Agencies on Aging are supporting efficient, coordinated approaches for enhancing community livability and addressing the needs of older Virginians and, in fact, all Virginians who may benefit from accessible, livable communities with sufficient long-term services and supports. Virginia’s network of providers assists older Virginians and their caregivers through SERVICES AND SUPPORTS that are CRITICAL to their independence and well-being.” (DARS)

By adding $1,070,000 to the community-based services budget, Virginia will appropriate approximately $42 annually per capita for the older population in Virginia. Contrast this with the over $30,000+ per person general Fund costs to the Commonwealth for Medicaid skilled nursing facility care. The proposed budget amendment (adding $1,070,000 for in-home, community-based services) looks to build for the growth in our older Virginian cohort. V4A advocates for:

1. Services and supports that allow family members to go to work (and pay income taxes) while their loved ones are safe at home during the day;
2. Services and supports that provide meals on wheels to shut-ins . . . sometimes the ONLY HUMAN CONTACT AN OLDER PERSON HAS REGULARLY;
3. Services and supports that ensure older Virginians have assistance with personal care and in-home care, avoiding situations that grow worse and may result in a trip to the emergency room;
4. Services and supports for the veterans, the retired teachers, the firefighters, the librarians, the nurses and Moms and Dads who built our communities and have exhausted their savings and no longer have a network of family and friends…. For more information, please contact Deborah Silverman, President V4A (434-385-9070) or Jane Woods, Liaison for Advocacy (703-966-0147).

2018 Legislative Breakfast

Members of the Chesterfield County Council on Aging joined Senior Connections and other Area Agencies on Aging for the 2018 Legislative Breakfast hosted by the Virginia Center on Aging. Left to right: Mr. Wayne Phillips, Vice President of the Chesterfield Lifelong Learning Institute, Board of Directors; Ms. Kimberly Rideout, Chesterfield Fire and EMS; Mrs. Rachel Ramirez, Executive Director, Chesterfield Lifelong Learning Institute and Ms. Debbie Preston, Chesterfield Senior Advocate.

Age Wave Advocacy Platform for 2018: Transportation

Since 2013, the Gerontology Department at Virginia Commonwealth University and Senior Connections have co-managed the Age Wave Coalition for the Richmond Region. This year, the Coalition has developed the first Legislative Advocacy Platform with a focus on transportation. Platform items include:

1. Transportation Counseling
   There is a need for more education in greater Richmond about available transportation options. Entities like the DMV should have resources on hand.
2. On-Demand Services
   Support for legislation and services that make services like Uber and Lyft easier to use. SB 128 is supported by Age Wave advocate.
3. Support for Volunteer Transportation Programs and Voucher Programs
   Volunteer transportation programs

CONTINUED ON PAGE 3
Success in the Past and Progress for the Future: A 45 Year Journey of Service and Advocacy

The theme for Older Americans month in 2018 relates to the Vision and Mission of Senior Connections. Our vision is “Seniors with improved quality of life” and the mission is “Empowering seniors to live with dignity and choice.” This year’s theme for Older Americans Month, “Engage at Every Age,” is intended to emphasize the importance of connections throughout our lives. The more we engage through activity, work, service and volunteering, the better quality of life we are able to experience at any age. The more we contribute to our family, friends and community, the more enhanced our health and outlook are.

As we embark on 2018, we are reflective of the past. For the past 45 years, Senior Connections has enjoyed a rich journey of service and advocacy. We experienced many successes in 2017 that will provide the foundation for expectations in 2018 and beyond. These successes and expectations include:

1. Empty Plate Campaign and Lunchcheon met and exceeded goal of $127,000.
   - $127,000 raised and allocated to critical Programs and Services: Meals, Transportation, Community Guardian-ship, Home Care and Emergency Assistance.
   - Panel Discussion on important topic: Impact of Financial Exploitation Against Older Adults, Prevention and Strategies for addressing this issue.

2. No Wrong Door Program Service is growing.
   - More than 20 new Community Partners in the Richmond Region are using No Wrong Door for referrals.
   - A logo is used for promotion of the program.
   - A Quest game is used for education on No Wrong Door

3. Age Wave Phase 6 is underway.
   - Local Government ambassadors are helping to integrate activities that support livable communities.
   - Sustaining Partners are supporting specific programs that support the goals of Age Wave
   - Age Wave Scholars are reaching a variety of activities that support local governments and sustaining partners.
   - Legislative advocacy is focused on transportation.

4. Older Americans Month Programs and Services for 2018
   - Local governments will proclaim May as time for celebrations and recognitions.

5. Art Mural Project helps to promote visibility (Funded by Genworth Financial)
   - Mural emphasizing transformation and positive aspects of aging was completed in November 2017 with more than 500 individuals participating with the painting, ages 2 to 102.
   - This work of art transcends the “ages” and is a landmark for the entire community.

6. Five Year Media Project
   - To raise visibility and awareness of Senior Connections
   - To recognize that Senior Connections is not a “secret.”

7. Five Year Facility Expansion Plan
   - Refine and remodel space.
   - Create a Center for Creativity and Transformation.

We look forward to the next five years of progress as we reflect on the past 45 years of success. Thank you for your advocacy and support.

Dr. Thelma Bland Watson, Ph.D

2018 Theme for Older Americans Month in May: “Engage at Every Age”

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 of 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.

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 20 times for a needy senior.

Adopt A Café

The Adopt A Café Initiative provides the community (individuals, businesses, civic or faith-based organizations) the opportunity to support their neighborhood Friendship Café by “adopting” a café or becoming a “friend or sponsor” of the Friendship Café Program. By donating funds, the community can give back to older adults who bring inspiration and continuity to the fabric of our communities.

Senior Services Fund

The Senior Connections Senior Services Fund is managed by The Community Foundation and is a long-term investment for the future needs of seniors and caregivers. Contributions should be made payable to the Senior Connections Senior Services Fund and mailed to: The Community Foundation, 3501 Boulevards View Drive, Suite 210, Richmond, VA 23225-4047. If you have questions about making a donation, please call (804) 343-3000.
Kathryn Hayfield named DARS Commissioner

DARS’ own Kathryn (Kathy) Hayfield has been named the Agency’s Commissioner by Governor Ralph Northam, following the retirement of Commissioner Jim Rothrock.

She has served as Assistant Commissioner for Aging and Rehabilitative Services since 2008. Commissioner earned a Bachelor of Science in Social Work from Lock Haven University and a master of Science in Rehabilitation Counseling from Virginia Commonwealth University.

Welcome Commissioner! We at Senior Connections look forward to working with you.

James A. Rothrock, Commissioner, Virginia Department for Aging and Rehabilitative Services (DARS), Bids Fond Farewell to the Aging Network

“As we are at the end of a season featuring gifts, I am reminded that the biggest gift given to me has been my family. A father who demonstrated the imperative to always go the extra mile, a mother who got me through difficult times and continues as an inspiration, a brother who was and still is a hero, and now an amazing wife that offers daily blessings, a son who carries on the tradition, and a daughter-in-law and 5 wonderful grandchildren (the best “starting five” ever assembled!!) who continually bless me with love and joy!

But the second greatest gift bestowed on me is the 16 years I have been fortunate to work with you in our agency. Seeing the transformations you are a part of, and the independence facilitated by you to some not so blessed with as many gifts as most of us, has been a pleasure and honor.

Budgets ebb and flow, laws and policies change, but you all have been a constant in fulfilling our mission.

I will not be a part of what is looking like a most competent and dedicated team of professionals in the Northam Administration. My last day was Friday, January 12th.

Yes, a tad sad I am, but it is a good time for me to end my current career and look towards some rest, more time with my family, and new career challenges. Since 1971, I have been in or around what you all do so well, and a break is indeed welcomed.

We are quite fortunate to have the most talented Management Team ever here at DARS and the day-to-day operations will continue under their able leadership. I have made some recommendations to the Transition Team regarding the characteristics I needed to do the duties assigned to me, and I am confident they will announce a plan that will assure that the momentum we have in our agency is continued.

Thank you for letting me be a small part of your many successes, and I am comforted knowing that your gifts will continue to offer well run programs that some Virginians with the greatest needs rely on for health, protection, employment, and independence. Take care.

Kathryn Hayfield

Age Wave

CONTINUED FROM PAGE 1

need support to expand their volunteer base and meet growing need. Voucher programs like Care On-Demand should be expanded and additional voucher program opportunities should be explored.

4. Empower Older Adult Drivers
  - Support for Henrico County Transit Development Plan
  - Increasing the number of bus stops that are ADA compliant
  - Support for in-the-works demand response free ride in downtown Richmond

5. Autonomous Vehicles
To prepare for AV implementation, support inclusive language in bills that specify “human driver.” Support hands-off regulatory approach during research phase.

6. Medicaid Expansion
Close the coverage gap by taking the option offered to states to increase Medicaid eligibility for most adults. With Medicaid expansion, more people would be eligible for comprehensive health coverage including medically necessary transportation services so they can get to their medical appointments.

Catherine Mac-Donald, Director of Strategy and Innovation, Age Wave
571-484-4511
macdonaldcs@vcu.edu
In November and December, the 2017 Holiday Gift Basket Project was successful with donations from community supporters, businesses, individuals, and staff. Senior Connections received a generous $1,000 grant from the Richmond Christmas Mother Program through the Community Foundation.

We are pleased to report that 486 adults, residing in the Richmond Region received a little extra holiday cheer. They received 200 Thanksgiving boxes, donated by the West End Assembly of God, and The Military Retiree Club donated four Thanksgiving dinner baskets. The $1,000 grant from the Richmond Christmas Mother was used to purchase gift cards for older adults. The grant also supported the purchase of items, such as winter coats and household goods. Approximately 63 older adults were adopted by the Home Instead “Be A Santa Program.” Additional community support included 15 prepared baskets from K-line, Guardian Angel Tree assist for 42 individuals, Family Life Line donated 86 filled baskets and two older adults with grandchildren were assisted. The seniors received food boxes with turkeys and the children received clothing and toys. Due to the generous support from the community, Senior Connections was able to pack and distribute an additional 13 holiday gift baskets.

We are most appreciate of the many supporters who have joined us over the years. This year, the Angel Tree Program of Navigant, based in Chicago, Illinois, assisted also. Contributions include but not limited to Amanda Yavorsky and Friends Ms. Jean Adams Mrs. Angie Phelon Mrs. Karen Moeller Dr. Ayn E. Welleford Ms. Vickie Nielsen Mr. Steve Hicks Ms. Gloria Stevens Ms. Vickie Johnson Ms. Kimberly Rock Jefferson Mrs. Megyn Robertson Ms. Jane Crawford Ms. Colleen Wilhelm Ms. Missi Boyer Ms. Michelle Johnson James and Linda McClure Navigant DARS K-line Family Life Line Ms. Jeanne Armstrong Thanks again for outstanding support. We look forward to additional support in 2018, the 29th year of this important initiative.

Thanks to Contributors of the 2017 Holiday Gift Basket Project

DIANE FORSTER, PROJECT COORDINATOR

The Commonwealth Council on Aging is sponsoring the 2018 Best Practices Award Program funded by Dominion Energy targeted to organizations serving older Virginians and their families. As we struggle to meet the challenges of serving a rapidly aging population during a time of budget cuts and growing demand, we need to share our best practices and applaud our successes. Instructions, nomination forms, and other information can be found at https://www.vdva.virginia.gov/boardsandcouncils.htm under the What’s New! heading.

The awards will be given to innovative programs and services that assist older adults to age in the community. The first place program will receive $5,000; second place, $3,000; and third place, $2,000. The Council will also recognize three honorable mention programs.

Commonwealth Council on Aging 2018 Best Practices Awards

Call today to schedule your free in-home consultation!
(804) 617-4219
For More Info: BOOMERTRANSITIONS.COM

PAID ADVERTISEMENT
Diversity Richmond Celebrates with 2017 Awards and Grants Ceremony

The Honorable Levar Stoney, Mayor, City of Richmond, at the Diversity Richmond Awards and Grants Ceremony.

Senior Connections Unveils Mural “Transforming Perspectives”

On November 3, Senior Connections unveiled the Mural placed on its building at 24 East Cary Street, Richmond. The project involved approximately 500 individuals from age 2 to 102. The focus of the mural is to highlight the positive aspects of aging. Pictured, far left: Ms. Marcia DuBois, Deputy Commissioner, Virginia Department for Aging and Rehabilitative Services; center: Mrs. Jerry Deadmore, Chesterfield County and Patrick Hickey, No Wrong Door Manager, Senior Connections.

Henrico County Real Estate Advantage Program (REAP)

REAP provides some relief with real estate taxes for senior citizens and disabled residents in Henrico Counties. Qualifications include:

- Must be age 65 or older or be permanently and totally disabled;
- A total annual income of $67,000 or less; and
- A net worth of no more than $350,000 (not including value of qualifying residence).

Applications must be received by April 1. For more information please call (804) 501-4263.

AARP Virginia Tax Aide Site at Senior Connections

AARP Virginia and Senior Connections have partnered for the eleventh year to provide a tax aide site in the Metropolitan Richmond community. The site, located in the Resource Center on the first floor at Senior Connections’ downtown office, 24 East Cary Street, is open from 11:00 a.m. to 2:00 p.m. on Wednesday, Thursday and Friday. Older adults and persons with disabilities are eligible to request assistance. Eligible individuals will receive free assistance for the preparation of basic 2017 State and Federal tax returns. Appointments are required.

For additional information or to schedule an appointment, please call Ms. Pat Giesen at 343-3059 or Ms. Cheryl Arrington at 343-3023.

Website Enhancements

The website for Senior Connections is being enhanced to make it more interactive. Enhancements will include opportunities for online contributions and addition of online forms. We are hopeful that the updates will be revealed in April. In the meantime, please visit our website at www/seniorconnections-va.org to learn more about what we do and how we may be of help to you or a loved one.

City of Richmond Tax Relief for the Elderly and Disabled Program

The City of Richmond offers tax relief for the elderly and disabled. You may qualify for up to 100% of real estate tax relief in the City of Richmond. The deadline to apply is Monday, April 2, 2018. Please call (804) 646-7000 for additional information.
Community Services

Who We Are

Senior Connections is the designated Area Agency on Aging for Planning District 15 consisting of the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

Senior Connections is a private, nonprofit, 501(c)(3) organization governed by a Board of Directors guidance from a diverse Advisory Council. As a nonprofit, the Agency accepts donations of items, services, monetary gifts and memorials.

Senior Connections provides direct services, information and referral, education and advocacy for older adults, caregivers and persons with disabilities. The Agency receives federal funding under the provisions of the Older Americans Act and state funds administered by the Virginia Department for Aging and Rehabilitation Services (DARS). Federal funds from the Corporation for National and Community Service (CNCS) supports the Foster Grandparent Mentors Program and the Retired and Senior Volunteer Program. Funding is also provided by city and county governments as well as corporate and foundation funders.

Senior Connections’ Strategic Focus Areas:
- Visibility and Marketing
- Programs and Services
- Funding and Resources

Our Vision
“Seniors with improved quality of life.”

Our Mission
“Empowering seniors to live with dignity and choice.”

Programs & Services

Our Programs and Services address individual needs. We identify the most appropriate solutions with these services:

Finding Options and Resources
- No Wrong Door Program
- Information/Referral
- Service Coordination
- Medicare and Insurance Counseling

Services to Stay Home
- Home Delivered Meals
- Friendship Cafés/Meals/Activities
- Telephone Checking
- Personal Care
- Check Writing/Budget Assistance
- Ride Connection for Medical Appointments

Assistance for Caregivers
- Identification of Resources
- Respite Support

Support and Advocacy
- Public Guardian
- Medicare Fraud and Abuse Prevention
- Senior Law Day/Legal Assistance
- Long Term Care Ombudsman

Getting Involved
- Foster Grandparents/Mentors
- Retired Senior Volunteers
- Senior Employment/Job Readiness

Education and Information
- Computer Classes
- Health/Wellness Classes
- Mature Life Newsletter

Additional Resources
- Age Wave Coalition: Collaborative partnership to celebrate aging as a lifelong opportunity (www.agewellva.com)
- Virginia Easy Access (www.easyaccess.virginia.gov)
- Senior Center Of Greater Richmond, Inc. (804-353-3171)
- Virginia Navigator (www.VirginiaNavigator.org)
- Virginia Call Center (Dial 2-1-1)

Who We Are

Senior Connections is the designated Area Agency on Aging for Planning District 15 consisting of the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.

Senior Connections is a private, nonprofit, 501(c)(3) organization governed by a Board of Directors guidance from a diverse Advisory Council. As a nonprofit, the Agency accepts donations of items, services, monetary gifts and memorials.

Senior Connections provides direct services, information and referral, education and advocacy for older adults, caregivers and persons with disabilities. The Agency receives federal funding under the provisions of the Older Americans Act and state funds administered by the Virginia Department for Aging and Rehabilitation Services (DARS). Federal funds from the Corporation for National and Community Service (CNCS) supports the Foster Grandparent Mentors Program and the Retired and Senior Volunteer Program. Funding is also provided by city and county governments as well as corporate and foundation funders.

Senior Connections’ Strategic Focus Areas:
- Visibility and Marketing
- Programs and Services
- Funding and Resources

Our Vision
“Seniors with improved quality of life.”

Our Mission
“Empowering seniors to live with dignity and choice.”

Programs & Services

Our Programs and Services address individual needs. We identify the most appropriate solutions with these services:

Finding Options and Resources
- No Wrong Door Program
- Information/Referral
- Service Coordination
- Medicare and Insurance Counseling

Services to Stay Home
- Home Delivered Meals
- Friendship Cafés/Meals/Activities
- Telephone Checking
- Personal Care
- Check Writing/Budget Assistance
- Ride Connection for Medical Appointments

Assistance for Caregivers
- Identification of Resources
- Respite Support

Support and Advocacy
- Public Guardian
- Medicare Fraud and Abuse Prevention
- Senior Law Day/Legal Assistance
- Long Term Care Ombudsman

Getting Involved
- Foster Grandparents/Mentors
- Retired Senior Volunteers
- Senior Employment/Job Readiness

Education and Information
- Computer Classes
- Health/Wellness Classes
- Mature Life Newsletter

Additional Resources
- Age Wave Coalition: Collaborative partnership to celebrate aging as a lifelong opportunity (www.agewellva.com)
- Virginia Easy Access (www.easyaccess.virginia.gov)
- Senior Center Of Greater Richmond, Inc. (804-353-3171)
- Virginia Navigator (www.VirginiaNavigator.org)
- Virginia Call Center (Dial 2-1-1)
Senior Connections, The Capital Area Agency on Aging serves the citizens of Planning Service Area 15 (PSA 15) which includes the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan, and the City of Richmond. We maintain a central office at 24 E. Cary St., Richmond and locations in the Counties. Senior Connections is a part of a nationwide network of Area Agencies on Aging (AAAs) that provide information, advocacy, and direct services to seniors and their families. There are 25 AAAs in Virginia and more than 600 nationwide.

(Senior Law Day is an initiative of Senior Connections and the Williams Mullen Law Firm to provide free and confidential life planning documents: Wills, Powers of Attorney and Medical Advance Directives for older adults and persons with disabilities.)

Charles City County
Ms. Elizabeth Holt is the new Director of Social Services. Ms. Holt previously served in Chesterfield County.

Chesterfield County
Ms. Debbie Preston is the new Senior Advocate for Chesterfield County.
Ms. Preston and members of the Council on Aging participated with this year’s Legislative Senior Advocacy Day.

Goochland County
The new Care Coordinator for Goochland County is Ms. Penny Jordan.

Hanover County
Senior Law Day
Tuesday, March 13, between 1:00 to 3:00 p.m.
The event will be held in Mechanicsville
To participate, you must call to obtain your preliminary documents.
Please contact Mrs. Pat Giesen 343-3059; pgiesen@youraaa.org
for additional information.

2018 Spirit of Volunteerism Awards
Nominations Open through March 16th
Help us recognize the dedication of local volunteers who are making positive impacts in our community. Anyone may nominate inspiring individuals or groups of any age. Awards will be presented on May 15 at 7:00 p.m. For more information: volunteer@hanovercounty.gov or (804) 365-4300.

Ms. Katie Johnson (left), Public Guardianship Staff and Ms. Pamela Bridgeforth, Care Coordinator for Hanover County, discuss Senior Connections’ Programs and Services for older adults, caregivers and persons with disabilities. There are many opportunities for staff collaboration and sharing.

Powhatan County
Ms. Catherine Pemberton, Director of Social Services, to retire in 2018
Ms. Pemberton has supported and promoted programs for older adults and caregivers in Powhatan. These include No Wrong Door, Age Wave, and

Senior Law Day
Wednesday, May 23, 1:00 to 4:00 p.m.
Powhatan Volunteer Rescue Squad Reception Building
For more info: Mrs. Pat Giesen 343-3059; pgiesen@youraaa.org

City of Richmond
Joining the Richmond Care Coordination Team is Ms. Joan Doss.

Senior Law Day
Thursday, April 5, 10:00 a.m. to 3:00 p.m.
Senior Connections, 24 East Cary Street
For more info: Mrs. Pat Giesen 343-3059; pgiesen@youraaa.org

Livable Community Project in Partnership with AARP and Partners

Powhatan County
Senior Law Day
Thursday, April 5, 10:00 a.m. to 3:00 p.m.
Senior Connections, 24 East Cary Street
For more info: Mrs. Pat Giesen 343-3059; pgiesen@youraaa.org

New Kent County
Senior Law Day
Thursday, May 10, 1:00 to 4:00 p.m.
New Kent Human Services Building
7911 Courthouse Way
For more info: Nancy Goodman 966-1853; nancy.goodman@dss.virginia.gov


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

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

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

The RAISE Family Caregivers Act requires the U.S. Secretary of Health and Human Services (HHS) to develop, maintain and update an integrated national strategy to support family caregivers. And that support is sorely needed.

“Family caregivers are the backbone of our care system in America. We need to make it easier for them to coordinate care for their loved ones, get information and resources, and take a break so they can rest and recharge,” said Nancy A. LeaMond, AARP’s chief advocacy and engagement officer and a Next Avenue Influencer in Aging.

According to AARP, family caregivers “commonly experience emotional strain and mental health problems, especially depression, and have poorer physical health than noncaregivers.” And they rarely receive training in providing care. As my colleague Emily Gurnon wrote, the 2016 Families Caring for an Aging America report said family caregivers for adults 65 and older are “stressed, isolated and often suffering financially.”

Most family caregivers juggle work and caregiving. And 78 percent of them incur out-of-pocket costs due to caregiving, spending $6,954 a year, on average, according to AARP’s Family Caregiving and Out-of-Pocket Costs: 2016 Report.

Under the RAISE Act, HHS will create a national family caregiver strategy by bringing together federal agencies and representatives from the private and public sectors (like family caregivers, health care providers, employers and state and local officials) in public advisory council meetings designed to make recommendations. The agency will have 18 months to develop its initial strategy and then must provide annual updates.

Goals of a National Family Caregiving Strategy

The goals of the strategy include identifying actions that government, communities, health providers, employers and others can take to support family caregivers, including:

- Promoting greater adoption of person-centered care and family-centered care in health settings and long-term care settings
- Training for family caregivers
- Respite options for family caregivers
- Ways to increase financial security for family caregivers
- Workplace policies to help family caregivers keep working
- Collecting and sharing of information about innovative family caregiving models
- Assessing federal programs around family caregiving
- Addressing disparities and meeting the needs of the diverse caregiving population

The RAISE Act is a commonsense step to help support family caregivers nationwide and we urge President Donald Trump to sign the bill into law as soon as possible,” said Bob Blancato, chair of the American Society on Aging board of directors and Bill Benson, chair of the group’s public policy committee.

America’s beleaguered, loving family caregivers are eagerly waiting.

Richard Eisenberg, Senior Web Editor of the Money & Security and Work & Purpose channels of Next Avenue and Managing Editor for the site.

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 Road
Christine 804-355-5748

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

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 Preston 804-768-7878

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
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

(Continued on Page 13)
**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. Last update: September 2017. Please contact Margaret Robinson at (804) 343-3000 for more information.

**Access Chesterfield**  
279-3489 (registration)  
955-4172 (ride request)  
www.chesterfield.gov/  
accesschesterfield  
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

**ActiKare In-Home Care**  
(804) 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 does not pay for service)

**Alliance Specialty Transport**  
(804) 225-8599  
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  
angelride.net  
Western Richmond, Western Henrico, Northern Chesterfield. Wheelchair accessible service.

**Bay Transit**  
Katherine Newman  
(877) 869-6046  
baytransit.org  
knewman@bayaging.org  
Charles City, New Kent, Richmond, Willamsburg. 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 (804) 651-8397  
Ambulatory, wheelchair and Stretchy Transport  
CAP-UP (Capital Area Partnership Uplifting People)  
Capup.org  
(804) 788-0050  
1021 Oliver Hill Way, Richmond, VA 23219

**Comfort Keepers**  
(804) 750-1123  
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**  
(804) 745-1818 (office)  
(804) 477-9721 (cell)  
edgar@dependacareva.com  
dependacareva.va.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 Medicaid

**Disabled American Veterans Volunteer Transportation Network**  
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.

**GoGoGrandparent**  
gogograndparent.com  
(855) 464-6872: Select A Service  
#0 - To Speak with an Operator  
#1 - A Car to your Home  
#2 - A Car to Where We Last Dropped You Off  
#3, 4, or 5 - A Car to a Customer's Last Pick Up Location (GRT) CARE 
(804) 782-2273  
ridgetrcm.com/services/ 
specialized-transportation/  
(Continued from previous column) 
Wheelchair accessible service 
Home Instead Senior Care  
527-1100  
homeinstead.com  
Seven days a week

**Logistcare (Medicaid recipients)**  
(866) 386-8331 www.logistcare.com  
Wheelchair accessible service

**Mechanicville Churches**  
Emergency Function Senior Rides  
Aimee West (804) 357-9360  
4ncf.com  
Service provided in zipcodes  
23111,23116 & a portion of 23059

**Napoleon Taxi**  
(804) 354-8294  
napoleontaxi.com  
Saleh Medical Transportation, Inc.  
Doug Meyers  
334-9511 myerslightning@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**  
(804) 921-4280  
7400 Beaufont Springs Drive  
Suite 300  
seniorshelpingseniors.com  
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**  
(804) 706-6689  
shepcenter.org; Chesterfield County

**Total Praise Transport**  
Donnell Fonville  
(804) 229-5353  
tottransp.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**  
(804) 261-7388  
vangrichmond.com  
Richmond and surrounding Counties.  
6:30 a.m. to 6:30 p.m. Private Pay. Rates: $80 Ambulatory; $90 Wheelchair.

**VIP & Associates**  
(804) 421-2500  
Mon.-Fri.8:00 a.m.-4:00 p.m.  
Wheelchair accessible service

**Your Taxi**  
(804) 447-1393  
www.yourtaxirichmondva.com  
Serving all locations in Chesterfield County, Chester, Midlothian and Southern Richmond

**TERMS**  
Paratransit is recognized in North America as special transportation services for people with disabilities, often provided as a supplement to fixed-route bus and rail systems by public transit agencies. Paratransit services may vary considerably on the degree of flexibility they provide their custoamopian.  
Ambulatory – able to walk about the area. Last update: September 2017. Please contact Margaret Robinson at (804) 343-3000 for more information.

**Superior Mobility LLC**  
819 Grove Rd., Suite A, Midlothian  
(804) 379-5370  
superiormobility.com  
Tendercare Transport of Virginia  
(804) 288-8763  
tendercareofva.com  
Wheelchair accessible & stretcher service

**TNT Transportation Services, Inc.**  
(804) 270-3258  
tnttrans.com  
Monday-Friday, 7 a.m. to 6 p.m.  
Wheelchair accessible service
**Friendship Cafés**

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

**Food, Fun and Fellowship!**

**Café Locations**

**CITY OF RICHMOND**

CAPUP*

East Senior Center
1103 Oliver Hill Way

Good Shepherd Baptist Church
1127 N. 28th Street

Guardian Place
1620 N. Hamilton Street

Kentucky Senior Center
Renaissance Apartments
1021 German School Rd.

Linwood Robinson
Senior Center
700 N. 26th Street

Monarch Woods
6501 Jahnke Road

**CHARLES CITY COUNTY**

Ruthville Gymnasium Complex
13100 The Glebe Lane
Charles City

**CHESTERFIELD COUNTY**

Bon Air Presbyterian Church
9201 W. Huguenot Road

Market Square Apartments
7300 Taw Street

New Covenant Presbyterian Church
6415 Iroqute Drive

Rockwood Village
3901 Price Club Blvd.
Midlothian

**GOOCHLAND COUNTY**

Goochland Rec Center
2415 Sandy Hook Road

**HANOVER COUNTY**

Shiloh Baptist Church
106 S. James Street
Ashland

Montpelier Senior Center
17203 Mountain Road

**HENRICO COUNTY**

Deep Run Recreation Center
9900 Ridgefield Parkway

Highland Springs Recreation Center
16 S. Ivy Avenue
Highland Springs

Oakwood Memorial Baptist Church
5100 Gay Avenue

West Richmond Church of the Brethren
7612 Wanymala Road

**NEW KENT COUNTY**

New Generation Church
6160 Pocahontas Trail

**POWATAN COUNTY**

St. John Neumann Catholic Church
2480 Batterson Road

(*CAPUP: Capital Area Partnership Uplifting People*)

(Hours vary by locations)

---

**Healthy Habits for Adults**

We are pleased to provide free, short nutrition and wellness classes for older adults (age 50+). Participants will enjoy delicious, nutritious snacks that you can make at home, and learn how to play fun games that get everyone moving at their own pace. Practical tips on healthy eating and physical activity will be presented along with information about the U.S. obesity epidemic and the chronic illnesses linked to overweight and obesity.

Each participant will also receive a Healthy Living Guide for Adults 50+ filled with easy-to-make, nutritious recipes and simple exercises you can incorporate into your weekly routine, along with more tips for adopting a healthy lifestyle.

These classes are a one-hour standalone or series classes. We are also looking for individuals interested in holding classes at their organizations and to serve as volunteer facilitators to conduct the classes at a convenient location. The program has 10 topics:

- Eating Healthy on a Budget: Learn skills to help save money at the grocery store and eat healthy on a budget.
- Whole Grains: Learn about the benefits of eating whole grains daily and the difference between whole grains and refined grains.
- Fluids: Learn more about fluid intake and the importance of staying hydrated, and tips to make healthy beverage choices!
- Eating the Rainbow: Enjoying the colors of your fruits and veggies: Join us for this colorful class on the benefits of “eating the rainbow,” adding more fruits and vegetables to your diet, and on simple, effective ways of becoming more active.
- Stay Regular: Enjoy the Power of Fiber in your Diet: Learn more about how foods rich in fiber boost health and keep our digestive system functioning healthily.
- The Skinny on Fat: Reducing Fat in Our Diets: Learn more about how foods high in fat sneak into our diet and effective ways to reduce them, without sacrificing flavor!
- Protein: The Body’s Own Superman: Learn about the role of protein in our body and the importance of lean protein in our diet.
- Dairy: Learn about the important nutrients in dairy and ways to incorporate low-fat and fat-free dairy products into your diet.
- How Sweet it is: Limiting Sugar in your Diet: Learn more about how foods high in sugar sneak into our diet and effective ways to reduce them.
- How Much is too Much?: Helping Individuals Manage their Blood Pressure: Learn more about blood pressure management and how to incorporate more fruits and vegetables into your diet.
- How to Play fun Games that get everyone moving at their own pace: Learn more about how foods rich in fiber boost health and keep our digestive system functioning healthily.

For more information about our Healthy Habits Program, contact Kathy Brown at Senior Connections, 804-343-3004 or kbrown@youraaa.org.

---

**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.
Medications & Insurance

10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

1. Mailing takes time: Your card may arrive at a different time than your friend’s or neighbor’s.

2. Destroy your old Medicare card: Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.

3. Guard your card: Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.

4. Your Medicare Number is unique: Your card has a new number instead of your Social Security Number. This new number is unique to you.

5. Your new card is paper: Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!

6. Keep your new card with you: Carry your new card and show it to your health care providers when you need care.

7. Your doctor knows it’s coming: Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.

8. You can find your number: If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

9. Keep your Medicare Advantage Card: If you’re in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.

10. Help is available: If you don’t get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you’ve been discriminated against. Visit CMS.gov/about CMPspring-american indian/american indian.html, or call 1-800-MEDICARE (1-888-359-4273) for more information. TTY users can call 1-877-466-2048.
Volunteers

VICAP and Volunteer Programs Send Best Wishes and Congratulations to Linda Barnhart, Manager of Senior Resources and Advocacy for Senior Connections

Shana Beverly, Volunteer Programs Manager

Mrs. Linda Barnhart served as manager for both programs for 18 and a half years. She helped lead and develop strong programs that served the Agency’s clients and the community. Under her leadership, VICAP expanded from approximately 40 contacts per month, to an average of 450 per month. Using her knowledge and expertise, she helped develop VICAP into the power-house program that it is now. Annual contacts this year reached over 5,500.

With an average of 200 annually, our volunteers help to actualize the mission of the Agency as we help expand our reach into the community to provide needed services. Linda has helped bring structure, efficient management to the programs, ensuring that the volunteer programs are founded on the principles of sound volunteer management strategies.

We were fortunate to have her here with us. And so, we bid farewell to Linda, thanking her for her hard work and dedication, and sending our hopes for her happiness, and all good things to come.

Salute to VICAP Volunteers

Please join us in recognizing our VICAP (Virginia Insurance Counseling and Assistance Program) volunteers who give freely of their time to help older adults, persons with disabilities and caregivers with Medicare and other insurance programs:

- Ms. Vanessa Brooks
- Mr. Grover Carter
- Ms. Patricia Daniels
- Mr. Michael Fager
- Mr. Roger Hultgren
- Dr. Robert Hurley
- Ms. Kathleen Kirk
- Mr. Franck Lamy
- Ms. Patricia LaRaja
- Mr. Mark Lee
- Mr. John Purnell
- Ms. Jean Scott
- Mr. Michael Smith
- Ms. Susan Smith
- Ms. Gwyneth Wong

Ongoing contact and oversight will be provided by Senior Connections for volunteers and participating seniors.

For more information about signing up as a volunteer or receiving this service, please call (804) 343-3024.

TeleBridges:

Connecting to Hope, One Voice at a Time

Shana Beverly, Volunteer Programs Manager

Our fast-paced, ever-changing world can bring along its share of challenges and opportunities. Being separated from family, experiencing the loss of loved ones, and changing health status can contribute to feelings of isolation and loneliness.

There are people who care and ways to stay connected. Telebridges is a Telephone Reassurance Program that provide friendly, concerned, volunteers who will stay in touch with seniors two to five times per week. Each phone call provides reassurance by offering a listening ear and an encouraging word.

If you would like to be a Telebridges volunteer:

- Attend an orientation and training
- Become matched with a senior/caregiver
- Make calls to your assigned senior two to five times per week

If you would like to receive a Telebridges Reassurance:

- Call Senior Connections 343-3000
- Register and get screened
- Become matched with a volunteer

Ongoing contact and oversight will be provided by Senior Connections for volunteers and participating seniors.

For more information about signing up as a volunteer or receiving this service, please call (804) 343-3024.
Resources

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.

Support Groups

*(Continued from Page 8)*

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lupus Foundation</td>
<td>804-262-9632</td>
<td><a href="http://www.lupus.org">www.lupus.org</a></td>
</tr>
<tr>
<td>Memorial Regional Medical Center</td>
<td>8260 Atlee Road, Mechanicsville Ethel Gordon 804-764-6674</td>
<td></td>
</tr>
<tr>
<td>Mended Hearts</td>
<td>1st Tuesdays: 6:00 p.m. Ethel Gordon 804-764-6674</td>
<td></td>
</tr>
<tr>
<td>Henrico Doctors’ Hospital Forest Avenue Campus</td>
<td>804-741-3893</td>
<td></td>
</tr>
<tr>
<td>Multiple Myeloma</td>
<td>3rd Mondays except July and August 7:00 to 8:30 p.m. Barbara Marx 804-355-6217</td>
<td></td>
</tr>
<tr>
<td>National Multiple Sclerosis Society</td>
<td>804-353-5008</td>
<td></td>
</tr>
<tr>
<td>Parkinson’s Disease</td>
<td>Circle Center Adult Day Services 4900 West Marshall Street Ann Spinks 804-355-5717</td>
<td></td>
</tr>
<tr>
<td>Metro Chapter Parkinson’s Disease</td>
<td>3rd Sundays 2:00 p.m. HealthSouth Hospital Kathy Morton 804-730-1136</td>
<td></td>
</tr>
<tr>
<td>Post Polio Central Virginia</td>
<td>Carol Kennedy 804-740-6833</td>
<td></td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>3rd Thursdays 7:00 p.m. Ridge Baptist Church Peter Moon 804-346-4407</td>
<td></td>
</tr>
<tr>
<td>Reach Out for Life</td>
<td>(Breast Health Education) <a href="http://www.reachoutforlifeva.org">www.reachoutforlifeva.org</a> (804) 977-3920</td>
<td></td>
</tr>
<tr>
<td>Richmond Fibromyalgia and Chronic Pain Association</td>
<td><a href="mailto:sue@richmondfibro.org">sue@richmondfibro.org</a> 804-859-4621</td>
<td></td>
</tr>
<tr>
<td>Smyelin MS Support Group</td>
<td>3rd Wednesday noon to 2:00 p.m. Chesterfield Fire Station #4 Midlothian, VA 23113</td>
<td></td>
</tr>
<tr>
<td>Well Spouse Group</td>
<td>2nd Tuesdays 7:00 - 9:00 pm Henrico Doctor’s Hospital Parham Campus Kathy Jarrell (804) 545-4592</td>
<td><a href="mailto:kathy.jarrell@hcahealthcare.com">kathy.jarrell@hcahealthcare.com</a></td>
</tr>
</tbody>
</table>

Support Groups

*(CONTINUED FROM PAGE 8)*

Are YOU Interested in . . .

- On-the-Job Training?
- Making Yourself more Marketable?
- Learning New Skills or Updating Current Ones?
- Earning Income While You Learn?

The Senior Community Service Employment Program (SCSEP) at Senior Connections Is For YOU!

For more information, please contact:

- **Erika Payne**  (804)343-3021
- **Doris Williams**  (804)343-3020
- **Mary Johnson**  (804)343-3034

The Resource for Aging Well www.seniorconnections-va.org
GrandDriver is an educational 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 Department of Motor Vehicles. Please visit www.granddriver.net for additional information.

Stay Mobile. Learn How.

What is GrandDriver?

MATURE LIFE MAILING LIST CHANGE FORM

☐ Address ADDITION
☐ Address CHANGE
☐ Address DELETION

Complete this Section for Change of Address Only

Please Print:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City/State/Zip</th>
</tr>
</thead>
</table>

Please return the completed form to Senior Connections/Mature Life, 24 East Cary St., Richmond, VA 23219.

REGISTRATION OPEN FOR 2018 VIRGINIA SENIOR GAMES

“Life Begins at 50 with Fitness and Gold!” This is what the Virginia Senior Games are all about as they enter their 40th anniversary of promoting healthy lifestyles for Virginia residents! Presented annually by the Virginia Recreation and Park Society, the games, to be held May 11-12 (Pickleball) and May 16-19, are being hosted by Henrico County Recreation & Parks. Between now and April 15, interested participants can register at www.virginiaseniorgames.org.

Virginia Senior Games strive to provide something for everyone 50 and better! From swimming to tennis, events are chosen to include the non-athletic as well as the athletic, to accommodate all skill levels, and to promote an atmosphere of competition and fun. The games attract more than 1,000 senior athletes who compete in Olympic-style events for Gold, Silver, and Bronze medals.

The Virginia Senior Games are qualifying games for 2019 National Senior Games, which will take place June 14-25, 2019 in Albuquerque, New Mexico. VSG is also an open event, so that no scores or times are required for entry. Athletes can compete in multiple sports, and out-of-state sportspersons are welcome. Competition adheres to National Senior Games rules, and medals are awarded in each age category (5-year increments). Additionally, athletes and their guests are treated to an annual Athletes’ Party and Wellness Fair, based on a new festive theme each year and offering activities, musical entertainment, and snacks, all in keeping with a showcase for services and resources for healthy lifestyles in Virginia.

Veterans Resiliency Holistic Clinic

The clinic is held on the fourth Wednesday of each month at Unity of Richmond Church, 800 Blanton Avenue. For additional information please call 448-9955, email Karen@veteransresiliency.com or visit www.veteransresiliency.com

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.
Calendar

FEBRUARY

AARP Tax Aide Site at Senior Connections
24 E. Cary Street, Richmond
1st Floor Resource Center
Wednesdays, Thursdays, Fridays, 11:00 a.m. to 2:00 p.m.
AARP-certified volunteer tax preparers will assist older adults, especially those on fixed incomes, and persons with disabilities prepare their 2017 Individual and state tax returns. Appointments are required. Please call Mrs. Pat Giesen at 804-343-3059 or Ms. Cheryl Arrington at 343-3023 to schedule an appointment or for more information.

Dominion Energy Jazz Cafe (Through February 22nd)
Thursdays 6:00 to 9:00 p.m.
Virginia Museum of Fine Arts 200 N. Boulevard
Sponsored by Dominion Energy and Virginia Museum of Fine Arts in conjunction with the Richmond Jazz Society. Free and open to all ages. Groove to an eclectic mix of jazz ensembles. Light fare and beverages available for sale. For more information call (804) 340-1400.

Presidents Day Holiday
Monday, 2/19
Senior Connections will be closed in observance of this holiday

Evening Yoga in the Garden
Thurs., 2/22 to Thurs., 3/29
6:00 to 7:00 p.m.
Lewis Ginter Botanical Garden 1800 Lakeside Avenue
Learn yoga’s calming rhythms of breathing, movement, and posture during this evening offering in a tranquil Garden setting. Please bring a blanket, yoga mat, water and appropriate layered clothing. Classes take place in the Garden or inside Garden buildings, depending on weather. Admission for Garden Members is $5; non-Members $15. Please call (804) 262-9887 for more information.

FEBRUARY

MARCH

National Nutrition Month
Henrico County Senior Law Day
March 7; 1:00 to 4:00 p.m.
Tuckahoe Library
1901 Starling Drive
For more info: Mrs. Pat Giesen
343-3059; giesen@youraaa.org
Ms. Jelisa S. Turner
501-5065; jelisa.turner@henrico.us
Hanover Senior Law Day
March 13; 1:00 to 3:00 p.m.
Mechanicsville Baptist Church, 8016 Atlee Road
For more info: Mrs. Pat Giesen
343-3059; giesen@youraaa.org
Senior Connections’ Board Of Directors Meeting
Tuesday, 3/27; 1:30 p.m.
Senior Connections 3rd Floor Board Room
Good Friday Holiday
Friday, 3/30
Senior Connections will be closed in observance of this holiday

APRIL

Being Mortal: Soup for the Caregiver’s Soul Workshop
Wednesday, 2/28
2:00 to 3:30 p.m.
N. Courthouse Rd. Library
325 Court House Road
If you thought you were dying, what would matter most? Join a national dialogue taking place in your community concerning an inescapable reality of life: death. Gather with friends, neighbors and peers to watch the FRONTLINE documentary, “Being Mortal,” which explores what matters most to patients and families experiencing serious illness. Registration will be held from 1:30 to 2:00 p.m. Light refreshments will be provided. For more information contact the Senior Advocate at 804-768-7878 or Senior Advocate@chesterfield.gov.

City of Richmond Senior Law Day
Thurs., April 5, 10 a.m.-3 p.m.
Senior Connections
24 East Cary Street
For more info: Mrs. Pat Giesen
343-3059; giesen@youraaa.org

MAY

35th Annual Older Americans Month Luncheon
May 10, 10:00 to 1:00 p.m.
Second Baptist Church
3300 Broad Rock Boulevard
Sponsored by Senior Connections and the Richmond Coalition On Aging (formerly The National Caucus on Black Aged). Exhibitors will offer community resources from 10:00 a.m. to 11:00 a.m. followed by lunch. The old school music group, “Bak ‘n’ Da Day,” will perform. Tickets are $17 per person. To purchase tickets or for more details, please call Marilyn Mitchell at (804) 343-3000.

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 ____________________________
City State Zip _______________________
Address ___________________________

I wish my contribution to remain anonymous.

I receive Mature Life.
I do not receive Mature Life but would like to be added to the mailing list.

For more info: Nancy Goodman
966-1853; nancy.goodman@dss.virginia.gov

New Kent County Senior Law Day
May 10, 1:00 to 4:00 p.m.
New Kent Human Services Bldg., 7911 Courthouse Way
For more info: Nancy Goodman
966-1853; nancy.goodman@dss.virginia.gov

Powhatan County Senior Law Day
May 23, 1:00 to 4:00 p.m.
Powhatan Volunteer Rescue Squad Reception Building
For more info: Mrs. Pat Giesen
343-3059; pgiesen@youraaa.org

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

$20 $10 $5

Other Amount $___________________________

Name ____________________________
City State Zip _______________________
Address ___________________________

I wish my contribution to remain anonymous.

I receive Mature Life.
I do not receive Mature Life but would like to be added to the mailing list.
Senior Connections

804.343.3004
Kathy Brown
Register, call
For more information on to

Each class is 2 hours
a week for 4 weeks
week for 4 weeks or twice
Classes are held once a

Workshops is FREE

About falling?
Do you have concerns

A Matter of Balance

A program designed to reduce the fear of falling and encourage activity.

Many older adults are concerned about falling and restrict their

You will learn to:

- Practical strategies to manage falls.
- Exercise to increase strength.
- Home changes to reduce fall
- Tips for grocery and laundry
- VIEW FALLS AS OPPORTUNITY
- VIEW FALLS AS OPPORTUNITY

WHO SHOULD ATTEND

Those who need, family member, friends, neighbors, and caregivers.

Why Falls Are Dangerous

- 1/3 of adults over 65 fall each year.
- 1 out of 5 fallers get injured.
- 1 out of 2 falls result in a fracture.
- 1/3 of falls result in hospitalization.

Location:
Baymont Inn & Suites
34 E. Third Street
Greensburg, PA 15601
Phone: (724) 347-7045

Sponsorship:
ACCPLING
Ceremony
Launch and awards
1st Annual Empty Plate
October 3, 2018
SAVE THE DATE

To 412-740-9999
Blacksburg, VA 24060
24 East College Street