2016 General Assembly: Chronic Disease Self-Management Education Program (“You Can Live Well Virginia”) Highlighted for Members

The Virginia Association of Area Agencies on Aging (V4A) provided the 2016 General Assembly with information about the Chronic Disease Self-Management Education (CDSME) Program. The goal is to expand statewide into 42 cities and counties that currently do not have access to these services. The expansion will allow more than 3,000 additional older Virginians to have access to these health status improvement services.

The goal is to help individuals manage their chronic conditions and improve health status while also reducing unnecessary emergency room and hospital use and readmissions. Further, completers will demonstrate an improvement in their pre- and post-course knowledge and skill in managing their chronic diseases.

It is reported that, on average, a “minor” emergency room visit costs almost $700 ($687) and a “major” visit averages over $1,000. So the $275 cost per participant in the program can significantly reduce unneeded health care spending.

Statewide expansion of Chronic Disease Self-Management Education (CDSME) is a significant need in the Commonwealth as many Virginians are living with chronic conditions. Data collected by the Behavioral Risk Factor Surveillance System (BRFSS) from 2011 to 2013 found a high percentage of Virginians have been diagnosed with high cholesterol (38.6%), hypertension (31.5%), arthritis (25.4%), depression (16.5%), diabetes (9.8%) and cancer (5.9%). Among older Virginians, those aged 65 and over, the percentage diagnosed with high cholesterol (44.9%), hypertension (61.4%), arthritis (52.5%), depression (14.1%), and diabetes (20.9) is even greater.

Based on 2013 census data Virginia has approximately 8.3 million residents, which includes about 1.1 million older adults. Among the diagnoses with the highest percentages, high cholesterol (3.2 million), hypertension (2.7 million) and arthritis (2 million), the number of individuals affected is in the millions.

The burden of chronic disease conditions is clear; that, then, results in decreased quality of life and poorer health outcomes.

Senior Advocacy 101

In preparation for the Virginia General Assembly Session and to line up participants for Senior Advocacy Day, Senior Connections conducted an Advocacy 101 Session, titled “Effective Advocacy on Issues that Impact Older Adults and Caregivers,” this year. Featured speakers were the Honorable Walter Stosch, the Honorable Pete Giesen, Mr. Matt Benedetti and Mrs. Nancy Nagle Bodio. The speakers provided tips for effective advocacy which included:

1. Be truthful and know your facts

CONTINUED ON PAGE 2

Senior Advocacy Day Held on January 27 at the General Assembly

Senior Connections’ representatives and staff joined with other senior advocates for the annual legislative breakfast hosted by the Virginia Center on Aging at Virginia Commonwealth University. After an informative presentation about the Center, advocates united to visit the General Assembly. Visits were made to the offices of all General Assembly representatives for Planning District 15 to ask for support of the Legislative Platform of the Virginia Association of Area Agencies on Aging. Joining Senior Connections for the legislative visits were members of the Chesterfield Council on Aging.

CONTINUED ON PAGE 3

Health Plan stated findings on the percentage of individuals affected by diabetes (37.7%), depression and anxiety (33.6%), poor physical health (25.5%), heart disease (20%) and hypertension (13.3%) in rural areas. The plan emphasizes the need to effectively manage chronic conditions and reduce costs, specifically making the recommendation to “incorporate (evidence-based) models of chronic disease self-management, similar to those developed by Virginia University (CDSME) in rural areas.

2016 Legislation of Interest to the Virginia Department for Aging and Rehabilitation Services (DARS)

ALZHEIMER’S DISEASE AND RELATED DISORDERS
HB 337 Neurodegenerative diseases; informed consent to experimental treatment. Brendra Pogge
Provides that in the case of persons suffering from neurodegenerative diseases causing progressive deterioration of cognition for which there is no known cure, the implementation of experimental courses of therapeutic treatment, including non-pharmacological treatment, to which a legally authorized representative has given informed consent to experimental courses of treatment, without reference to non-pharmacological treatment, given by a legally authorized representative shall not constitute the use of force. This provision replaces a current provision that informed consent to experimental courses of treatment, without reference to non-pharmacological treatment, given by a legally authorized representative shall not constitute the use of force.
period of time, including cancer, heart failure, renal failure, liver failure, long duration respiratory disease, and Alzheimer’s disease and related dementias. The bill also directs the Department of Health to establish a palliative care consumer and professional information and education program to maximize the effectiveness of palliative care initiatives in the Commonwealth by (a) requiring that comprehensive and accurate information and education about palliative care is available to the public, health care providers, health care facilities, and (b) implementing such other initiatives related to education about palliative care and the delivery of palliative care services as may be necessary to educate health care professionals and the public about palliative care. The bill further establishes the Palliative Care and Quality of Life Advisory Council to advise the Department on matters related to the establishment, operation, maintenance, and outcomes evaluations of such initiatives.

**BOARDS**

**HB 816 Public Guardian and Conservator Advisory Board**

Removes from the membership of the Public Guardian and Conservator Advisory Board (the Advisory Board) one representative of the Virginia Guardianship Association. The bill also moves existing provisions relating to the Advisory Board from Title 2.2 (Administration of Government) to Title 51.5 (Persons with Disabilities) for administrative purposes.

**HB 415 People with Disabilities, Virginia Board for; powers and duties, report.**

Requires the Board for People with Disabilities to submit an annual report, beginning July 1, 2017, to the Governor that provides an in-depth assessment of at least two major service areas for people with disabilities. Under current law, the Board assesses the entire system on a triennial basis.

**SAVINGS TRUST ACCOUNTS**

**HB 1035 Elderly care savings trust accounts; established, administered by the Virginia College Savings Plan.**

Establishes elderly care savings trust accounts to be administered by the Virginia College Savings Plan to facilitate the saving of private funds to defray the medical and health-related expenses of the elderly. Elderly care savings trust accounts may be opened on behalf of qualified beneficiaries who are at least 45 years old. Contributions to an elderly care savings trust account and any earnings on the account may be used to pay or reimburse the medical and health-related expenses and costs of beneficiaries who are at least 60 years old. The account may be used solely for medical and health-related expenses and costs that are not otherwise paid or reimbursed or claimed as a federal or Virginia income tax deduction, subtraction, or credit. Contributions must be in cash. The qualified is the owner of the account and is limited to owning one account. The bill requires the Virginia College Savings Plan to establish (i) a minimum and maximum annual contribution to an elderly care savings trust account, (ii) a maximum total contribution to each elderly care savings trust account, (iii) a separate account for each qualified beneficiary, and (iv) terms and conditions for account refunds, withdrawals, transfers, and penalties. Under the bill, earnings on elderly care savings trust accounts are exempt from Virginia income tax. Distributions for qualified medical and health-related expenses of an elderly person are also exempt from Virginia income tax. All other distributions generally will be subject to Virginia income tax, with the taxable amount computed in the same manner that distributions from ABLE savings trust accounts are includable in federal gross income under § 529A of the Internal Revenue Code. The bill has a delayed effective date of January 1, 2017.

**HB 1103 ABLE savings trust accounts; exclusion from determination of state means-tested assistance, etc.**

Provides that notwithstanding any other provision of state law that requires consideration of one or more financial circumstances of an individual for the purpose of determining (i) the individual’s eligibility to receive any assistance or benefit pursuant to such provision of state law or (ii) the amount of any such assistance or benefit that such individual is eligible to receive pursuant to such provision of state law, any (a) moneys in an ABLE savings trust account for which such individual is the beneficiary, including any interest on such moneys, (b) contributions to an ABLE savings trust account for which such individual is the beneficiary, and (c) distribution for qualified disability expenses for such individual from an ABLE savings trust account for which such individual is the beneficiary shall be disregarded for such purpose with respect to any period during which such individual remains the beneficiary of, makes contributions to, or receives distributions for qualified disability expenses from such ABLE savings trust account.

**FINANCIAL EXPLOITATION**

**HB 162 Incapacitated persons; expands class of victims of crime of financial exploitation.**

Expands the class of victims of the crime of financial exploitation of incapacitated persons to include persons incapacitated due to physical illness or disability, advanced age, or other causes. Currently, victims must suffer from a mental incapacity. The bill also allows for forfeiture of personal property used in connection with the crime.

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**VETERANS**

**Veterans Administration Disability Pension: Are You Eligible?**

**Contributed by Taylor N. Payne, Esq. and Sheryl Herndon, Esq.**

There are a variety of benefits available through the Veterans Administration to provide for veterans’ education, health, and household needs. Some of these benefits are well-known to veterans, while others are little-known or misunderstood. One program that is often overlooked is the Veterans Administration Disability Pension. Many veterans (and the public at large) have never heard of or been exposed to the program. Even among those who are aware of the benefit, many are mistakenly informed that they do not qualify. The disability pension is known by many different names, which can lead to the misinformation surrounding the benefit. Aid & Attendance, Improved Pension, and Special Monthly Pension are some of the names used to refer to the same benefit.

The disability pension is available to certain wartime veterans and their surviving spouses. It provides additional income to the veteran (or surviving spouse) to help pay for their medical expenses. Eligibility for pension depends on a number of factors: the veteran’s military service, health care needs and expenses, household income, and household net worth.

**ELIGIBILITY**

**Military Service**

Veterans are eligible if they served 90 consecutive days of active duty with the military (or served with another approved civilian or paramilitary group). At least one day of the 90 days must have been during a defined wartime period. The veteran must have been discharged from service other than dishonorably.

**Age or Disability**

The veteran must either be over the age of 65 or totally and permanently disabled, as defined by federal regulation.

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**Income**

Although the VA imposes an income limit on applicants, eligibility is based on the “countable” income of the veteran or the surviving spouse. Since the income is reduced by care and medical expenses, which may include care provided by family members (other than a spouse) and friends, even those with monthly incomes of $6,000.00 or more may qualify for benefits.

**Net Worth**

The veteran’s household net worth must be such that it cannot reasonably be predicted to last the veteran’s lifetime. This subjective determination considers the veteran’s life expectancy, care costs, income, and assets.

Among other factors, the amount of pension available to a veteran depends on whether the veteran has dependents and the veteran’s level of care needs. Veteran’s requiring the regular aid and attendance of another person are entitled to the highest pension rates. A veteran is in need of aid and attendance if, because of a mental or physical disability, the veteran resides in a nursing home or assisted living facility, is blind or nearly blind, or requires regular assistance with activities of daily living, such as bathing, walking, and eating.

The amount the VA will pay depends on the individual’s circumstances. The maximum annual benefit amounts in 2015 were: $21,456.00 for a veteran with no spouse or dependents; $25,440.00 for a veteran with a dependent or spouse; and $13,788.00 for a surviving spouse of a veteran. Rates for 2016 have not been released, but they likely will not change, or will change very little.

Sheryl Herndon is an Elder Law Attorney with the Law Firm of White & McCarthy LLP in Chesterfield County. Ms. Herndon is also a member of the Advisory Council for Senior Connections. Taylor Payne is also an Elder Law Attorney.
COMMUNITY

Inspiring Products that Promote Healthy Aging and Person-Centered Care for Professional Caregivers

SARA LINK, DIRECTOR 
GREATER RICHMOND AGE WAVE COALITION

Set among 3D printers and exciting technology projects, more than 50 people from various sectors of our community gathered to hear business pitches for innovative products and services in aging at the VCU Art Depot earlier this month. Aging2.0 Richmond Pitch Event (Connect! Caregiving, Transportation & Housing) served as a kick off for the new local chapter of Aging2.0 Richmond, which operates under the Greater Richmond Age Wave collaborative.

Beth Ludden, Senior Vice President of LTC Product Development for Genworth Financial, chairs the Business for Life (BFL) work group, part of implementation of the Greater Richmond Regional Plan for Age Wave Readiness. Ludden opened the event with a presentation that outlined the BFL work group and Aging2.0, plus some inspiration for the audience of investors, industry leaders and age network professionals. “I am personally trying to change the belief that aging isn’t fun,” Ludden announced.

The crowd heard four-minute pitches from six local entrepreneurs at varying stages in their product/service development. Two minutes were allotted for questions and answers from the audience, who then had one minute to rate the pitch via an online survey service on their smart devices.

Votes were tallied, and the top prize went to “Catch a Glimpse of Me” (trademark pending). Created by Lindsay King Seymour, it’s a tool that helps long-term care community staff members provide a higher level of person-centered care through the use of video-taped resident interviews.

Read about the BFL work group and other participants in the Event Program

Seymour, who graduated from VCU with a master’s in gerontology in 2014, said the idea for “Catch a Glimpse of Me” came to her in graduate school. She has been working as a recreation specialist at Covenant Woods Retirement Community for the past 12 years, and has a particular interest in exploring ways to provide quality person-centered care for individuals living in long-term care communities. Recently she was awarded the Marion Cotter King award to acknowledge outstanding contribution to the study of recreation, leisure, and optimal aging.

The Greater Richmond Age Wave thanks Genworth for sponsoring the Aging2.0 Pitch Event, as well as fellow philanthropic partners Richmond Memorial Health Foundation, The Community Foundation, Jenkins Foundation and United Way of Greater Richmond & Petersburg.

About the Business for Life Work Group

The Business for Life Work Group, part of the implementation of the Greater Richmond Regional Plan for Age Wave Readiness, is chaired by Beth Ludden, Senior Vice President of LTC Product Development for Genworth Financial. The group brings together a network of businesses, professionals focused on aging challenges & services, VCU professors and students, and local providers focused on future services and products that appeal to a growing market of consumers. By considering key factors of physical environment, access to services, customer appeal, workforce, marketing and engagement, the Business for Life work group provides a platform to foster sound business practices and enhance profitability. As with all work group initiatives, these goals promote active aging, as well as engagement, livability, stability and wellness for all generations in the Richmond region.

About Aging2.0

Aging2.0 is a global organization that aims to accelerate innovation that will improve the lives of older adults around the world. Richmond is one of 18 local chapters in North America. Local events like the November 5 Pitch Session allow chapters to host innovators and have them present to a broad cross-section of the aging and long-term care community; this helps the global network see where innovators are and what they’re working on. The organization provides opportunities to connect with investors, mentors and other strategic groups.

For more information about the Greater Richmond Age Wave and/or to engage in our local Aging 2.0 chapter movement, email Sara Link, Director of Greater Richmond Age Wave, saralink@agewellva.com or visit our collaborative website: www.agewellva.com. We have a full calendar of events for 2016 and our first networking session will be in March.


2016 Schedule of Events

Aging 2.0 RVA is hosting four “Business For Life” events this year to further our regional goal of integrating business and innovation into our growing community of older adults. Mark your calendars for the following dates:

- Friday, March 24
  Liquid Networking, 6:00 to 8:00 p.m. at Final Gravity, 6118 Lakeside Avenue, Henrico, VA 23228

- Thursday, April 7
  Regional Pitch Event for Global Startup Competition, 6:00 to 8:00 p.m. at Genworth, 6620 West Broad Street, Richmond, VA 23230

- Friday, September 30
  Active Aging Week/Expo/Pitch Event, 10:30 a.m. to 12:30 p.m. at Genworth

- Tuesday, November 3
  Focus Group at Floricane, 300 East Franklin Street, Richmond, VA 23219
The Senior Center of Greater Richmond, Inc.

Jennifer Turner is Heaven's Elder

SupportiveInquiries
804-442-2589
www.HomeCarePartnersofCentralVA.com

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Elderly is never alone.

Available, Compassionate, In-Home Care.

You are your family's first line of defense.

From a few hours to 24/7 care.

The Senior Home Care

Assisted In-Home Care

Electronic Care Information

Esential Needs For Isolated Seniors

10th Annual Holiday Gift Basket Project Provided

Community
Local Government Connections

The Senior Connections Service Region
Senior Connections, The Capital Area Agency on Aging serves the citizens of Planning Service Area 15 (PSA 15) which includes the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan, and the City of Richmond. We maintain a central office at 24 East Cary Street and 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.

New Kent County
New Friendship Café at New Generations Church is growing with members and activities. The Café is located at 5610 Pocahontas Trail, Providence Forge.

Hanover County
“Finding Value in Your Prime”
Thursday, April 21 8:30 a.m. - 2:00 p.m.
First Baptist Church in Ashland
Register now to attend Hanover County’s largest resource collaboration for seniors brought to you by Hanover Council on Aging, Hanover- Ashland Triad, Ashland and Mechanicsville Chapters of AARP, and Hanover County Parks and Recreation. Participants will enjoy breakfast, lunch, presentations on active lifestyles, health and travel, fitness and art demonstrations and activities, community resources and door prizes. Want to find value in your prime collectables or treasured heirlooms? Appraisers will be offering free appraisals of small table top sized items or jewelry. Limit of two items per senior attendee. Bring your treasures to learn more about their past and your fortune! The deadline to register for this free event is Friday, April 15th. For more information please call 804-365-4300. Please visit: http://tinyurl.com/valueinyourprime to register.

Henrico County
Ms. Jelisa Turner joins Henrico County as first Senior Advocate. Ms. Turner will focus on the needs of the County’s growing aging population in collaboration with all County programs. Ms. Turner can be reached at 804-501-5065 or TurnerJ60@henrico.us.

Henrico County Party In The Park
Thursday, May 19, 10 a.m. - 1 p.m.
Eastern Henrico Recreation Center

Powhatan County
The Powhatan County Sheriff’s Office Takes a Leadership Role in the Caring for Powhatan County Seniors
Contributed by Sergeant Brad Luzford
There are exciting things happening for seniors in Powhatan County. Seniors make up 18 percent of our population as opposed to the Virginia state average of 15 percent. We are very fortunate to have such a diverse and wise population of people and Sheriff Brad Nunnally is committed to protecting their quality of life. Through the leadership and initiatives of the Sheriff’s Office, these goals are being met within our community.

The concept of a Triad began in 1988 through a partnership between the American Association of Retired People (AARP), the International Association of Chiefs of Police and the National Sheriff’s Association. Triad is committed to eliminating abuse and victimization of the elderly. The Powhatan County Triad Program is a public/private consortium made up of the Powhatan County Sheriff’s Office, Powhatan County Social Services, Senior Connections, the Office of the Attorney General of Virginia (OAG), and the wonderful senior community in Powhatan County. The program began in 2009 through a grant from the OAG Office and the collective efforts of the above organizations and community leaders.

Our Triad program developed under Powhatan’s local government

Continued on next page
Powhatan County

The Powhatan County Sheriff’s Office takes a leadership role in the caring for Powhatan County Seniors through the Sheriff’s Office and is not a non-profit organization. It strives to serve senior citizens through education and support programs for crime prevention, health, and quality of life issues. Our senior citizens can be more susceptible to violence, fraud and property crime. We are here to armor them against these things through education, training and knowing that there are people and groups they can turn to when they have a problem. They are not alone.

Our Triad group meets monthly when guest speakers visit and educate the group on a myriad of topics. Each month Sheriff Brad Nunnally and/or his Triad liaison speak to the group about crime trends and scams, and various crime prevention topics that may be occurring at that time. Once a year the group sponsors a Senior Fair. At this fair, numerous vendors, government services, and non-profit groups set up booths to educate and advertise. Also, there are guest presenters that speak on various topics. Finally, and very importantly, there is great food served and a warm feeling of community.

This year under the leadership of Sheriff Nunnally the Sheriff’s Office is starting a new program with, and for, the Triad. With the use of funds obtained through grants from Social Services and another grant from the OAG, we will be starting a mobility equipment program for seniors in our Triad. Items such as wheelchairs, wheelchair ramps, personal medical alerts, fans and air conditioners will be loaned out to our seniors in need. When no longer needed the items will be collected and re-loaned. There is no charge for this service. As other grants become available and items are donated, more loaner items will be available. We will also accept donations of money and equipment from others to add to our inventory. This type of program is unique in Virginia.

The Powhatan County Sheriff’s Office partnered with Project Lifesaver International and began a Project Lifesaver Program in 2007. Project Lifesaver is a system to assist in the locating of lost persons afflicted with dementia (Alzheimer’s disease) or autism spectrum disorder. Both of these conditions compel a person to wander. They do not travel like the rest of us and can be very difficult to find with normal search techniques. Through the years this program has grown from an initial five clients to on average of fifteen people in the program. We have had as many as eighteen people and currently have enough equipment for nineteen.

The number of elderly with Alzheimer’s is expected to rise and we will be ready for this. This program is free and our goal is to continue to keep it that way as long as possible. The Sheriff’s Office supplies the labor to maintain equipment and to search for lost people. The money for the costly equipment has come from grants and donations from Walmart, Wawa, the OAG’s Office, numerous civic associations such as the Moose Lodge and Wings of Hope, and fundraising drives by clients and the administrator of the PLS Program.

This year, Sheriff Nunnally would like to see the Project Lifesaver Program improved by increasing education and support to the caregivers. Both of these conditions are extremely hard on those caregivers. In families hit by Alzheimer’s, the caregiver is usually also elderly or a grown child with a family of their own. Packets of information on each condition will be assembled and given to the families of our clients. There are grants and ways to get assistance to such families to give them a breather from the day to day, twenty-four-hour care. Even an afternoon once or twice a week can make a huge difference for the health of the caregiver. PLS deputies will offer information and assistance in obtaining these grants.

If you have any questions about Triad or Project Lifesaver please contact me, Sergeant B. B. “Brad” Luxford at the Powhatan County Sheriff’s Office. My office number is 804-598-5757. Or drop me an e-mail at bluxford@powhatansheriff.net.

Powhatan TRIAD Meeting

Wednesday, May 4
St. John Newmann Catholic Church
2480 Batterson Road

Senior Law Day
Tuesday, May 17; 1:00 to 4:00 p.m.
Powhatan Rescue Squad Building
Marlon Harland Drive
Free legal documents (Simple Wills, Durable Powers of Attorney, and Advance Medical Directives) will prepared for eligible seniors and persons with disabilities. There is an income eligibility requirement. Please contact Joan Doss at 804-556-4816 or jdoss@yourraaa.org to sign up or more info.

Powhatan County

The Powhatan County Sheriff’s Office Takes a Leadership Role in the Caring for Powhatan County Seniors

Joan Doss (seated, second from left) with other members of the Powhatan TRAID. Ms. Doss is Senior Connections’ Care Coordinator for Powhatan and Goochland Counties.

Powhatan TRIAD Senior Resource Fair

Wednesday, May 25th; 10 a.m. to 2:00 p.m.
National Guard Armory
Fighting Creek Park

Cameron Coulter

Agency Welcomes Mr. Cameron Coulter to the Care Coordination Program.
Cameron Coulter brings a diverse background of experience from Social Worker to Resident Services Manager with facilities and health care agencies in Massachusetts. Mr. Coulter earned a bachelor of arts degree in history and a master of arts degree in Healthcare Administration. He is also a Certified Alzheimer’s Trainer. Cameron served in the United States Navy on the USS Harry S. Truman out of Norfolk VA. Cameron will assist older adults, in the City of Richmond, with accessing and utilizing resources.

Senior Connections is partnering with several groups in Richmond to provide a range of health and wellness activities. These include transportation, dental services and nutritional counseling.

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

Senior Connections’ Care Coordinator for Powhatan and Goochland Counties.

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

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

Any person who believes he or she has been discriminated against in any agency-related activity or service, is encouraged to write to: Executive Director, Senior Connections, 24 E. Cary St., Richmond, VA 23219-3796. [March 2015]

EEO/AA

NONDISCRIMINATION POLICY


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EEO/AA
The Central Pierce County Health Department encourages you to make it a priority to visit your doctor for regular health screenings. Regular screening can help detect and prevent health issues early, improving outcomes and quality of life.

In Your Everyday Planning

Remember to plan ahead for your next doctor’s appointment. This can help you avoid missing important health screenings and maintain a regular health checkup schedule.

Some Common Recommendations

- Get regular physical activity
- Eat a healthy diet
- Avoid smoking and excessive alcohol consumption
- Manage stress
- Get enough sleep

Transportation Options

For more information please call (253) 802-9029. Transportation options may vary depending on location and availability. Please check with your local transportation provider for details.

Goodman County Library
207 Center Street
Robert, Texas 77435

Resources and Support for Seniors and Caregivers

Senior Center
608 W. Main St.
Robert, Texas 77435

Local Support Groups

Senior Center
608 W. Main St.
Robert, Texas 77435

System Information

Identifier: RISK OF SOCIAL Isolation

Contact Information

5700 E. 11th Ave., Room 100
Pierce County, WA 98364

Phone: (253) 802-9029
Fax: (253) 802-9030

Website: www.piercecounty.org

Additional Resources

Senior Center
608 W. Main St.
Robert, Texas 77435
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.

**Metropolitan Richmond Transportation Providers**

**Access Chesterfield**
279-8489 (registration)
955-4172 (ride request)
www.chesterfield.gov/content.aspx?id=2949
Chesterfield County, with service to Richmond, Petersburg, Hopewell, Colonial Heights
Mon.-Fri., 5:30 a.m.-7:30 p.m.; Saturdays 5:30 a.m.-5:30 p.m.
Wheelchair accessible service

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

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

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

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

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

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

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

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

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

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

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

**Mechanicville Churches**
Lynn Saunders 334-6590
Mechanicville Churches
http://www.mcef.co/

**LHS23111@comcast.net**
Service provided in zipcodes 23111,23116 & a portion of 23059

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

**Saleh Medical Transportation, Inc.**
Doug Meyers 334-9511
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**
553-0526
http://www.seniorshelpingseniors.com/RVA/
Richmond and Eastern Henrico Office hours: 6:00 am to 8:00 pm. Medical and Non-medical. Only ambulatory. Private Pay: $22 per hour.

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

**Shepherd’s Center of Richmond**
355-7282
www.tscor.wordpress.com
Services provided in the following zipcodes: 23059, 23060, 23113, 23114, 23219, 23220, 23221, Shepherd’s Center - Richmond 23222 (Medical Only), 23224 (Medical Only), 23225, 23226, 23227, 23228, 23229, 23230, (Continued in next column)

**Total Praise Transport**
Donnell Fonville 229-5353
www.totalpraisetransport.com
Service provided in zipcodes: 23059, 23060, 23219, 23220, 23221, 23222, 23223, 23224, 23225, 23226, 23227, 23228, 23229, 23230, 23231, 23232, 23233, 23234, 23235, 23236, 23237, 23238, 23239

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

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

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

**VIP & Associates**
421-2500
Monday-Friday, 7 a.m. to 6 p.m. Wheelchair accessible service

**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.

**GrandDriver**

**Mature Life** February/April 2016

**Stay Mobile. Learn**

**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.
**Eating Healthy and How to Read Food Labels**

- **How to Read a Food Label**
  - Look at the Nutrition Facts table to check the calories, fat, and other nutrients.
  - Compare the product to your daily needs and choose wisely.
  - Choose foods that are low in fat, sugar, and sodium.

- **How to Read a Nutrition Facts Table**
  - **Servings per Container:** How many servings are in the container.
  - **Servings Size:** The amount of the food in a serving.
  - **Calories:** The number of calories in a serving.
  - **Total Fats:** The total amount of fats in a serving.
  - **Saturated Fats:** The amount of saturated fats in a serving.
  - **Trans Fats:** The amount of trans fats in a serving.
  - **Cholesterol:** The amount of cholesterol in a serving.
  - **Sodium:** The amount of sodium in a serving.
  - **Total Carbohydrates:** The amount of carbohydrates in a serving.
  - **Dietary Fiber:** The amount of dietary fiber in a serving.
  - **Sugars:** The amount of sugars in a serving.
  - **Protein:** The amount of protein in a serving.

- **Nutrition**

**Eat Well, Be Healthy, and Enjoy Eating**

- Choose a variety of foods from all food groups to ensure you are getting all the necessary nutrients.
- Include fruits and vegetables in your meals.
- Limit your intake of fats, sugars, and sodium.
- Drink plenty of water.

**Friendship Cares**

A new community nutrition program is being launched in the community. The program aims to educate residents about healthy eating habits and provide resources to help them make healthier choices. The program includes workshops, cooking classes, and access to healthy food options. For more information, visit [www.friendshipcares.org](http://www.friendshipcares.org) or call 123-456-7890.
Health & Wellness

50+ Poisoning Prevention Tips

NATIONAL POISON PREVENTION WEEK 2016: March 20-26 poisonprevention.org

A poison is any substance that can harm someone if it is used in the wrong way, by the wrong person or in the wrong amount. Poisoning is the leading cause of death from injuries in the United States, as reported by the Centers for Disease Control and Prevention, National Center for Health Statistics. In a recent report, it was noted that in 2008, the number of poisoning deaths exceeded the number of motor vehicle traffic deaths for the first time since at least 1980. These tips are brought to you by members of the National Poison Prevention Week Council. The Council is made up of representatives from industry, government, non-profit and health organizations to educate the public about the prevention of unintentional poisonings and accidental exposures in and around the home to protect yourself and your loved ones. This information is intended for educational purposes and we encourage you to share them with others. Use National Poison Prevention Week (March 20-26) as the time to inspect your entire home for any medicines or household products, such as detergents, cleaning products, pesticides, and fertilizers that may not be stored properly and correct the situation immediately.

General Safety Tips
- Always store medicines and household products high, away and out of sight from children.
- Install safety latches on cabinets for any medicines or household products.
- Ensure children can’t use chairs or the doorbell.
- Install safety latches on cabinets when adults are distracted when using the product for a short time before a parent notices.
- Use child-resistant packaging properly by closing the container tightly after use.
- Read medicine and product labels before each use and follow directions exactly.
- Tell children what medicine is and why you must be the one to give it to them.
- Never call medicine “candy” to get a child to take it.
- Never leave medicine out on a kitchen counter or at a sick child’s bedside.
- Always turn the light on when giving or taking medicine. Check the dosage every time.
- Put on your glasses to read the label when you need to take a medicine so that you know you have the correct amount of the right medicine.
- Avoid taking medicine in front of children.
- Never take more than the prescribed amount of medicine.
- Never “borrow” a friend’s medicine or take old medicines.
- Tell your doctor what other medicines you are taking so you can avoid harmful or dangerous drug interactions. This includes prescriptions, over-the-counter medicine, vitamins and herbal products.
- Clean out the medicine cabinet periodically, and safely dispose of medicines that are expired or no longer needed.
- Always relock the safety cap on a medicine bottle. If the medicine has a locking cap that turns, twist it until you hear the click or you cannot twist any more.
- Babysitters, visitors, and houseguests to keep purses, briefcases or bags that contain medicines up high, away and out of sight from your children.
- The same rule applies when your children are visiting a friend or relative’s home.
- Buy products in child-resistant packaging whenever possible. But remember, child-resistant is not childproof, and is designed to keep children away from the product for a short time before a parent notices.
- Always store medicines and out of sight from children.
- Buy products in child-resistant container tightly after each use.
- When you leave your children in a babysitter’s care, ensure he/she knows about the Poison Help number (1-800-222-1222.)
- Read medicine and product labels before each use and follow directions exactly.
- Teach children to always ask an adult before eating, drinking or touching anything.

Medicine Safety Tips
- Ask babysitters, visitors, and houseguests to keep purses, briefcases or bags that contain medicines up high, away and out of sight from your children.
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Aging Prisoners Benefit from the Senior Connections’ Chronic Disease Self-Management Program

Since 2013, Senior Connections, The Capital Area Agency on Aging has taken the highly effective Stanford Chronic Disease Self-Management program that it has used to strengthen the well-being of older adults in the Richmond, Virginia area and expanded its benefits to a new population—older prisoners. To date, nearly 100 male inmates from area prisons have participated in the six-week program, held two or three times a year, at the request of the local correctional facility, which has expressed enthusiasm about the program saying, “It has made a big difference in the lives of our prisoners.”

“Young experience has taught us that our evidence-based program is highly applicable to the aging prisoner population, which means there’s virtually no additional work for our staff to implement it in that setting,” says Savannah Butler, the agency’s Chronic Disease Self-Management Program/Wellness Coordinator.

“We’re providing self-management tools that not only help older prisoners but take greater charge of their health, but also give them a greater sense of purpose.”

With people over age 50 representing the fastest-growing segment of America’s prison population, an increase of 25 percent between 2009-2013, this issue has gained prominence in recent years, as local agencies like this Virginia AAA know well. For this reason, n4a, in collaboration with ACL, will be sending a “mini-poll” in early March to AAs nationwide so we can learn more about current AAA involvement with aging prisoner programs. We also want to gauge the level of interest in participating in future programs that may receive state and federal funding support.

Please contact Mary Kasechak to learn more about n4a’s involvement in this issue and the upcoming poll. AAs interested in hearing more about the Senior Connections experience on this issue may contact Savannah Butler at Senior Connections. Article from the National Association of Area Agencies on Aging (N4A)

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 Savannah Butler at 804-343-3004; sbutler@youraaa.org for more info or next class schedule.

VICAP

For both health and prescription drug help, some income and certain assets may not be counted including, but not limited to the house you live in, a car, burial plots and up to $1,500 for burial expense. If you think you are eligible, you need to apply. A VICAP Counselor can help you apply on-line for Extra Help and provide you with a referral for help applying for the Medicare Savings Programs. Please call (804) 343-3014 for more information. VICAP counseling is unbiased, confidential and free. VICAP volunteer counselors are not licensed to sell insurance and do not promote any insurance products.
The Black History Museum is Recruiting for Volunteers

For more than 30 years, the Black History Museum has been Richmond’s only museum focused on telling and preserving the stories of African Americans from Virginia. In Spring, the museum will re-open in its new location, the historic Leigh Street Armory, and volunteers are wanted.

Many types of volunteering are desirable: clerical, custodial, storytellers, docents or whatever unique gift you have! This is a great opportunity to stay active, learn about African American history and culture, gain work experience and make a difference.

The Black History Museum staff would love to have you join our growing volunteer family! To download a copy of our volunteer application, go to www.blackhistorymuseum.org. For more information, contact Mary Lauderdale at mclauderdale@blackhistorymuseum.org or call (804)780-9093.

Volunteer Opportunities at Senior Connections

Senior Connections promotes volunteer opportunities for all ages. Volunteers are a vital resource and provide support services to seniors in need. We especially encourage persons age 55 and older to volunteer. For more information or to sign up to volunteer, please call (804) 343-3014 or visit our website www.seniorconnections-va.org.

Volunteer opportunities are during business hours Monday through Friday.

- **Agency Outreach:** Schedule and deliver presentations promoting community awareness of Senior Connections, client services, and volunteer opportunities. (Minimum Eight Week Commitment.)
- **Volunteer Money Management:** An in-home check writing and financial management service for people 60 and over. Most people served by this program are low income or disabled and are having difficulty meeting monthly expenses (Background check required).
- **Volunteer Ombudsman:** (Minimum One Year Commitment preferred). Advocate for the rights of seniors living in nursing homes or assisted living facilities through friendly visits. Report residents’ concerns and complaints to Senior Connections’ Long-Term Care Ombudsman for investigation and resolution. Limited availability (Background check required).
- **Transit Trainer:** Teach older adults to use public transportation safely throughout the Greater Richmond area. Plan routes by bus or paratransit services (GRTC CARE Van); accompany a trainee on one or more trips until they are able to travel on their own (Background check required).
- **VICAP (VA Insurance Counseling Assistance Program):** Counsel on Medicare, Medicaid, supplemental and long term care insurance issues. Provide information, assistance and referral services to callers on an information hotline. (PLEASE NOTE: Insurance agents, employees or brokers, and financial planners are not eligible to serve as VICAP Volunteers).
- **PALETTE in Motion:** Links senior volunteers with health professional students from VCU to participate in the pilot of an intergenerational movement arts program (Background check required).
- **TeleBridges:** Volunteer provides friendly reassurance phone calls to seniors two to five days per week, by offering a listening ear and an encouraging word. (Background check required).
- **VOCES (Volunteers of the Commonwealth Executive Services):** Encourages persons age 55 and older to volunteer. For more information or to sign up to volunteer, please call (804) 343-3014 or visit our website www.seniorconnections-va.org.

Volunteers will attend Health Fairs and Other Community Events on behalf of the Agency.

Do You Have Two or Three Hours during the Week or on Weekends to Donate for a Worthy Cause?

Do You Like Attending Community Events?

To Sign Up or For Additional Information, Please Contact: Shana Beverly, Volunteer Coordinator (804)343-3000

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

CATCH Healthy Habits

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

Kids need more exercise.

You want to make a difference.

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

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

Beth Clifton Joins the Foster Grandparent Program Staff as Volunteer Resources Coordinator

Please join us in welcoming Ms. Beth Clifton to our staff as the Volunteer Resources Coordinator for the Foster Grandparent Program. Beth also works with volunteers in a similar position for Westminster Canterbury. Beth holds a Bachelor of Social Work Degree with a Minor in Justice and Public Safety from Virginia Commonwealth University and has a Certificate in Volunteer Administration. Ms. Clifton is also the Membership Chair for the Greater Richmond Association for Volunteer Administration (GRAVA) and a member of the Junior League of Richmond.
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.

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**Volunteer Money Management Program**

Teenagers aren’t the only ones struggling to be independent.

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

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

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**2016 AARP Foundation Tax Aide Sites in Metropolitan Richmond**

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

- **HENRICO COUNTY**
  Deep Run Park Recreation Center
  9910 Ridgefield Parkway  
  804-519-9308
  Wheelchair Accessible
  Mondays and Wednesdays 9 a.m. to 4:30 p.m.; Tuesdays and Thursdays 1 to 4:30 p.m.; Fridays 9 a.m. to 1 p.m., **No appointment required**

- **MECHANICSVILLE**
  Goodwill - Mechanicsville
  7147 Brandy Run Drive  
  804-417-6721
  Wheelchair Accessible
  Tuesdays and Thursdays, 10:00 a.m. to 3:00 p.m; **No appointment required**

- **MIDLOTHIAN**
  Harbour Point Clubhouse
  5710 Promontory Pointe Road  
  804-639-0347
  Wheelchair Accessible
  Mondays through Fridays 12:30 to 5:00 p.m., Saturdays 9 a.m. to Noon  
  **No appointment required**

- **POWHATAN COUNTY**
  Powhatan Library
  2270 Mann Road  
  804-598-7577
  Wednesdays through Fridays 9:30 a.m. to 4:30 p.m.; **No appointment required**

- **SOUTH CHESTERFIELD**
  St. Ann’s Church
  1711 Jefferson Davis Highway
  Wheelchair Accessible
  Mondays 12 p.m. to 4 p.m.; Wednesdays 9 a.m. to 1 p.m.; Fridays 12 p.m. to 4 p.m., **No appointment required**
www.virginiavoice.com

By: John B. Pippin

You can make a difference!

by providing your support to Virginia’s largest volunteer organization, the Virginia Restaurant, Bar & Medical Caterers Association. Through the generosity of donors like you, we can continue to advocate for the needs of our industry.

To support our mission, please consider making a donation:

www.virginiavoice.com/donate

Thank you for your support.

Resources

- 50+ Positron Emission Tomography (PET) Scanners
- 300 Second Baptist Church
- 1100 FM
- Program & Question:
- 1000 AM - 1100 AM
- Exhibits:
- May 19, 2012

The 3rd Annual
Older Americans Month Lunch

The Virginia Commonwealth University’s Institute for Economic Development is proud to host the 3rd Annual Older Americans Month Lunch on May 19, 2012. This event will feature keynote speakers, panel discussions, and interactive workshops focused on the needs of older adults.

For more information or to register, please visit our website at www.virginiavoice.com.

Join us as we celebrate Older Americans Month and honor the contributions of older Americans to our community.

Lunch is being held at Bank of America Amphitheater.

Parking is available near the venue.

Virginia Commonwealth University
Institute for Economic Development

May 19, 2012
Calendar

MARCH

EngAGE in Henrico Presents: There's No Place Like Home Wednesday, March 16, 11-11:30 a.m. Tuckahoe Library, 1901 Starling Dr. Henrico, VA 23229 Topic: Transforming Your Home to Successfully Age in Place. How do you decide on the types of home modifications needed to stay in your home as you age? Come join us as we learn ways to successfully and safely age in place. Learn about home updates that can make it easier for you or a loved one to go about your daily activities while staying comfortable, independent, and injury-free in your home. For more information contact Henrico County’s Advocate on Aging. Jelisa Turner at 804-501-5065 or Jelisa.turner@henrico.us.

Senior Law Day Thursday, March 17 Senior Connections, 24 E. Cary St. Richmond, VA 23219 Life Planning Documents (Wills, Durable Power of Attorney and Advance Medical Directives) will be prepared for older adults and persons with disabilities. Income eligibility requirement. Please call 804-343-3059 for additional information.

Rosie the Riveter Saturday, March 19, 2-3 p.m. Glen Allen Branch Library Celebrate Women’s History Month by learning about the WWII home front in Richmond, including women in the workforce, rationing, the role of children, and propaganda. Presented by the Valentine Museum and sponsored by the Friends of the Glen Allen Branch Library. Call 804-290-9500 for additional information.

April

Healthy Habits for Adults Wednesday, April 13 -10 a.m. Eating Healthy on a Budget Wednesday, April 20 - 2:30 p.m. Eating the Rainbow: Enjoying the Color of Your Fruits and Vegetables Libbie Mill Library 2100 Libbie Lake East Street Henrico, VA 23230 Sign up for these fun interactive classes and learn easy, creative ways to eat healthy and get moving at your own pace. For more information contact Henrico County’s Advocate on Aging, Jelisa Turner at 804-501-5065 or Jelisa.turner@henrico.us.

Secure Your ID Day Saturday, April 16, 9:00 a.m.- Noontime The Better Business Bureau will provide free off-site shredding for the public and business community. Here’s a great opportunity to safely and securely dispose of unused personal documents. BBB volunteers will guide cars through a moving line, offload their disposal items, and lock them in containers to transport them to International Paper’s shredding facility. Documents to be shredded should be removed from binders, but staples are okay. There will be free financial shredders given away to every 25th car during the event and each car will be given the chance to win a home security package! See more at: http://www.bbb.org/richmond/get-involved/secure-your-id-day/

MAY

The Joy of Wellness Saturday, April 30, 9 a.m. - 2 p.m. 5th Baptist Church 1415 W. Cary St., Richmond, VA Sponsored by Senior Center of Greater Richmond. This event includes presentations on Colon, Rectal and Feet Health as well as two Wellness Workshops and lunch. For more information or to register please call the Senior Center at 804-353-3171 or send an email to SeniorCenterRVA@gmail.com.

What Do I Eat Now? Exploring the Relationship between Food and Diabetes Tuesday, April 19, 12:00 p.m. Sandston Branch Library A Bon Secours Health Education series with speaker Marisa Ferreira, MPH, RD. Healthy snacks will be provided. For more information call 290-9900.

Identity Theft and Fraud Prevention Tuesday, April 26, 1:00 p.m. Sandston Branch Library Please join us as speaker and FBI agent David Hulsizer presents a program with tips for preventing fraud and identity theft. A light snack will be provided. Call 290-9900 for more details.

Making The Most Of Your Medicare Benefits Thursday, April 28, 1:00 p.m. Fairfield Area Library A Bon Secours Education Outreach presents Making the Most of Your Medicare Benefits for seniors. Registration required. For more information call 290-9300.

Joint Annual Meeting of Senior Connections Board of Directors and Advisory Council Tuesday, May 24, 1:30 p.m. Senior Connections 24 E. Cary St., 3rd Floor Board Room The Board and Council will discuss transportation programs and services.

Senior Connections’ Annual Open House Tuesday, May 24, 2:30- 4:30 p.m. Senior Connections 24 E. Cary St., Richmond Join us as we celebrate Older Americans Month by raising awareness about the importance of transportation in assuring the ongoing wellness for older adults. The Annual Open House will follow the Annual Meeting at 2:30 p.m. Transportation successes, opportunities and challenges will be highlighted during the Open House. For more information about the Open House, please contact Mrs. Angie Phelon at 804-343-3045 or aphonel@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 ____________________________
Yes, please send me a brochure.
Yes, I want to 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.

For more information or to place an order, please call the Senior Center at 804-343-3059.

February/April 2016
Dr. Bill Thomas: Age of Disruption Tour

“What if nearly everything we think we know about aging is wrong?”

Dr. William H. (Bill) Thomas is bringing his Age of Disruption Tour to Richmond, Virginia on Friday, April 22, 2016. Dr. Thomas is an author, performer and international authority on geriatric medicine and eldercare. Dr. Thelma Bland Watson of Senior Connections and Dr. Ayn Welleford of VCU’s Department of Gerontology in the School of Allied Health Professional will serve as City Captains of the Tour. For more information, please visit agingstudies@vcu.edu.

Governor’s Conference on Aging

“A Time for Advocacy”

This will be the first Virginia’s Governor’s Conferences on Aging since 2003. Generously sponsored by Dominion, AARP and Humana, the Conference will allow advocates to gather in Richmond on May 3-4, 2016 at the Hilton Hotel and Spa in Short Pump. There advocates will hear a range of speeches and presentations in support of the Conference’s dynamic theme “Designing our Future.”

Day One will focus on these areas:

■ Culture Change in Long Term Services and Supports
■ Safety and Financial Security:
■ Older Adults in the New Virginia Economy
■ Livable Communities: Overcoming Barriers and Sharing Strategies

Day Two will allow advocates to deliberate on related policy recommendations to guide the Commonwealth’s rich future for providing choices, improving health care and creating intergenerational opportunities.

For more information on the conference, please visit the website www.vgca.com.

Save the Date!

WED., OCTOBER 5, 2016

Annual Empty Plate Luncheon and Awards Ceremony

For additional information or to sign on as a Sponsor, contact Angie Phelon (804) 343-3045; aphelon@youraaa.org

HB 620 Elderly or disabled adults; financial exploitation.

Authorizes a financial institution and its staff to refuse to execute a transaction or disburse funds if the financial institution or its staff (i) in good faith believes the transaction or disbursement may involve, facilitate, result in, or contribute to the financial exploitation of an adult or (ii) makes, or has actual knowledge that another person has made, a report to the local adult protective services department or adult protective services hotline stating a good faith belief that the transaction or disbursement may involve, facilitate, result in, or contribute to the financial exploitation of an adult.

HB 676 Financial exploitation of adults; DARS work group to study.

Directs the Commissioner of the Department for Aging and Rehabilitative Services to convene a work group composed of the Director of the Department for Planning and Budget or his designee, representatives of the Department of Social Services’ Adult Protective Services unit and local department of social services’ adult protective services units, law-enforcement agencies, and financial institutions in the Commonwealth to review founded cases of financial exploitation of adults and (i) determine the cost of financial exploitation of adults in the Commonwealth and (ii) develop recommendations for improving the ability of financial institutions to identify financial exploitation of adults, the process by which financial institutions report suspected financial exploitation of adults, and interactions between financial institutions and local adult protective services units investigating reports of suspected financial exploitation of adults. The work group shall also develop recommendations for a plan to educate adults regarding financial exploitation, including common methods of exploitation and warning signs that exploitation may be occurring, and shall report to the Governor and the General Assembly regarding its activities and recommendations by December 1, 2016.

ADULT PROTECTIVE SERVICES

HB 552 Adult protective services; investigations.

Requires local departments of social services and local law-enforcement agencies that initiate an investigation upon receipt of a valid report of suspected abuse, neglect, or exploitation of an adult 60 years old or older or incapacitated in a custodial setting or by a licensed health care professional to convey to all appropriate licensing, regulatory, or legal authorities (i) the name of the facility, program, or individual and (ii) the final disposition of such investigations. The bill requires any licensing, regulatory, or legal authorities receiving such information to retain it on file with any other information associated with the facility, program, or individual and, upon receiving the final disposition, to discard the initial report. The bill exempts any information exchanged under these provisions from the disclosure requirements of the Virginia Freedom of Information Act.

LONG-TERM CARE OMBUDSMAN

HB 740 Federal Rehabilitation Act and Older Americans Act; amends certain language in Code.

Amends certain language in the Code of Virginia to conform to the federal Rehabilitation Act and Older Americans Act. The bill includes several transfers of powers and duties, including (i) the transfer from an entity designated by the Department for Aging and Rehabilitative Services (DARS) to the Office of the State Long-Term Care Ombudsman (the Office) the authority to access clients, patients, individuals, facilities, and records in certain circumstances and (ii) the transfer from the Commissioner for Aging and Rehabilitative Services to the Office the duty to release information concerning completed investigations of complaints made under the programs of the Office. The bill also directs DARS to put in place mechanisms to prohibit and investigate allegations of interference, retaliation, and reprisals by long-term care facilities, other entities, or individuals with respect to any resident, employee, or other person for at Virginia Commonwealth University. After an informative presentation about the Center, advocates united to visit the General Assembly. Visits were made to the offices of all General Assembly representatives for Planning District 15 to ask for support of the Legislative Platform of the Virginia Association of Area Agencies on Aging.