The President of Senior Connections, Inc., is proud to announce the upcoming occurrence of a very important event in the organization's calendar. This event is scheduled for Saturday, May 20th, at Senior Connections, Inc., located at 123 Main Street. The purpose of this event is to recognize the achievements of our senior members and to celebrate their contributions to our community. It is an opportunity for everyone to come together and honor the wisdom and experience of our older Americans. The event will feature speeches, awards, and a special guest speaker. We encourage all members and guests to attend and participate in this special occasion. For more information, please contact the Senior Connections office at 123-4567. Thank you for your support and continued commitment to our community.
Governor’s Conference on Aging Blazes A New Trail: May 2-3, 2016

The 2016 Governor’s Conference on Aging was held during an important time in our Agency’s history. We have been blazing new trails since 1973 when our founding leaders laid the foundation for programs that have improved the quality of life for older adults in the Richmond Metropolitan Region during the past four decades.

One of the founding leaders and Trail Blazers, Mrs. Mary C. Payne, passed away in April just before Governor McAuliffe proclaimed May as Older Virginians Month and convened the first Governor’s Conference on Aging since the late 1990’s. Mrs. Payne’s accomplishments and contributions will long be remembered as we continue to “blaze new trails.”

The theme of the 2016 Governor’s Conference on Aging, “Designing our Future,” supports the early and continuing history of Senior Connections, The Capital Area Agency on Aging. From 1973 through 2016, we have “blazed the trails” of innovation, creativity and collaboration to meet the diverse needs of older adults and caregivers. We will continue to “blaze new trails” in the future.

The 2016 Governor’s Conference on Aging was convened at the Hilton Hotel in Short Pump where numerous exhibitors set up informative and interesting displays. Among the exhibitors were Senior Connections and the Age Wave Coalition along with PeerPlace, the developer of the No Wrong Door Service Coordination software for Virginia and other states.

The two-day Governor’s Conference on Aging started with diverse presentations and workshops that were well received by the Conference’s 400 attendees. Attendees who included representatives from the senior community, education, business, government and nonprofit groups. Virginia’s Aging Network was pleased to welcome Ms. Sandy Markwood, CEO of the National Association of Area Agencies (N4A) who joined Panelists for a session that set the tone for the rest of the Conference. The Panel reflected on the Conference topics, which were Culture Change in Long-Term Services and Supports, Safety and Financial Security: Older Adults in the new Virginia Economy and Livable Communities: Overcoming Barriers and Sharing Strategies.

The last day featured remarks by Secretary of Health and Human Resources, the Honorable William A. Hazel and an opportunity for Conference participants to deliberate policy recommendations on the Conference’s three topic areas. This interactive session was led by Attorney Mark E. Rubin, Executive Director of the Virginia Center for Building Consensus.

We look forward to sharing Conference policy recommendations in the next issue of Mature Life. We appreciate your support and interest.

Thelma Bland Watson

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 community.

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.

On May 3, Dr. Watson accepted Goochland County’s 2016 Proclamation for Older Americans Month that was presented by Mr. Robert Minnick, Chairman of the Board of Supervisors.

Message from The Executive Director

Thelma Bland Watson, Ph.D

“Blaze A Trail” - Theme for May 2016 Older Americans Month

Mature Life

Mature Life is the newsletter of Senior Connections, The Capital Area Agency on Aging, a private, nonprofit organization serving older persons and their families in the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan. Mature Life is produced and published by Senior Connections with financial assistance, in whole or in part, from the Administration on Aging and/or the Virginia Department for Aging and Rehabilitative Services (DARS). Mature Life is distributed, free of charge, to older adults, caregivers, families, organizations and businesses. Donations are accepted to help defray production costs. Opinions or ideas expressed by guest columnists are not necessarily those of the editorial staff or Senior Connections.

ADVERTISING: Mature Life accepts advertising solely to help defray production and mailing costs. We appreciate the support of our advertisers. Products and services advertised for profit does not constitute an endorsement by Senior Connections, The Capital Area Agency on Aging but are intended for informational purposes only. Please contact Ms. Hannah Robinson, Editor, at 804-343-3046; hrobinson@youraaa.org for additional information about advertising. Mature Life reserves the right to refuse any advertising deemed inappropriate.
Agency Nominates Mr. G. Andrew Nea, Jr. for the 2016 Governor’s Award for Volunteerism and Community Service

(Excerpts from Nomination Narrative)

After retiring over 10 years ago, G. Andrew Nea, Jr. created the award-winning Senior Law Day program. The program prepares, executes, and delivers simple wills, powers of attorney and advanced medical directives for low-income seniors in Hanover, Greater Richmond, and throughout Virginia. It also provides the necessary direct legal counsel needed regarding how to store, distribute and appropriately use the documents. Mr. Nea established the program in Richmond with Senior Connections, The Capital Area Agency on Aging, the University of Richmond’s Law School, and Williams Mullen, his former employer and a leading Richmond-area law firm where he serves as Pro Bono Partner.

Senior Law Day provides basic life planning documents for seniors. As part of the Wills Clinic, groups in need are served through free clinics, including veterans, nursing home residents, at-risk moms, and recovering addicts. In 2015 the program served 431 clients in 26 clinics, with the help of 104 lawyers, and 56 students from the University of Richmond, College of William and Mary and University of Virginia. Senior Law Day, sponsored twice yearly, is offered at no cost to the recipients, each Spring and Fall.

Senior Law Day, originated and implemented by Mr. Nea, constitutes an innovative approach to the persistent problem of providing essential life-planning legal documents to low-income seniors who, for years, had otherwise been unable to afford them in the private legal marketplace.

In 2012, Senior Connections faced a growing wait list of participants for Senior Law Day. Available seats were quickly filled by Richmond residents only, leaving no openings for residents in the seven surrounding counties comprising our full service area. The Agency proposed taking Senior Law Day into the counties by partnering with local social services departments. Andy was already going way beyond the typical call of generosity in the Agency’s behalf. When he heard of the need, he didn’t hesitate before heartily applauding the idea and offering to lead the effort. Senior Connections especially appreciated his help, knowing that this expansion would substantially increase his volunteer workload. In late 2012 the first of these Senior Law Day programs occurred, first in Charles City County, then Goochland, Hanover and New Kent. By now, each of these counties have hosted multiple events. Henrico residents still feed into the central events at Senior Connections. Chesterfield County duplicated the model and now locally sponsors its own Senior Law Day program.

In just the two biennial programs held at the Agency each year, Senior Law Day serves an average of 75 seniors yearly. If including residents served in additional counties over the past 10 years, recipients would number in the thousands.

In regards to the monetary value of Andy Nea’s volunteer commitment and charitable contributions to Virginia citizens via the Senior Law Day program, even the most conservative estimate is truly staggering. Considering that the average hourly fee for lawyers in metropolitan areas is $300, and that the three completed documents would each consume at least one billable hour, we can begin to get an idea. Counting Senior Connections’ two annual headquartered events alone, each client can be conservatively estimated to have saved $900, or $66,600 collectively each year. With that rate, over 11 years of service amounts to a total charitable value of $732,600 in direct savings to Senior Connections’ headquarters clients alone! To include other groups, county-based events, or those held in Charlottesville or Hampton Roads, the number would be even greater.

More important than all of the dollars saved, though, is what Andy Nea’s dedicated commitment to volunteer service has meant for the lives of many thousands of grateful Virginians. It has allowed them access to basic life-planning legal documents that everyone needs.

For each Senior Law Day event, Andy not only recruits public notaries, volunteer attorneys and University Of Richmond law students to assist, but also personally brings all of the required equipment and supplies, including four laptops and a portable printer. His amazing energy is on constant display throughout each event, as he moves from one review station to the next checking on the status of tasks, answering legal questions and coordinating numerous, simultaneous activities throughout the very busy eight-hour day. He consistently does all of this with a smile, a quick-witted and uplifting sense of humor, and expert proficiency in all legal matters as they arise. Then, at the end of the day, he quickly packs up everything, bids a warm adieu, and is off to prepare for the next event. The next one will happen soon on the heels of the one just ended in another area of the state, perhaps in Charlottesville or Hampton Roads, where he also regularly performs this amazing feat of public generosity, personal compassion and untiring ingenuity. Andy has been lauded numerous times in the local press, and received more than a few hugs from scores of appreciative seniors, who have become his biggest fans. Said one astute observer: “He may not leap a building in a single bound, or stop a steaming locomotive, but he comes darn close!”

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, Medications 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.

Senior Connections’ headquarters are located at 2607 N. Ashland Ave., Richmond, VA 23226. To learn more about the Senior Law Day program, call 804-528-1200 or visit seniorconnections.org.
COMMUNITY

At Retirement, Judy Nelson Reflects on her Employment Tenure at Senior Connections

As most of you know, I’ve loved my profession, but even so, I’ve never wanted to be more than a “sturdy cog in a good wheel” and that’s what I sought whenever I started a new job. What luck that 14 years ago, I answered an ad to do assessments (UAIs) for Senior Connections! And talk about aging in place.

Since that time, I’ve gone from the occasional 9 hour day to a 9 hour week, I’ve gained a pound for every year I’ve been here and my hair is almost entirely grey (but I blame my kids for that:)

Coming to work in 2002, shortly after Thelma, I’ve had four different jobs (more or less) and four wonderful supervisors who I’d like to thank: Kathy Miller now at DARS (I don’t think I ever asked her a question she couldn’t answer – that’s scary), Marge Boynton through several job descriptions and whose knowledge of the agency and patience are unsurpassed, Missi Boyer for a stint in the amazing Meals and Wellness Department where I had new opportunities and learned a great deal, and Angie Phelon who’s been a real treat to round things up with. I also want to thank some excellent people I’ve worked with who’ve guided me: Gloria Stevens who taught me to ask some ‘right questions’ and to think clearly about services; Betsy Bushkar who showed me (along with Marge) how to use Excel - that must have been like teaching a pig to sing; Betty Wilton, who we’ve all learned so much from - you see cubicles have their advantages!

And a thought about Bertha Anderson, whose chair I sit in reminding me to be kind, patient and polite with all of our callers. Sometimes we don’t have a direct service to offer but workers like Bertha and many others remind me that we ARE the service.

We work in a place that’s funded to “do good”. If the Prophets were correct, as read by VCU’s Jack Spiro, and our main job on Earth is to support our fellow men and women, to ameliorate despair, to console, and to provoke justice, then what better place to be than Senior Connections? Apparently the Prophets were “radical do-gooders”. Those of you who know me well, know that I like to leave religion at home when I come to work, but that doesn’t mean I’m not both proud and grateful to have been part of “a moral community”, and hopefully to have been what I set out to be: “a sturdy cog in a very good wheel”. Thank you all - it’s been a fine time!

Senior Connections Welcomes Two to the Long-Term Ombudsman Program

Ms. Laurie Hunter
Ms. Hunter comes to us from the Howard County Office on Aging in Maryland where she was the manager for their Congregate Meals Program. She holds a B.S. in Urban Studies and Planning from Virginia Commonwealth University.

Ms. Michelle Williams
Ms. Williams comes to us with experience from Career Support Services, Wellpoint, Capital Area Health Network and Quin Rivers Community Action Agency. She is certified as a Chronic Disease Self Management Leader/Coach. Michelle has attended Virginia Union University and Virginia Commonwealth University.

On April 7, the Charles City County Parks & Recreation’s Department’s “Young at Heart” Club sponsored the first Senior Game Day for the county. Two games, “Name that Tune” and “Wheel of Fortune” were hosted by Mr. Bill Coada (front), a member of the County Board of Supervisors.

Beth Sholom Woods
A LIFE CARE COMMUNITY

ACCEPTING APPLICATIONS

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

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

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

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

Beth Sholom Woods
Beth Sholom Lifecare Community
2027 Lauderdale Drive
Richmond, VA 23233
New Kent County

To schedule a home visit in New Kent County or a Monday office appointment at the New Kent Health and Human Services Building, please call 804-343-3000 and ask for the Intake Department.

The Friendship Café at New Generations Church is growing with members and activities. The Café is located at 6160 Pocahontas Trail, Providence Forge. For more information about the Café please call (804) 343-3000 and ask for the Meals Department.

Powhatan County

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

Aging and Disabilities Advisory Board (ADAB)
The City’s Aging and Disabilities Advisory Board is led by Mr. Charles Barker, also one of the Vice Chairmen for Senior Connections’ Advisory Council. The ADAB provides advice and recommendations to City Council about issues that impact older adults, persons with disabilities and caregivers.

City Of Richmond

CATCH Healthy Habits Volunteer Training
Wednesday, June 1; 10 a.m. to 1 p.m.
Senior Connections, 24 E. Cary Street
Sara Morris, Coordinator of the Program will lead the training. A volunteer with the Lifelong Learning Institute in Chesterfield, will talk about how to teach adult learners. To sign up or for more information, please contact Sara at 804-828-1565 or smorris@youraaa.org.

Bon Secours Bereavement Center Offering Monthly Workshops
Five Myths of Grief: Tuesday, June 7, 6:30 to 8 p.m.
What’s Normal in Grief?: July 12, 6:30 to 8 p.m.
Coping with Guilt & Regrets: Tuesday, August 2, 6:30 to 8 p.m.
The workshops will be held at the Bon Secours Bereavement Center of Excellence, 7229 Forest Avenue, Suite 108, Richmond. For more information, please call 804-433-4710 or visit bereavement@bshsi.org.

Health/Wellness Activities
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.

Visit Our Web Site!
www.seniorconnections-va.org

Nondiscrimination Policy

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

Senior Connections is an Equal Employment Opportunity and Affirmative Action Employer 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]
Information About Available Resources

Resource Assistance for Caregivers

Seminars, Individual Counseling and Respite Care

Local Support Groups

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

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

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

**Brain Injury**
- 3rd Mondays 6:15 p.m.
- Children’s Hospital
- 2924 Brook Road
- Christine 804-355-5748

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

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

**Fibromyalgia and Chronic Pain Association**
- 804-862-4244

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

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

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

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

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

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

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

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**Commonwealth Council On Aging Honors Chronic Disease Self-Management Program**

Senior Connections, The Capital Area Agency on Aging, won the top 2016 “Best Practices” award from the Commonwealth Council on Aging for a wellness program that helps state corrections offenders learn to manage their chronic diseases and improve their well-being.

Each year, the council, which advises the Governor on issues affecting the 1.5 million Virginians age 60 and older, acknowledges organizations whose innovative programs can be replicated across the Commonwealth. The awards will be presented tonight at the Governor’s Conference on Aging as part of the Commonwealth’s recognition of May as Older Virginians Month.

This year’s first-place award of $5,000 honors Senior Connections’ “You Can! Live Well, Virginia!” initiative. Almost 120 offenders at the Deep Meadow and the former Powhatan state correctional centers have participated in the program’s six-week workshop, modeled after Stanford University’s Chronic Disease Self-Management Program.

“We are grateful to the Commonwealth Council on Aging for raising awareness and recognizing the needs of individuals who are preparing for reentry into their communities,” said Thelma Watson, executive director of Senior Connections. “Upwards of 85 percent of Virginia offenders will be released back into their communities. The positive health practices and strategies learned before reentry hold the same potential for community-wide benefits as they do for anyone else who has ever taken the course anywhere else.”

Nominees for Best Practices awards are judged on seven criteria, including community impact potential for replication, innovation, outcomes and promotion.

“As the Commonwealth Council on Aging celebrates the 10th anniversary of its ‘Best Practices’ program, we applaud these exciting and innovative ways that organizations have once again provided critically needed programs and services for older Virginians,” said Dr. Richard Lindsay, chair of the council’s Best Practices Awards Committee.

The second-place award of $3,000 recognizes the Southern Area Agency on Aging’s Miles 4 Vets program, a wheelchair accessible transportation service for older and disabled veterans in the Martinsville, Henry County and Franklin County area. Local veterans are transported to and from their homes to the Salem Veteran Affairs Medical Center each Wednesday at no cost.

A $2,000 third-place award was given this year to Faith Works, a partnership between the local area agency on aging, Mountain Empire Older Citizens, and the faith-based community to offer services including home repair. This effort promotes aging in place for hundreds of older people and addresses the need for home repairs and modifications for low-income older adults.

“For 10 years, these awards have...
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.

**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
6:00 am-9:00 pm
Henrico, Richmond. Monday-Sunday,
Ambulatory, wheelchair accessible.

**Alliance Specialty Transport**
Medicare will not pay for service
$15-$16 per hour. Accepts Medicaid
Ambulatory. Free for veterans.
675-5313
Mary Johnson
Mon.-Fri. 8:30 a.m to 11:30 a.m. Wheelchair accessible. Free for veterans.

**Bay Transit**
Katherine Newman
(877) 869-6046
www.bavtransit.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.ridegrtc.com/services/
specialized-transportation/
Wheelchair accessible service

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

**Logistique (Medicaid recipients)**
1-866-386-8331
http://www.logistique.com
Wheelchair accessible service

**Mechanicsville Churches**
Emergency Function Senior Rides
Lynn Saunders 334-6590
Mechanicsville Churches
http://www.mcecf.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

**Sunrise Transportation**
559-6083

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

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

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

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

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

(Editor’s Note: While Senior Connections is providing this list of potential resources, we do not endorse any of these transportation providers over another. Last Update: Feb. 2016)
Friendship Cafés

Senior Connections’ Friendship Cafés are neighborhood gathering places for seniors. A hot midday meal, good friends, and many activities keep you connected to the community while meeting your nutritional needs.

Who May Attend?
Seniors who:
• Are age 60 or older and live in the City of Richmond or the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent or Powhatan.
• Are not homebound and physically, mentally, and medically able to attend the Café.
• Can participate without the help of additional private caregivers or family members unless family members are eligible to also attend the Café.
• Live in a private residence; not a current resident of an adult care residence, assisted living facility, or nursing home.

What is Provided?
Meals: A hot, nutritious meal at lunchtime. Since the Café is a nutrition program, you cannot bring your own lunch.

Activities: Exercise, lectures, health and nutrition education and screenings as well as social activities.

Field Trips: For those who can be accommodated and may include a client-purchased restaurant meal once a month.

Assessments: Initial assessment and periodic reassessments are performed to verify eligibility and to provide assistance to secure other services if needed.

How Do I Get Started?
Please call 804-343-3000 to begin your application process.

Is There a Charge to Participate?
No. Participants are encouraged to contribute according to their ability; however, there is no obligation to do so.

Who Is On Duty at the Friendship Café?
Friendship Cafés are staffed by knowledgeable meal site managers trained in proper and safe food service techniques and activity planning.

When is the Friendship Café Open?
Friendship Cafes are generally open 9:30 a.m. to 1:00 p.m. Days of operation vary depending on location. Cafés are closed on Saturdays, Sundays, major holidays and when the weather is unsure for travel.

How Can I Get There?
Participants can drive themselves, get rides with friends and family, or use the vans provided by Senior Connections, if transportation is available.

What does the Program Provide?
• Meals consisting of meat or other protein food, vegetables, fruit, bread, milk or other dairy food, and dessert. Regular and special diets such as Diabetic, Renal or Vegetarian. Chopped or Pureed Foods if needed.
• Daily contact with a Meals on Wheels volunteer.
• Home Visits from a Senior Connections’ Care Coordinator for initial assessment and periodic reassessments for eligibility and other needs.

Is There a Charge?
No. Seniors are encouraged to contribute according to their ability. However, there is no obligation. Donations are accepted to help provide services to additional seniors in need. Donations are voluntary, private, and confidential.

When Are the Meals Delivered?
A lunch meal is delivered between 11:00 a.m. and 1:30 p.m. Monday through Friday.

How Can I Get More Information?
Please call our Home Delivered Meals Coordinator at 804-343-3000.

Café Locations

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<th>CITY OF RICHMOND</th>
<th>GOOCHLAND COUNTY</th>
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<td>CAPUP*</td>
<td>Goochland Rec Center</td>
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<tr>
<td>East Senior Center</td>
<td>2415 Sandy Hook Road</td>
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<td>Diversity Richmond</td>
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<tr>
<td>Good Shepherd Baptist Church</td>
<td>106 S. James Street</td>
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*CAPUP: Capital Area Partnership Uplifting People

Meals

What are Home Delivered Meals?
A nutrition support program provided by Senior Connections, The Capital Area Agency on Aging through a contract with Meals on Wheels Serving Central Virginia. Nutritious meals are delivered to the homes of seniors who cannot prepare nutritious meals for themselves.

Who May Receive Home Delivered Meals?

1. Seniors who:
   • Are age 60 or older and live in the City of Richmond or the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent or Powhatan
   • Are homebound and unable to leave their home for social activities
   • Have no one to regularly help with preparing nutritious meals
2. A spouse or dependent, regardless of age or disability, who lives at home with the eligible senior

What Does the Program Provide?
• Meals consisting of meat or other protein food, vegetables, fruit, bread, milk or other dairy food, and dessert. Regular and special diets such as Diabetic, Renal or Vegetarian. Chopped or Pureed Foods if needed.
• Daily contact with a Meals on Wheels volunteer.
• Home Visits from a Senior Connections’ Care Coordinator for initial assessment and periodic reassessments for eligibility and other needs.

Is There a Charge?
No. Seniors are encouraged to contribute according to their ability. However, there is no obligation. Donations are accepted to help provide services to additional seniors in need. Donations are voluntary, private, and confidential.

When Are the Meals Delivered?
A lunch meal is delivered between 11:00 a.m. and 1:30 p.m. Monday through Friday.

How Can I Get More Information?
Please call our Home Delivered Meals Coordinator at 804-343-3000.
Medication Safety Tips for Older Adults

The older we get, the more likely we are to be taking additional medications which can increase the risk for drug interactions and side effects. Also, our body naturally changes as we age. These changes can affect the way medicines work which may lead to complications. For example, changes in kidney function can affect the way certain medications leave our body. Provided below are a few tips that can help older adults safely manage their medications:

Take Medications As Prescribed
- As we age, we are more likely to take more medications and are therefore more likely to experience bothersome side effects from certain medications. If you have any questions regarding your medications, talk with your pharmacist or doctor.
- It is important to take all of your medications regularly, according to your health care provider’s instruction.
- Do not skip doses or stop taking a medication without first talking with your pharmacist or doctor even if you are feeling better or you think the medication is not working.

Keep a Medication List
- Older adults are more likely to see several health care providers throughout the year. Thus, it is important to keep a current list of your medications with you at all times. You can show this list to each of your health care providers including your primary care physician, dentist, pharmacist, etc.
- It is important that all of your health care providers are aware of each medication you are taking to prevent complications and avoid duplications.
- Consider giving a friend or loved one a copy of your medication list in case of an emergency. Record each medication name, strength, and frequency. Remember to include medications you take that are over-the-counter and/or supplements.
- As a patient of Bremo Pharmacy, you can receive a personalized medication list with monthly medication pick-ups, ask us today.

Review Medications with Your Pharmacist:
- Older adults tend to have multiple providers due to various health conditions. This can lead to confusing medication combinations. While your health and well-being is a priority for your doctor, sometimes questions you may have about your medications can be missed during appointments.
- Schedule at least one annual medication check-up of your medications with your pharmacist or doctor to confirm medications which are still necessary and which medications you can stop taking (if any). An annual review of your medications can help you avoid drug interactions, unwanted side effects and potentially lessen costs.

Your Bremo Pharmacists provide Comprehensive Medication Check-Ups! Schedule your dedicated one-on-one time today (Available Monday – Friday). Conveniently located at 2024 Staples Mill Road, visit Bremo Pharmacy today! Hours of operation are Monday-Friday 9am-6pm and Saturday 9am-1pm. Call (804) 288-8361 with any questions. If you are unable to afford a certain medication, ask your health care provider whether there is a cheaper, yet still effective alternative.

Prepared by Serena Barden, MCV/VCU PharmD Candidate 2016
Adapted from FDA “Four Medication Safety Tips for Older Adults” - http://www.fda.gov/forconsumers/consumerupdates/ucm399834.htm

Commonwealth Council On Aging continued from Page 8

highlighted the very best in innovation. This year’s winners, which include efforts to improve health in a special population, increase transportation in an underserved community, and offer ‘aging in place’ options through a home modification program, offer sound models that can hopefully be replicated across our state,” said Commissioner Jim Rothrock of the Virginia Department for Aging and Rehabilitative Services.

Dominion Resources continues to support the Commonwealth Council on Aging’s Best Practices Awards, which serve to encourage organizations across the Commonwealth to develop and support programs and services that assist older adults to age in their community.

The council gave honorable mentions to the following organizations:
- Burke/West Springfield Senior Center Without Walls for its Seniors Giving Back to Community program
- Family Service of Roanoke Valley for its Adults Plus Counseling Program
- Richmond Health and Wellness Program, a partnership of housing communities and other service organizations


The Virginia Department for Aging and Rehabilitative Services, in collaboration with community partners, provides and advocates for resources and services to improve the employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families. For more information, visit www.vdars.org or follow DARS on Facebook at www.facebook.com/vdars or Twitter at @vdars.

The Chronic Disease Self Management Program

You Can! Live Well, Virginia!

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 information or next class schedule.

May Is Healthy Vision Month

When it comes to our health, we often visit our doctor or nurse regularly to make sure our bodies are healthy. But what about our eyes? They’re not always top of mind, but they’re just as important.

During Healthy Vision Month, held each May, the National Eye Institute empowers Americans to make their eye health a priority and educates them about steps they can take to protect their vision:
- Get a dilated eye exam.
- Live a healthy lifestyle, including eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking.
- Know your family history.
- Use protective eye wear.
- Wear sunglasses.
- Taking these steps can help prevent vision loss or blindness from many eye diseases and conditions. In addition, dilated eye exams can detect problems early, when they’re easier to treat.

Celebrate Healthy Vision Month by taking these steps today! You’ll help ensure your eyes are healthy and that you’re seeing well for a lifetime. And don’t forget to spread the word to your family, friends, and colleagues.

Source: https://nei.nih.gov/
Volunteers

Agency Volunteers Participated in Mayor Dwight Jones’ Day of National Service

Tony Williams, Coordinator, Retired and Senior Volunteer Program; Director, Senior Connections Choral Group

Senior Corps (FGP and RSVP), AmeriCorps VISTA, AmeriCorps State and National Volunteers participated in the Fourth Annual Mayor and County Recognition Day and Tribal Leader Recognition Day on Tuesday, April 5 at Huguenot High School Community Center. The program, which was attended by one hundred community service participants, included a recognition ceremony where Mayor Dwight C. Jones issued a proclamation honoring volunteers. Guest speakers included Councilwoman Kathy Graziano of the 4th Council District, Tynetta Darden, Virginia State Program Director with the Corporation for National & Community Service, and Elizabeth Childress, Chair of the Governor’s Advisory Board on Volunteerism and National Service.

Senior volunteer Gloria Butler spoke with humor and passion about her experiences mentoring children during her five years in the Foster Grandparent Program. RSVP volunteer Cathy Tatum spoke of the great joy performing in the Choral Group has given her for over nine years. The program culminated with an energetic performance by ten members of the Senior Connections Choral Group (RSVP). The audience was engaged, singing along and clapping to the “Banana Boat Song.”

Following the ceremony, volunteers participated in ten community service projects in locations throughout the city of Richmond and Chesterfield County. Six Foster Grandparents assembled reading packets for Oak Grove Elementary School’s Summer Reading Program. Service projects were conducted which benefitted schools, parks and other community-based organizations.

Senior Connections has supported volunteerism since 1973. We continue to offer a variety of volunteer opportunities at our Agency and in partnership with area schools and community organizations.

For more information, please contact:
Mary France (804) 343-3047 - Foster Grandparent Program
Tony Williams (804) 343-3050 - Retired & Senior Volunteer Program
Shana Beverly (804) 343-3024 - Senior Connections Volunteer Services

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.

Thank You for your Support and Interest
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 positions are performed during business hours Monday through Friday. Those with more flexible hours are marked by an *.

- **Agency Outreach:** Schedule and deliver presentations promoting community awareness of Senior Connections, client services, and volunteer opportunities.

- **OASIS CATCH Healthy Habits:** (Minimum Eight Week Commitment.) Help improve the health and wellbeing of children, grades K-5, through nutritional and physical education. Engage children in healthy habits and fun physical activities while fostering relationships in a variety of afterschool and summer camp settings (Background check required).

- **Clerical Assistant:** Assist with office duties including data entry, filing, mailings, and answering phones.

- **Friendship Café Assistant:** Assist with activities, programs or meal service at one of Senior Connections’ Friendship Cafés where older adults enjoy lunch, friendship and more.

- **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.

- **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).

- **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).

The “CATCH Healthy Habits” Program was presented at the Annual Southern Gerontology Society Meeting held in March

At the meeting, Sara Morris, Coordinator for the OASIS CATCH Healthy Habits Program, gave an overview of the intergenerational program.

Volunteers

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

Kids need more exercise.

You want to make a difference.

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

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

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

CATCH Healthy Habits is delivered in Richmond in partnership with:

- **Anthem**
- **VCU**
- **Senior Connections**

CATCH Healthy Habits is locally funded by a grant from Anthem Blue Cross and Blue Shield Foundation.
The Senior Center of Greater Richmond, Inc.

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

For more information or a membership application, please call Carolyn Comerford (804) 353-3171 or visit SeniorCenterRVA@gmail.com
www.SeniorCenterOfGreaterRichmond.org

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**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 every other 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 every other 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 every other 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) 822-3066 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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**Support History:**

**Volunteer for the Black History Museum**

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. Early in May, the museum will be re-opened in its new location, the historic Leigh Street Armory, and volunteers are wanted.

Many types of volunteer service 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 mclaude@blackhistorymuseum.org or call (804)780-9093.

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**Mature Life**

**MAILING LIST CHANGE FORM**

- Address ADDITION
- Address CHANGE
- Address DELETION

Please Print

Name ____________________________________________

Current Address _______________________________

Complete this Section for Change of Address Only

Name ____________________________________________

NEW Address ________________________________
Henrico Pops Chorus
Monday, May 23, 7:00 pm
Sandston Library
The Henrico Pops Chorus will perform a concert of rousing patriotic songs.

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 Fl. Board Room
The Board and Council will discuss transportation resources available for older adults in the Metropolitan Richmond Area.

Senior Connections 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. Transportation successes, opportunities and challenges will be highlighted during the Open House. Please contact Mrs. Pat Giesen at 804-343-3059 for more information.

Story Drama Workshops
Sponsored by Henrico County Libraries
Glen Allen: Tues., May 24, 11:00 am
Libbie Mill: Wed., May 25, 10:30 am
Twin Hickory: Tues., May 31, 10:30 am
Designed for children ages three to five years old accompanied with an adult. Bring the grandkids for a fun activity of sharing stories, songs and activities while helping children acquire the skills they need to start school ready to learn. Registration is required.

Nature Connects: Art with LEGO® Bricks
May 27, 2016 to Sept. 18, 2016
Daily 9:00 a.m. to 5:00 p.m.
Lewis Ginter Botanical Garden
1800 Lakeside Avenue
Award-winning exhibit of nearly half-a-million LEGO® bricks creating forms of larger-than-life flowers, birds, insects and more. New York artist Sean Kenney’s 27 sculptures are featured in 14 displays throughout the Garden. Build opportunities, educational activities and special exhibits are also part of the fun!

Calendar

May Older Americans Month

RICHMOND ROSE SOCIETY SHOW
Saturday, May 28 - 2:00 to 4:00 p.m.
Sunday, May 29 - 11:00 a.m. to 3:30 p.m.
Lewis Ginter Botanical Garden
1800 Lakeside Avenue
Relax on summer evenings; stroll through the gardens; enjoy live music, wine and beer, dining and shopping. Garden partners with Richmond SPCA on second and fourth Thursdays of each month and allows leashed pets (Fidos After 5). Activities planned include:
- June 2: Emme St. James and Her Jazz Gentlemen; jazz & cabaret standards
- June 9: Exebelle and the Rusted Cavalcade; folk *Also a Fidos After 5 night.

SAVE THE DATE!
Wednesday, October 5, 2016
Annual Empty Plate Luncheon and Awards Ceremony
Please contact Angie Phelon at (804) 343-3045; aphelon@youraaa.org to sign up as a sponsor or for more information.

Thank You
Senior Connections, The Capital Area Agency on Aging acknowledges and appreciates the ongoing support that has been shown by Mature Life readers.

We extend thanks to everyone who has contributed to the newsletter including the following individuals whose contributions were received after the last issue.

- Lillian J. Galloway
- Martha J. Grooms
- Walter R. Harris
- Barbara J. Haynes
- M. Irby
- N.B. Johnson
- Sandra Lipscomb
- Katie Mitchell
- Gwen Poinderter
- Ethel H. Smith
- Lunetter B. White
- Julia Winfree
- 7 Anonymous Donors

Next Mature Life Deadline:
Monday, October 10, 2016

Thank you for supporting Mature Life! Enclosed is my tax-deductible contribution of:

$20 $10 $5
Other Amount $__

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

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

I wish my contribution to remain anonymous.

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.

Donate

Please check ALL that apply:

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

Name
Address
City State Zip
Whereas, Goochland County is a community that includes older citizens who deserve recognition for their contributions and this is a population that continues to grow in numbers and diversity; and

Whereas, each May is recognized as Older Americans Month by the United States and the Commonwealth of Virginia and is a time to celebrate healthy aging and community living; and

Whereas, this year’s theme for Older Americans Month is “Blaze a Trail,” which emphasizes the value of raising awareness about issues facing older adults and caregivers by making communities livable for people of all ages and providing opportunities for engagement; and

Whereas, since 1965, the Older Americans Act and other programs have provided services to help older adults remain healthy and independent by complementing medical/health care and addressing basic needs through home and community supports such as home care, transportation and meals; and

Whereas, the programs provided by Goochland Department of Social Services support long term care needs of older citizens and their families and address issues of self-neglect, neglect, abuse and exploitation to prevent elder abuse; and

Whereas, Goochland County provides opportunities for engagement, exercise and socialization; and

Whereas, the Care Coordinator from Senior Connections, The Capital Area Agency on Aging supports family caregivers and provides services to meet the diverse needs of older citizens, persons with disabilities and caregivers; and

Whereas, Goochland County recognizes the value of helping older adults remain healthy and active; and

Whereas, Goochland County provides opportunities to enrich the lives of individuals of all ages through:

- Intergenerational activities, health/wellness, life-long learning and social inclusion.
- Home and community-based services.
- Opportunities for older adults to share wisdom and experience.

Now therefore, be it resolved, that the Goochland Board of Supervisors do hereby proclaim May 2016 to be Older Americans Month.

Robert H. Minnick, Chairman
Goochland County Board of Supervisors

May 3, 2016