Knowledge Is Power!

Seniors Unleash Their Powers Through Volunteer Service to Others

(Editor’s Note: We are pleased to recognize several of our dedicated volunteers in celebration of Older Americans Month.)

Mr. Michael (Mike) Fager
Virginia Insurance Counseling and Assistance Program (VICAP)

Mike Fager currently lives in Glen Allen, Virginia, but was born and lived in California most of his life. He worked at Genworth Financial in Customer Service/Compliance Government Relations-Long Term Care Insurance. A job transfer brought him to Virginia ten years ago. He was responsible for advocating company and industry positions before government representatives, trade groups and the National Association of Insurance Commissioners (NAIC). Later he worked as a Legislative Compliance Leader and analyzed changes in laws and regulation, their implementation within the business and for coordination of state compliance reports.

He retired in 2009 and is now involved in community activities, including volunteering with VICAP at Senior Connections. He has also volunteered with Feed More, the Virginia Central Food Bank and his church.

He and his wife Mary Beth have been married for 44 years. She is a retired speech pathologist. They will be moving to the Williamsburg area later this year, but hopefully Mike will still be able to be involved with VICAP on a limited basis. He has spent many hours developing his counseling skills and helping people solve complex insurance issues.

Mike is also a classically trained singer with a Bachelors and Master of Arts from San Jose State University. He performed in forty theater and opera productions in the San Francisco area. He continues to share his talent in the Richmond area in local church and coffee house venues.

What attracted you to Senior Connections?

“I want give back to the community and to do so in a manner that is intellectually stimulating and rewarding to those in need.”

What skills, talents and strengths do you possess that enhances your service to others?

“At Genworth, I was involved with financial and insurance products that are intended to mitigate the impact of medical and care expenses that occur with chronic illness. There is a logical link to the work that we do for others.”

When volunteering or providing a service, what do you enjoy the most and why?

“I love people. I love the opportunity to improve their lives. I like the challenge of finding useful solutions to their problems. I love to see the joy and hope that it brings to them.”

What makes you feel rewarded/appreciated for a job well done?

“I can see and hear the relief in their faces and voices; their comments of gratitude. More importantly, I observe the actual improvement in their situations.”

Mike Fager blends his analytic abilities and musical talents to improve our community through both his volunteer service and his performances. He makes the world around him a better and more beautiful place to live.

Ms. Carolyn Doyle
Senior Connections AARP Tax Aide Site

Carolyn Doyle is a senior who enjoys helping people. She stays busy and volunteers her time in many ways.

Ms. Doyle retired from working in customer service at Macy’s in 1991, and has continued to remain active and involved in the workforce and the community since then. She worked with a bank for three years; then provided childcare for a friend. She joined AARP, and worked for different companies through them for 15 years including J Sargeant Reynolds, both campuses. She worked with the

CONTINUED ON PAGE 4
Agency Leaders Inspire and Stay the Course: 40 Years of Focused Direction

Senior Connections has been both the designated Area Agency on Aging for Virginia Planning District 15 and a successful nonprofit organization for forty years. Since 1973, Agency leaders have inspired and stayed the course to insure quality services for seniors and caregivers. Their vision has also led to long-standing partnerships with numerous local groups and statewide organizations.

During the Agency’s long and successful history, we have enjoyed shared leadership from our Board of Directors for policy setting and financial oversight and the Advisory Council for establishing service priorities as well as community outreach. As we celebrate National Volunteer Week and Older Americans Month this year, we recognize our Agency leaders, past and current. They are responsible for the success and direction of the Agency for the past forty years.

Our leaders inspire us to stay the course in face of challenges. They also encourage us to take advantage of opportunities that impact service delivery for the 22,000 individuals we assist each year - more than 880,000 since 1973.

Our Board and Advisory Council Members lead by example when making important decisions about issues that impact the quality of life for thousands each day. Our leaders project desired outcomes for our service - “empowering seniors to live with dignity and choice” and they have vision for the future - “seniors with improved quality of life.” Our leaders share experiences from their long and successful careers in the faith community, insurance, government, banking, corporate sector, power industry, health care, law and other sectors.

As community leaders, they are strategic decision makers who do extraordinary things on behalf of the people we serve. We are pleased to salute and honor the current officers for our Board of Directors and Advisory Council for their combined leadership of more than 40 years of service. During their combined service to the Agency, they have addressed significant leadership challenges and opportunities. Some of these include:

- Purchase and maintenance of our office building with a mortgage payoff in 2014.
- Building renovations to align office space with needs to include an

CONTINUED ON NEXT PAGE

ADVISORY COUNCIL OFFICERS

Chair
Marilyn H. West
Chairman/CEO
M.H. West & Co., Inc.

First Vice Chair
Carol Young
Senior Social Worker,
Henrico County
Department of Social Services

Second Vice Chair
David Blanset
Volunteer, Virginia
Insurance Counseling & Assistance Program

Contributions to Senior Connections
Senior Connections, The Capital Area Agency on Aging depends on the support and generosity of individuals, corporations, and other organizations to fund our programs and services for seniors, caregivers and their families. As a charitable nonprofit organization, the Agency encourage contributions which are tax-deductible. The following options for making donations are available.

Empty Plate Campaign
Contributions to this ongoing campaign help provide critical services and programs such as Meals, Emergency Services, Transportation, and Fuel Assistance. For only $50.00 you can fill an empty plate 12 times for a needy senior.

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

Senior Services Fund
The Senior Connections Senior Services Fund is managed by The Community Foundation and is a long-term investment for the future needs of seniors and caregivers. Contributions should be made payable to the Senior Connections Senior Services Fund and mailed to: The Community Foundation, 3501 Boulders View Drive, Suite 210, Richmond, VA 23225-4047.

If you have questions about making a donation, please call (804) 343-3000.

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If you have questions about making a donation, please call (804) 343-3000.

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. Donations are accepted to help defray production costs. Opinions or ideas expressed by guest columnists are not necessarily those of the editorial staff or Senior Connections. ADVERTISING: Mature Life accepts advertising solely to help defray production and mailing costs. We appreciate the support of our advertisers. Products and services advertised for profit does not constitute an endorsement by Senior Connections but are intended for informational purposes only. Mature Life reserves the right to refuse advertising deemed inappropriate for the publication. Please contact Hannah Robinson, Editor, (804) 343-3046 or hrobinson@youraaa.org for additional information.
Message from Executive Director ————

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy’s meeting with the National Council of Senior Citizens served as a prelude to designating May as “Senior Citizens Month.” Thanks to President Jimmy Carter’s 1980 designation, what was once called Senior Citizens Month is now called “Older Americans Month” and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since John F. Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

Older Americans Month is celebrated across the country through ceremonies, events, fairs and other activities. (Source: www.aoa.gov)

PAST THEMES

1978 Older Americans and the Family
1984 Health: Make it Last a Lifetime
1985 Help Yourself to Independence
1986 Plan on Living the Rest of Your Life
1992 Community Action Begins with You: Help Older Americans Help Themselves
1994 Aging: An Experience of a Lifetime
1995 Aging: Generations of Experience
1996 Aging: A Lifetime Opportunity
1997 Caregiving: Compassion in Action
1998 Living Longer, Growing Stronger in America
1999 Honor the Past, Imagine the Future: Towards a Society for All Ages
2000 In the New Century . . . The Future is Aging
2001 The Many Faces of Aging
2002 America: A Community for all Ages
2003 What We Do Makes A Difference
2004 Aging Well, Living Well
2005 Celebrate Long-Term Living
2006 Choices for Independence
2007 Making Choices for a Healthier Future
2008 Working Together for Strong, Healthy and Supportive Communities
2009 Living Together for a Better Tomorrow
2010 Age Strong! Live Long!
2011 Older Americans: Connecting the Community
2012 Never Too Old To Play
Lory Phillippo, CEO of Circle Center Adult Day Services, Receives VCU 2013 Age Award

Left to right: Thelma B. Watson, Executive Director, Senior Connections; Lory L. Phillippo, Mr. & Mrs. Michael Heard. Mr. Heard is a Senior Vice President with Genworth Financial and serves on the Senior Connections Board of Directors. Mrs. Heard is a volunteer with Circle Center.

Senior Connections, The Capital Area Agency on Aging and the Virginia Commonwealth University’s Department of Gerontology celebrated the 2013 AGE Awards on Saturday, April 6th at the Hilton Garden Inn. These awards honor students, alumni, community partners and older adults for their scholarship and optimal aging. Senior Connections nominated Lory Phillippo for her dedication to providing an environment for optimal aging for 30-plus years!

A Salute to Beth Skufca

Ms. Beth Skufca has led our highly successful Public Guardian Program since its inception until March 2013. Ms. Skufca wrote the initial grant that provided funding for the Public Guardian Program that has served 20 participants under her skilled and dedicated leadership.

During her tenure as Public Guardian Program Director, Ms. Skufca organized a diverse multidisciplinary team of professionals that helped with decision making that ranged from health care to living arrangements. She worked directly with all participants and community partners. She empowered our participants to “age successfully.”

We are now pleased to welcome Ms. Skufca to the position of Resource Coordinator/Senior Advocate for Charles City and New Kent Counties. We look forward to her continued contributions.

Knowledge Is Power!

CONTINUED FROM FRONT PAGE

Ms. Carolyn Doyle
Department of Labor and Industry until there was a hiring freeze. At that point she decided to devote more of her time to volunteering.

What attracted you to Senior Connections?
Ms. Doyle was familiar with Senior Connections through her contact with AARP, and was interested in getting involved so that she could help others.

What skills, talents and strengths do you possess that enhances your service to others?
Ms. Doyle likes to help people tackle problems and find answers. She enjoys interacting with them and connecting them with the services they need. “I know this is a need, because I'm a senior citizen also.”

Recently, Ms. Doyle volunteered at Senior Connections as a receptionist for the AARP Tax Aide Site.

Remember Senior Connections In Your Estate Planning

Perhaps you or a loved one have benefited from one of Senior Connections’ Programs and Services (Caregiver Support, Insurance Counseling, Home Delivered Meals, Mediations Assistance) that improved quality of life and led to independence that allowed you to remain in your home or community. We graciously ask that you think of Senior Connections when deciding your estate plans. A bequest or legacy in your Will is a great opportunity to express your thanks to Senior Connections, The Capital Area Agency on Aging.

When volunteering or providing a service, what do you enjoy the most and why?
She feels good when she can find the answers that people are searching for. “With the tax program, sometimes clients were befuddled when they came in, and unsure of whether they were going to be able to be helped. But left, pleased with the service they’d received.”

What makes you feel rewarded/appreciated for a job well done?
As she thought about her volunteer activities, she smiled and said “so far so good.” In addition to volunteering with Senior Connections and in the community, Ms. Doyle also helps in her church. She’s involved with the financial team, missionaries, choir, and women’s ministry. She enjoys staying active and helping seniors tackle problems.

Mrs. Lois Reil
Volunteer Money Management Program

Mrs. Reil’s husband, Galen, joined her on visits to her client. He was instrumental in helping the client.

What attracted you to Senior Connections?
“We received a letter from ARRP asking for help from those with bookkeeping skills to help seniors with their bill paying. My husband gave me the letter and said this is something that you might enjoy.”

What skills, talents and strengths do you possess that enhances your service to others?
“I have a college education in bookkeeping and also held a job working in a law office. I am compassionate and have a desire to always do everything correctly.”

When volunteering or providing a service, what do you enjoy the most and why?
“Knowing that what I am doing is making others happy and that they do not need to worry about money so they can stay in their own home.”

When volunteering or providing a service, what do you enjoy the most and why?
“Knowing that I have done everything possible to make their life easier and happier for the years that they have left. My husband came one day just to meet the client and continued to visit with me until her death. He enjoyed the visits joking with her and bringing her goodies or meals. Our visits were basically the only ones she could count on each week.”
COMMUNITY NEWS

Retreat: Board Of Directors, Advisory Council and Management Team Participate with “Brand In Action” Workshop

Members of Senior Connections Board of Directors, Advisory Council and Management Team met on Thursday, April 18 at the Williams Mullen Law Firm (a Senior Connections’ partner) to discuss strategies to enhance branding of the Agency’s identity and significance.

G. Andrew Nea, Jr., Attorney and Pro Bono Partner at Williams Mullen welcomed participants. Thelma Bland Watson, Executive Director of Senior Connections and Mr. R. Larry Lyons, Board Treasurer, also extended greetings and introduced consultants Drs. Percil Stanford and Dawan Stanford of Folding Voice. Dr. Percil Stanford provided goals and vision for the Retreat. Dr. Dawan Stanford led the workshop titled “Brand In Action.” It was an enlightening program in that attendees learned exciting new ideas to boost the Agency’s identity. Most importantly, it was mentioned that we need to make sure “all” (Board, Advisory, Staff, Volunteers) are involved in the process of positively promoting the Agency’s brand especially during initial contacts (phone calls or person-to-person) and when representing the Agency while interacting with the general public. During the workshop, participants engaged in group sessions and shared ideas and suggestions with other attendees.

Mr. Tim Catherman, Director of Administrative Services for the Virginia Department on Aging and Rehabilitative Services (DARS) discussed the responsibilities and liabilities of nonprofit board members. He noted that Senior Connections was on the right track with the development and implementation of its Five-Year Strategic Plan.

Ms. Sarah Snead, Board Member and Deputy County Administrator for Human Services for Chesterfield County, presented information about local government partnerships with nonprofits. She also shared some of Chesterfield County’s successful partnerships with nonprofits including the County’s Senior Advocate.

The Retreat was a great success and enjoyed by all who attended.

Senior Center of Greater Richmond, Inc. To Hold Ribbon-Cutting Ceremony At New Location

In celebration of its successful move from Innsbrook to 2101 Maywill Street, Senior Center of Greater Richmond, Inc. will hold a ribbon cutting ceremony and open house on Wednesday, May 15 from 3:00 to 7:00 p.m. The public is invited to attend. Come learn about the many activities and programs provided by the Center, including a Friendship Café providing nutritional lunches for seniors on Fridays as well as a range of health and wellness programs.

Please call 804-353-3171 or visit seniorcenterofgreaterrichmond.org for additional information about the Center.

Come Join Us!
2101 Maywill Street
P.O. Box 6521
Henrico, VA 23230

Hours
8:30 a.m. to 4:00 p.m.
Monday through Friday

For More Info
(804) 353-3171
www.seniorcenterofgreaterrichmond.org

Services & Programs
- Education Activities and Classes
- Arts and Crafts
- Active and Chair-based Exercises
- Yoga (Chair and Floor)
- Food, Fun and Fellowship
- Games
- Billiards
- Wii
- Health Screenings
- Pathways Club
- Tours and Trips
- Lunches
- Resource Center
- Service Coordination
AARP Tax Aide Site Assisted Over 400
With Free Tax Preparation

Between mid-February and April 15th, the AARP Tax Aide Site at Senior Connections assisted over 400 older adults and persons with disabilities with preparing their federal and state income taxes free of charge. The volunteers also accommodated walk-ins when time permitted.

This is a fantastic service for seniors especially when they are on fixed incomes as most are. In the past, they have been charged anywhere from $200 to over $500 to do simple tax returns, so many feel this is a blessing for them. Most are extremely grateful and are very patient when they have to wait because even with appointments some returns take longer to prepare than others.

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

Senior Law Day: Life Planning Documents Provided for Older Adults

On April 24th, the partnership of the Williams Mullen Law Firm, University of Richmond law students and Senior Connections provided free legal assistance for older adults and persons with disabilities.

Life planning documents (Wills, Durable Powers of Attorney, and Advance Medical Directives) were prepared confidentially for more than 28 individuals during the session. Since the program’s inception in 2009, more than 300 people have been assisted. In 2010, the Program was recognized by the National Association of Area Agencies on Aging with an Innovative Award.

Family Caregiver Seminar Set for May 14th

On Tuesday, May 14th, the caregiver support staff of Senior Connections will host this event at Richmond PACE MacTavish at 1300 MacTavish Avenue (across from the Channel 6 TV Station). The program will be held from 8:30 a.m. to 4:30 p.m.

A Geriatric RN and a Licensed Social Worker will lead discussions on caregiving issues and outline resources in the community including Medicare and Medicaid benefits. A Licensed Occupational and Physical Therapist will demonstrate safe caregiving techniques with practice time included. Time for individual concerns will be allotted.

A Continental breakfast, lunch and materials will be provided at no charge. Space is limited. Please reserve your seat in advance.

For more information or to register, please contact Marian Dolliver, LSW 343-3056; mdolliver@youraaa.org or Judy Nelson, BS, RN 343-3035; jnelson@youraaa.org

In Memoriam

Ms. Bertha Anderson

Ms. Anderson, who passed away in December 2012, was employed with Senior Connections for 20 years. During this time, she served as Receptionist and Information Specialist. She eagerly and kindly helped callers and visitors navigate the process for getting assistance from the many programs provided by the Agency and community partners. We will always treasure Ms. Anderson’s memory and contributions, particularly those that enhanced our customer service. As a tribute, we have established the Bertha M. Anderson Award for Superior Customer Service. The first award will be given to a Senior Connections employee on May 21st as part of our Annual Board/Advisory Council Meeting. We extend wishes for peace and comfort to Ms. Anderson’s family and friends.

Ms. Carolyn Sanderson

Ms. Sanderson, who passed away in March 2013, was employed with Senior Connections for more than 10 years. During this time, she supported our Executive Assistant in preparing mailings to our Board of Directors and Advisory Council. She also provided support to our Finance and Administration staff. She was a dedicated and supportive employee. She always helped others and this brought her much contentment. She enjoyed several outings with Senior Connections staff and volunteers to the Baseball Diamond for games of the Richmond Squirrels. To honor Miss Sanderson’s memory, a future outing will be dedicated in her memory. We also extend wishes for peace and comfort to Ms. Sanderson’s family and friends.

Vickie Jones Joins Staff as Public Guardian Program Director

We are very pleased to announce that Vickie Jones joined our staff in February as the Public Guardian Program Director. Ms. Jones’ career has given her experience with several of our Partner Agencies, including United Way, Consumer Credit Counseling, Emergency Shelter, St. Joseph’s Villa and most recently Commonwealth Catholic Charities. Ms. Jones is also an alumnus of Virginia Commonwealth University. Welcome Vickie!
CAREGIVER SUPPORT

CAREGIVER SUPPORT GROUPS

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

ALS Support Group
Trinity United Methodist Church
903 Forest Avenue
2nd Tuesdays
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
Children’s Hospital
2924 Brook Road
3rd Mondays 6:15 p.m.
Christine 804-355-5748

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

Fibromyalgia and Chronic Pain Association
804-662-4244

Grandparent Connection
Chesterfield County Senior Advocate
804-768-7878
1st Thursdays 4:15 p.m.
7000 Lucy Corr Boulevard

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

Jewish Family Services
6718 Patterson Avenue
3rd Thursdays 2:00 p.m.
Janina Bognar 804-282-5644

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

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

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

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

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

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

National Multiple Sclerosis Society
804-353-5008

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

Metro Chapter
HealthSouth Hospital
3rd Sundays 2:00 p.m.
Kathy Morton 804-730-1336

Post Polio Central Virginia
Carol Kennedy 804-740-6833

Prostate Cancer
Ridge Baptist Church
3rd Thursdays 7:00 p.m.
Peter Moon 804-346-4407

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

For more information, please contact Marian Dolliver,
Caregiver Support Manager
804-343-3056
mdolliver@youraaa.org

Get the Facts about Antipsychotic Drugs and Dementia Care

Medications can be an important part of the care provided to nursing home residents. However, it is critical to monitor their use carefully. This article focuses on one type of medication: Antipsychotics.

What are Antipsychotic Medications?
Antipsychotic medications are potent drugs that may have serious side effects. They are indicated to treat conditions and diagnoses such as schizophrenia. They are not generally used for the treatment of symptoms of dementia.

Why is this an Important Issue?
In the past, the use of antipsychotics to treat people with Alzheimer’s Disease and other dementias was often considered an accepted practice. Now we know that antipsychotic medications that are prescribed inappropriately may be dangerous, especially for the elderly and people with dementia. These medications can have serious, life threatening side effects such as strokes and falls. They may increase the risk of death for elderly residents. There is now a national campaign to stop their inappropriate use.

How Does this Relate to Dementia Care?
Some people with dementia may, at times, have behavioral symptoms such as agitation, physical aggression or vocalizations or psychological symptoms ranging from depression and anxiety to hallucinations, delusions and psychosis. These symptoms may be the result of physical discomfort (such as hunger, a headache or an infection), or emotional upset (resulting from things like loud or confusing noises, being touched in a surprising or uncomfortable way or having a daily routine disrupted.) Except when there is an immediate danger to the individual or another resident, the current standard of practice is to provide care that keeps residents comfortable and responds to their needs (and symptoms) with drugs whenever possible.

When May Antipsychotic Medications be Useful?
Antipsychotic medications and other “psychoactive” medications that may make people drowsy or quiet can be helpful in certain limited circumstances, such as when treating a diagnosed psychotic condition like schizophrenia or to temporarily alleviate a situation, such as when someone is dangerous to him or herself or others. When prescribed, it is important that the lowest dose possible is used and that care is taken to assess the individual and factors that may be causing the symptoms. Care should be taken to identify and try non-drug approaches to relieve symptoms and, to the greatest extent possible, to reduce and eliminate...
Richmond Area Transportation Providers

This list, effective as of December 2012, includes profit and non-profit agencies, professional services, private services and voluntary programs. These organizations provide transportation services to adults and their families.

**Access Chesterfield**
- 279-8489
- Chesterfield County, with service to Richmond, Petersburg, Hopewell, and Colonial Heights
- Monday-Friday, 5:30 am-7:30 pm; Saturdays 5:30 am-5:30 pm
- Wheelchair accessible service
- [www.chesterfield.gov/content.aspx?id=2949](http://www.chesterfield.gov/content.aspx?id=2949)

**Acti Kare in-Home Care**
- 264-2829
- Chesterfield, Goochland, Hanover, Henrico, Richmond
- Monday-Sunday, 6:00 am-9:00 pm
- [www.actikarerichmondva.com](http://www.actikarerichmondva.com)

**Alliance Specialty Transport**
- 225-8599
- [http://alliancespecialtytransport.com/](http://alliancespecialtytransport.com/)
- Wheelchair accessible service

**Angels for Hire/Angelride**
- 338-6858 (855) 525-7433
- Western Richmond, western Henrico, northern Chesterfield
- [www.angelride.net/index.html](http://www.angelride.net/index.html); Wheelchair accessible service

**Big Ben Taxi Cab**
- 986-6667: Richmond, Henrico,
- Chesterfield, Chester

**Bowman Transportation Service**
- 745-0046 335-9264
- [www.ridewithlarry.com](http://www.ridewithlarry.com); Wheelchair accessible service

**Brooks LLC**
- 276-3401 (office) 33-0310 (cell)
- Richmond, Goochland, Petersburg;
- Monday-Friday, 7:00 am-7:00 pm;
- Saturday 7:00 am-5:00 pm;
- Sunday by appointment

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

**CareMore**
- (855) 242-9606

**Capital Area Health Network**

**City of Richmond Shopper Shuttle**
- 646-7985
- [richmondvacitynews.blogspot.com/2012/08/rva-shoppers-shuttle-schedule-updated.html](http://richmondvacitynews.blogspot.com/2012/08/rva-shoppers-shuttle-schedule-updated.html). Service to Walmart from Southside, Fay & 4th Ave., Creighton/ Fairfield/ Fairmount, Whitcomb/Mosby and Fulton on the 2nd and 9th weekdays and 3rd Saturday of each month. GRTC buses are wheelchair accessible

**Comfort Keepers**
- 750-1123

**Flagship Transportation, Inc.**
- (434) 265-6781
- [www.flagshiptransport.com](http://www.flagshiptransport.com/)
- Monday-Friday 6:00 am-6:00 p.m., Saturday 6:00 am-2:00 p.m.

**Forward Fleet**
- 426-4313

**Goochland Free Clinic & Family Services**
- 556-6260
- goochlandfreeclinicandfamily services.org/
- Goochland County
- Monday 12-3 (Richmond),
- Tuesday-Thursday 9-3 (Goochland)
- Friday 9-12 (Richmond)

**GRTC CARE**
- 782-2273
- [www.ridegrtc.com/RideGRTC.aspx?pg=Care](http://www.ridegrtc.com/RideGRTC.aspx?pg=Care)
- Wheelchair accessible service

**Home Instead Senior Care**
- 527-1100
- [www.homeinstead.com](http://www.homeinstead.com)
- Seven days a week

**JenCare**
- 344-9848 (1712 E. Broad)
- 228-1143 (3806 Mechanicsville Turnpike)
- Transportation service available within a six mile radius of clinics

**Junnie Ray Inc.**
- 326-6414

**Logisticare (Medicaid recipients)**
- 1-866-386-8331
- [www.logisticare.com](http://www.logisticare.com)

**Mature Options**
- 282-0753
- [www.matureoptions.com](http://www.matureoptions.com)

**Napoleon Taxi**
- 354-8294

**New Freedom Transportation, LLC**
- 288-1248
- [www.newfreedomtransportation.com](http://www.newfreedomtransportation.com)

**Nurse Express**
- 553-0526
- [www.nurseexpresssolutions.com](http://www.nurseexpresssolutions.com)
- Monday-Friday 8:00 am-4:00 pm.
- [www.matureoptions.com](http://www.matureoptions.com)

**Senior Express Enterprise**
- 402-6457
- Monday-Friday, 7:00 a.m.-6:00 p.m.
- Wallace_Pricilla@yahoo.com

**Seniors Helping Seniors**
- 553-0526
- [www.seniorshelpingseniors.com](http://www.seniorshelpingseniors.com/)
- RVA/Richmond and eastern Henrico

**Shepherd’s Center of Chesterfield**
- 706-6689
- [www.shepctrchesterfield.org](http://www.shepctrchesterfield.org)
- Chesterfield County

**Shepherd’s Center of Richmond**
- 355-7282
- [www.tscor.wordpress.com](http://www.tscor.wordpress.com)
- Services provided in the following zipcodes: 23059, 23060, 23113, 23114, 23219, 23220, 23221, 23222 (Medical Only), 23224 (Medical Only), 23225, 23226, 23227, 23228, 23229, 23230, 23233, 23235, 23236, 23238, 23294

**Sunrise Transportation**
- (804) 559-6083

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

**TNT Transportation Services, Inc.**
- 270-3258
- [www.tntrans.com](http://www.tntrans.com)
- Monday-Friday, 7:00 a.m.-6:00 p.m.
- Wheelchair accessible service

**Van Go**
- 261-7388
- [www.vangorichmond.com](http://www.vangorichmond.com)
- Wheelchair accessible service

**VIP & Associates**
- 329-2500
- Monday-Friday 8:00 a.m.-4:00 p.m.
- Wheelchair accessible service

**West End Cab LLC**
- 833-1234
- Mon.-Sat., 5:00 a.m.-8:00 p.m.
- Western Henrico, Goochland, Powhatan, Louisa, Amelia

**World Star Cab LLC**
- 393-4432
- [www.worldstarcab.com](http://www.worldstarcab.com)

*Editor’s Note: While Senior Connections is providing this list of potential resources, we do not endorse one of them over the other.*)
OUTREACH SPECIALIST

COLLEEN WILHELM, MEALS COMMUNITY
OUTREACH SPECIALIST

The Meals and Wellness Programs of Senior Connections serve over 800 seniors a week through the Home Delivered Meal Program and the Friendship Café Program. We provide about 2,400 meals each week as well as daily socialization support and health and wellness programming to help make a difference in the lives of seniors. To make that happen, we rely on many community partners who also share our commitment to serving seniors.

Our Home Delivered Meals (HDM) Program is for homebound seniors unable to prepare a nutritious meal and do not have regular in-home help. The program’s success is due to our partnership with FeedMore, Inc. FeedMore serves neighbors across Central Virginia’s through their Food Bank, Meals on Wheels (MOW) and the Community Kitchen. Through a contract with FeedMore’s Meals on Wheels, Senior Connections is able to provide nutritional support to homebound seniors in the Greater Richmond Area. Meals on Wheels’ staff recruit volunteers, coordinate with The Community Kitchen to serve a tasty and nutritious meal and manage daily delivery.

Currently, MOW serves over 900 clients with Senior Connections supporting about 400 clients for a daily noon meal. However, MOW also supports some of our clients with evening or weekend meals, supplements like Ensure, and follow-up with a registered dietician if needed. MOW’s volunteers provide a daily safety check and friendly face to a senior who might not have any human contact otherwise. Sunah Cochran, Client Services Manager at MOW, states, “The MOW volunteers report issues they see as the people who have daily contact with the meal recipients.” Working closely and daily with Barbara Gillis, Home Delivered Meal Coordinator as well as Care Coordinators at Senior Connections, “we are able to assist clients in the most comprehensive ways possible. Issues are promptly reported so that Care Coordi-
First Mayors Day of Recognition for National Service was held on April 9

**TONY WILLIAMS, RSVP COORDINATOR**

City of Richmond Mayor, the Honorable Dwight C. Jones, joined with other mayors across the country to participate in the first-ever Mayors Day of Recognition for National Service held on April 9, 2013. In attendance were over 200 national service members including Retired and Senior Volunteer Program volunteers, Foster Grandparent Volunteer Mentors and volunteers from the City’s Neighbor to Neighbor (N2N) Volunteer Initiative. N2N recruits individuals of all ages, races, ethnicities, genders, and faith persuasions who reside in Richmond, leveraging service as a strategy to “Build a Better Richmond”.

Mayor Jones issued a proclamation naming April 9 as National Service Recognition Day and was photographed with national service members who attended. After the public event, N2N and AmeriCorps volunteers, along with approximately 160 VCU students, spanned the city Richmond to provide service at four of Senior Connections’ Friendship Cafes and the homes of 40 seniors residents.

RSVP volunteers are involved in volunteer activities that meet community needs in the areas of Food Security and Nutrition, Safety, Companionship, health and social services, home repair, art, history, and music. In 2012, 270 volunteers contributed 53,000-plus hours of service, at 79 different volunteer jobs for 23 organizations in partnership with RSVP.

RSVP volunteers are enterprising people! Mrs. Sharon Brewer, also a member of the Senior Connections Choral Group, has launched a business called *Ageless Grace* that provides innovative chair exercises for older adults. Mrs. Brewer recently demonstrated several of the exercises at a recent Foster Grandparents meeting. Everyone had a wonderful time getting their blood pumping!

So far this year, the Choral Group has performed for residents at Morningside Assisted Living, a St. Patrick’s Day Luncheon at Bensley Community Center (where RSVP volunteers work) the Windsor, and volunteers and staff at Jewish Family Services.

In other news, Henrico Doctors Hospital hosted their annual Volunteer Recognition Brunch on April 27th.

Like our **Facebook Page**: Senior Connections VA
https://www.facebook.com/pages/Senior-Connections-VA/120376074640592
Follow us on **Twitter**: http://twitter.com/#!/sccaaa

**Below, left to right:** Gregory Marcellus, IT Manager; Marian Dolliver, Caregiver Support Manager; RSVP Staff members Tony Williams and Norma Austin enjoyed a delicious lunch with Nhi and Tom Rutherford, Money Management Volunteers. Mrs. Rutherford prepared the spicy sausage and cheese quiches. No paramedics had to be called!

Senior Connections Choral Group members (left to right) Raymond Turner, Ellen Klingman, Tony Williams, Cathy Tatum, Ruth Butler, Judy Vido and Sharon Brewer stayed for a photo op after a recent rehearsal. They didn’t want to go home!

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**First Mayors Day of Recognition for Volunteer Service** was held on April 9, 2013. Mayor Dwight C. Jones recognized local volunteers in the City of Richmond for helping to “Build the Best Richmond. Honorees included Senior Connections’ RSVP volunteers and Foster Grandparent Mentors.
Foster Grandparent Program Facing Unprecedented Challenges

Charlene Cole, Program Manager

Foster Grandparent volunteers provide mentoring support in schools, hospitals, and child care centers for 20 hours per week. 2013 marks the Richmond Area Foster Grandparent Program’s (FGP) 31st year of service to children and youth in the greater Richmond area. In 2012, 76 FGP volunteers performed 52,000 hours of service for 129 children in the greater Richmond region.

FGP is facing pressing challenges not seen in its entire 31-year history. The most recent and pressing concern is a mandatory reduction in funding due to the Congressional Sequester which took effect in January and reduced FGP funding by 5.1 percent. FGP has always used the majority of its funding for direct benefits to its volunteers, but the Sequester cut makes it more difficult to support and recognize the vital service our volunteers do throughout the year. Beginning with the economic downturn, community support continued but at decreasing levels while federal funding stayed at 2010 funding levels. Between the Sequester, lack of funding growth and increasing costs for volunteer support (transportation, meals, uniforms, formal recognition events), community support is just as crucial to ensure our volunteers as is federal funding.

Welcome New FGP Mentors!

At our February 2013 volunteer orientation, FGP welcomed seven new mentors:

- Willie Baker
- Dianne Bartlette
- Shirley Coleman
- Deborah Gaines
- Jesse Myrick, Sr.
- Gladys Sneed
- Donna White

These seven wonderful volunteers bring to FGP a diverse range of life skills and work experience to share with children and youth in Public Schools, Head Start programs and Child Enrichments Centers in the Greater Richmond area.

Please consider assisting FGP with a tax-deductible donation of goods, time, and resources. To make a monetary contribution, please visit our website: www.seniorconnections-va.org, click on ‘Get Involved’ then ‘Donate.’ Be sure to select ‘Foster Grandparent Program Mentor’ in the Purpose/Donation field. You may also call 804-343-3047 to find out how you can help to ensure that no child who needs a FGP mentor in the Greater Richmond area is left without a ‘Grandma’ or ‘Grandpa’. Thank you for your support.

For additional information about the Foster Grandparent Program, please contact Deborah Johnson, Volunteer Resource Coordinator, at 804-343-3022 or email djohnson@youraaa.org

The Foster Grandparent Program is sponsored locally by Senior Connections and is a part of Senior Corps (federal volunteer programs for older adults) that is funded through a federal grant from the Corporation for National and Community Service (CNCS)

Learn more about CNCS and Senior Corps at www.nationalservice.gov/about/programs/seniorcorps.asp

Foster Grandparent Program Mentor. Ms. Watson celebrates her 87th birthday in May. She has nurtured babies and toddlers at the Mary Tyler McClenahan Child Development Center, managed by FRIENDS Association and now a part of the YMCA of Greater Richmond for her entire volunteer career. Her lively spirit and dedication to service - she walked to the Center every day no matter the weather! She will never be forgotten.

The Foster Grandparent Program salutes Mildred Adams and Mary Watson! Our staff, volunteers and the children in whose lives you made a difference thank you both.

Senior Corps Week is May 6-10, 2013

Through Senior Corps, funded by The Corporation for National and Community Service, volunteers aged 55 and over are improving the lives of millions of our most vulnerable citizens by mentoring students, helping frail seniors stay independent, working on environmental projects, and helping Americans pick up the pieces following devastating natural disasters. Senior Corps Programs - The Retired and Senior Volunteer Program, RSVP, the Foster Grandparent Program, and the Senior Companion Program - are impacting our nation in substantive ways and making life better for those in need in our communities.

Senior Corps Week is a time to celebrate the important impact that more than 340,000 volunteers has made on our nation. During this special week we recognize not just the durability and effectiveness of Senior Corps’ legacy but also the unique ability that Americans 55 and over possess to use their wisdom, professional skills and experience as they cultivate and nurture the kind of change that makes a lasting generational impact.

Senior Corps Week promotes awareness and recognition of senior service as well as to thank community partners and volunteers for the contribution they are making in their communities. Across the U.S., Senior Corps volunteers and adults aged 55 and over are mentoring and tutoring children, responding to natural disasters, and helping other seniors remain independent.

Senior Connections is Seeking Volunteers for Public Education and Information Support

Do You Have Two to Three Hours to Volunteer During the Week or on Weekends?

Volunteers will attend Health Fairs and other Community Events to promote public awareness of Senior Connections, CAAAs Services and Programs for Older Adults, Persons with Disabilities, and Caregivers.

For more information please call (804) 343-3024
Antipsychotic Drugs

Continued from Page 7

the use of drugs. Antipsychotic medications should not be used in the long term to mask symptoms by sedating the person. If medications are used to treat behavioral symptoms of dementia in place of good care, this may be a form of chemical restraint and is prohibited by Federal law.

What is Being Done to Stop Unnecessary Use of Antipsychotic Medications?

Education: The government is working with nursing homes, physicians and other caregivers, as well as consumer advocates, to improve dementia care and reduce unnecessary medications.

Transparency: Medicare.gov Nursing Home Compare has information on antipsychotic medication use for each nursing home.

Enforcement: Federal and State inspectors hold providers accountable for prescribing antipsychotic medications without a specific, appropriate reason for their use.

WHAT WE DO

Screen and complete applications for reduced cost or free medications offered by pharmaceutical companies.

WHO SHOULD APPLY?

Income eligible seniors age 55 and over and not covered by Medicaid. For additional information please call (804) 343-3018.

Medication Assistance Program

Insurance or any other program.

HOW TO APPLY

An application must be completed in order to determine whether your prescribed medications are available at reduced cost or free from pharmaceutical companies.

Senior Connections Long Term Care Ombudsman Program

The staff of our Long Term Care Ombudsman Program (LTC) serves as advocates for persons receiving long-term care, whether the care is provided by a nursing home, assisted living facility, home health care agency, or adult day care. When clients are unable to resolve issues on their own, the Ombudsman will assist them to find a solution. If you need help or know someone who does, please call (804) 343-3000 and ask for the Ombudsman.

To learn more about our LTC Ombudsman Program or other programs and services we provide for older adults please visit our website: www.seniorconnections-va.org.

What You Can Do

Be Informed about antipsychotic medications and residents’ rights. See “Resources” box for help and more information.

Ask to Speak to the Physician. A physician must supervise a resident’s care. Residents have the right to refuse psychotropic medications or other treatments.

Contact a Resident Advocate. Your local Long Term Care Ombudsman or advocacy organization can help.

File a Complaint with your State department of health.

Who Can Speak for a Resident?

Resident with Capacity: If a resident is able to give or withhold consent only he or she has the right to do so.

Resident without Capacity: The resident’s legally authorized representative may give or withhold consent. Consent to use an antipsychotic medication may be withdrawn at any time by the resident or representative.

Questions to Ask the Nursing Home

1. What is the reason for this medication?
2. What are the symptoms that the medication should improve?
3. Did the team attempt to identify the causes of the person’s behavior before using medication to address the symptoms?
4. How will this medication be monitored and, if possible, reduced? (In regulations, this is called Gradual Dose Reduction.) Remember that ALL nursing homes are required to have a system in place to care for people with dementia. State and Federal inspectors conduct nursing home surveys to ensure that these regulations are followed.

RESOURCES

- seniorconnections-va.org
- medicare.gov/nhcompare
- nursinghome411.org
- canhr.org/stop-drugging
- theconsumervoice.org

Source: Long Term Care Community Coalition (LTCCC)
Our Meals and Wellness Programs

CONTINUED FROM PAGE 9

cafés to provide blood pressure checks and counseling. The seniors appreciate this health and wellness service and the nurses enjoy the time as well.

Lucy Budlong, RN of Family Lifeline enjoys visiting the Cafés. She especially enjoys returning time after time to the same Café where she gets to know the participants. Home care agencies assisting with this project are Care Advantage of Goochland, Comfort Keepers, Southeastern Home Health Care, Medi Home Health and Hospice, Companion Extraordinaire, and Paradise Homecare.

Other organizations like Riverside PACE also volunteer their time. Once a month PACE visits two Cafés and brings their expertise and some fun. Lisa Chapin, Marketing Manager at PACE says, “Things are going great for us! This month was bowling and it was a ton of fun. Next month we’re going to have an exercise class with one of our therapists, and the month after one of our nurses is doing a presentation on diabetes care.” Shannon Marling, CTRS, MSG, Community Outreach Manager states, “The partnership also provides PACE staff and Friendship Café staff an opportunity to share resources and information with each other that ultimately lead to quality services to older adults in the community.”

Riverside PACE was also the first organization to fully adopt a Café in 2010 when we launched The Adopt a Café Initiative. The Initiative is a community outreach effort designed to raise funds for programming at each of our 19 Friendship Cafés. Since then, two other organizations have joined in to fully adopt a Café at $1,200 level. JenCare adopted three Cafés in the Chesterfield area and an anonymous donor adopted the Café in Goochland. We have also received donations from other community members, businesses, and Café participant family members - who know firsthand the positive impact the Café has on their loved one. We also create partnership opportunities with local non-profits, businesses, museums and civic organizations to share resources and talents.

The YMCA’s Growing Younger Program helps boost our health and wellness programming at six Cafés. The Program offers participants structured exercise twice a week with a certified YMCA instructor, has brought the Wii and “Wii-habilitation” to the Café, as well as opportunities for the seniors to express themselves through art. Café participants’ health statuses, flexibility and strength are periodically assessed to measure their improvements with participation in the program. Ms. E says that since the YMCA has come to the Café, “I can do a lot of things I couldn’t do before. I feel stronger.” We hope to expand this program to more Cafés in the future.

Senior Connections works to provide not only health and wellness programming; but, we also contribute to lifelong learning through partnerships with organizations like the Valentine History Center, providing historical lectures to each Café. Financial Fitness Plus! visits the Cafés to educate our seniors on staying smart financially as well as tips to avoid financial exploitation. Many other organizations, like the Better Business Bureau, Virginia Eye Institute, local Extension Offices come to the café to inform participants of their services.

Together we all make a difference. It does take a village approach to meet the needs of such a diverse senior population. Whether support through our Friendship Cafés or through the Home Delivered Meal Program, Senior Connections is committed to improving the quality of life of our local seniors and empowering them to live with dignity and choice.

For more information on our Friendship Cafés, Home Delivered Meals, How to Adopt a Café, Donate Wish List Items or Volunteer, please call 804-672-4497 or send an email to cwilhelm@youraaa.org.
New Resources for Patients with Sickle Cell Disease at VCU and EVMS

The Virginia Commonwealth University School of Medicine has been awarded a five-year grant totaling $3.1 million from the National Heart, Lung and Blood Institute of the National Institutes of Health for research in overcoming barriers to health care among adults with sickle cell disease. Eastern Virginia Medical School and Children’s Hospital of The King’s Daughters, in Tidewater are collaborators on the study.

One barrier to health care for adults with sickle cell disease is that a large percentage of those patients may not be in specialty care, though not being in specialty care may be fatal. Another barrier is that physicians may not be fully familiar with Hydroxyurea, the first and only FDA-approved remittive drug for sickle cell disease. Unfamiliarity with the drug can lead to inconsistent determination of eligibility and dosage. Other barriers to care include inconvenience associated with therapy, mistrust of relative benefits and harms, and poor medication access.

The project plan is a two-phase demonstration, first of improvement in the percentage of adults with sickle cell disease who are in specialty care, then of improvement in adherence to Hydroxyurea standards in individuals 15 years old and older. Both phases will utilize specialty trained sickle cell disease patient navigators.

“So many vital health advances never make it into the hands of those who most need them,” said Wally Smith, M.D., principal investigator, professor of internal medicine and scientific director of the VCU Center on Health Disparities. “This grant will undoubtedly save lives and improve quality of life simply by demonstrating the value of patient navigators to get sickle cell care to those with barriers to care.”

To learn more information about the project and how to enroll call free at 1-855-247-9531.

Computer Classes for Older Adults

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

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

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

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

♦ BASIC E-MAIL: Participants will learn how to send and receive e-mail messages. This lesson will be scheduled as an individual session with a volunteer tutor. There will also be opportunities for three or four follow up individual sessions with volunteer tutors after formal classes end.

To register for a class, please call John Jakubec at (804) 672-4481 and leave your name, telephone number and the name of the class you would like to attend. You will be placed on our waiting list and you will be called when there is an opening.
May Events and Observances

Thursday, May 9th
Dover Senior Resource Fair
9:00 a.m. - 12:00 p.m.
Cool Spring Baptist Church
9283 Atlee Station Road

Mechanicsville

Attend this free event to learn about resources for older adults available in your community. Snacks and drinks will be available. For more information, please contact Rev. Sam Duenckel at 804-550-1980.

Thursday, May 9th
Powhatan TRIAD Senior Day
10:00 a.m. to 1:00 p.m.
National Guard Armory
276 Essayons Drive
(Fighting Creek Park)
Powhatan

Free event. Senior services providers, activities, food and fun. Guest speaker Connie Moslow from the Powhatan Free Clinic. For more information, please contact Margaret Manning at 804-598-3478 or Faye Tomlin at 804-598-2471.

Sunday, May 12th
Mother’s Day Celebration
Concert Hours: 1 – 4 p.m.
Tea House Brunch 10 a.m. – 3 p.m
Lewis Ginter Botanical Garden
1800 Lakeside Avenue

Treat Mom to a special day! Enjoy a free concert in the Garden (included in admission). Brunch is available in the Robins Tea House by reservation; food also available for purchase in the Garden Café or a la carte.

The Empty Plate Campaign

Celebration of a collaborative fundraising activity with an annual Empty Plate Luncheon. The Campaign raises funds to support programs and services of Senior Connections. Community leaders are recognized for their support and advocacy on behalf of seniors.

10th Annual Empty Plate Luncheon & Awards Ceremony
Wednesday, October 9, 2013
Sponsors Needed!

**PLEASE CALL (804)343-3023 FOR MORE INFO**
An Invitation
Senior Connections, The Capital Area Agency on Aging Invites You To Our Open House In Celebration Of Older Americans Month and Our 40th Anniversary!
Tuesday, May 21, 2013
2:30 to 4:30 p.m.
24 E. Cary St., Richmond, VA 23219
Light Refreshments No RSVP Required

Some of our Community Partners at our 2012 Open House!

- project:HOMES (Lee Householder) and City of Richmond (Yvette Jones, Senior Advocate)
- United Way/Age Wave Readiness Initiative (Heather Turbyne-Pollard and Sara Link)
- FeedMore/Meals On Wheels
- Greater Richmond Transit Company
- Veterans’ Administration