12th Annual Empty Plate Luncheon, Held on Oct. 7, Celebrated Support of Community Partners, Leaders and Friends of Senior Connections

Senior Connections, The Capital Area Agency on Aging’s 12th Annual Empty Plate Luncheon was held on Wednesday, October 7 at the Trinity Family Life Center. The luncheon celebrates the Agency’s annual Empty Plate Campaign and recognizes community partners, leaders and friends who help to enhance the quality of life for older adults, individuals with disabilities and caregivers. The Campaign emphasizes contributions to fill “empty plates” for needy seniors. Critical Services such as Food, Guardian Assistance, In-Home Care, Help with Critical Needs, Volunteer Support and Transportation are provided through Empty Plate proceeds. The Campaign runs through December 31st of each year.

This year’s luncheon was dedicated to the memory of The Honorable Franklin P. Hall, long time leader in the Virginia House of Delegates, Commonwealth Of Virginia and Co-Chair for the Empty Plate Luncheon Steering Committee for the past eight years.

Ms. Sabrina Squire, News Anchor for WWBT12, participated in the celebration as Mistress Of Ceremonies. Dr. Thelma Bland Watson, Executive Director, Senior Connections welcomed all and was followed by greetings from Rev. A. Lincoln James, Trinity Family Life Center and Ms. Carol Young, Chair, Senior Connections’ Advisory Council. Ms. Young recognized the individual and collective support of 2015 sponsors. Senior Connections Choral Group, directed by Mr. Tony Williams, performed several beautiful musical selections. The Awards Presentation followed. Mrs. Phoebe Hall presented The Phoebe and Frank Hall Humanitarian Award for Service to Vintage Virginians to Mrs. Nancy Nagle Bolio, Community Advocate and Volunteer. Ms. Squire presented The Eva Teig Hardy Award for Corporate Service to Mr. Victor Branch, Bank of America, received The Eva Teig Hardy Award for Corporate Service, presented by keynote speaker The Honorable Eva Teig Hardy, Chair of the 2015 Empty Plate Steering Committee.

Mrs. Hardy’s message focused on the needs that exist in our communities and the generosity of those who support the work of human services agencies such as Senior Connections. Mrs. Hardy challenged the audience to help address the myriad of needs that exist among older adults and she commended their concerns and action.

Closing remarks and the call to action was given by Mr. John Robertson, Chairman, Board of Directors for Senior Connections. This great day of celebration closed with Mr. Robertson’s message of inspiration, dedication and thanks.

Mrs. Phoebe Hall presents The Phoebe and Frank Hall Humanitarian Award for Service to Vintage Virginians to Mrs. Nancy Nagle Bolio.

Mr. Victor Branch receives The Eva Teig Hardy Award for Corporate Service presented by Mrs. Hardy.

At the celebration. In the foreground, left, is Mr. Jim Rothrock, Commissioner, Virginia Department for Aging and Rehabilitative Services. At right is Rev. James Payne, husband of Mary C. Payne.
In celebration of the 50th anniversary of the Older Americans Act (OAA), organizations across the United States are raising awareness of the importance of this milestone and encouraging older adults and caregivers to learn about resources available to them in their communities. Fifty years is a grand celebration for the Older Americans Act.

This year marks an important milestone in the history of how our country supports its older citizens. President Lyndon B. Johnson signed the Older Americans Act (OAA) into law on October 31, 1965. Over the past 50 years, the OAA has provided the nation with programs that allow millions of older Americans to continue living and thriving in the communities of their choice for as long as possible.

Today, older Americans are healthier than they were in 1965 and whereas some need assistance, others are active volunteering in their communities, still working and certainly healthier than they were in 1965 and whereas some need assistance, others are active volunteering in their communities, still working and certainly healthier than they were in 1965 and whereas some need assistance, others are active volunteering in their communities, still working and certainly healthier than they were in 1965 and whereas some need assistance, others are active volunteering in their communities, still working and certainly healthier than they were in 1965 and whereas some need assistance, others are active volunteering in their communities, still working and certainly healthier than they were in 1965 and whereas some need assistance, others are active volunteering in their communities, still working and certainly healthier than they were in 1965 and whereas some need assistance, others are active 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The 12th Annual Emplye Luncheon and Awards Ceremony

Date: October 30, 2011
Location: The Homestead Franklin & Half, Long Time Leader in the Homestead House

Sponsors

Program Sponsors
Your Education and Experience:

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For Service, and Friends_of the Homestead Franklin & Half Long Time Leader in the Homestead House

2012 Award Recipients

Decoded in the Memory of the Homestead Franklin & Half, Long Time Leader in the Homestead House

For Service, Community Leadership, and Oustanding Contributions to the Homestead Franklin & Half, Long Time Leader in the Homestead House

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For Service, Community Leadership, and Oustanding Contributions to the Homestead Franklin & Half, Long Time Leader in the Homestead House
Hugely Successful “Faith 2 Fate” Advance Care Planning Initiative Wins Major Awards

Ivan Tolbert
Community Relations Manager & Faith To Fate Program Coordinator

In annual award announcements made only days apart, the Virginia Department on Aging/Commonwealth Council on Aging and the National Association of Area Agencies on Aging both chose Senior Connections’ top aging program in this year’s statewide competition are, from left, Dr. Thelma Bland Watson, Executive Director of Senior Connections, and Ivan K. Tolbert, the Agency’s Community Relations Manager and Program Coordinator for the Faith to Fate Advance Planning Program. Dr. Richard Lindsay, chairman of the VDA Commonwealth Council on Aging presented the award during a recent Board of Directors meeting, along with a $5,000 award to support the program’s continuing exemplary work.

The Greater Richmond Age Wave Receives Richmond History Makers Award for Encouraging Regional Collaboration

The award is presented to organizations endeavoring to bring together different entities to develop solutions that improve efficiency and effectiveness of programs across jurisdictions. The Greater Richmond Age Wave creates “systems change” for people in multiple organizations and programs, working behind the scenes to create changes in the way decisions are made and funds spent that positively impact our aging population and future generations. Dr. Thelma B. Watson, Executive Director, Senior Connections, Mrs. Sara Link, Age Wave Coalition Director and Dr. E. Ayn Welleford, Chair, VCU Department of Gerontology accepted the award for the Greater Richmond Age Wave Coalition.

Grant from Altria Companies Employee Community Fund Support Agency Programs and Services

Senior Connections, over the years, has been the fortunate recipient of the generosity of the employees who support the Altria Community Fund. This program has provided funds to Senior Connections to fill gaps in services for needy seniors and adults with disabilities. In 2015, Senior Connections received a grant of $40,000 from the Altria Companies Employee Community Fund. These funds will be used to provide medical transportation, support for community guardian services and respite support for caregivers. Gratitude is expressed to Altria’s employees.

Veterans Resources

Senior Connections has connected with the Sitter & Barfoot Veterans Care Center. Agency staff and Advisory Council toured the new wing of the facility and received information on Veteran’s services. Other assistance for Veterans and their families are:

♦ Link on the Senior Connections website to the Virginia Department of Veterans Services.
♦ Data collection to track the number of Veterans receiving Agency services.
♦ Column in Mature Life highlighting Veterans services.
♦ Quick Guide to Resources for Veterans in Virginia, published by the Virginia Department of Veterans Services, which provides a summary of many benefits available.

Future health care and protect their families in the event of a serious illness, a sudden crisis, an incapacitating injury or death. Significant research has shown that African Americans do this less than any other ethnic group in the nation. F2F has been successful in educating thousands of area African American residents and in getting actual wills, advance medical directives and powers of attorney into the hands of hundreds of individuals who otherwise may have never obtained them.

“We are so very proud of what the participating churches have achieved in just one short year to make our new Faith to Fate Advance Care Planning Initiative such a huge success,” noted Dr. Thelma Bland Watson, Executive Director of Senior Connections. “It proves that seniors and families in our service areas have a significant need for ongoing resources, trusted information, and practical help with their vitally important life-planning needs.”

To date, eight area congregations have signed agreements with Senior Connections to join the Faith to Fate Program and establish on-site ministries and serve as Advance Care Planning Community Resource Centers within their areas: Good Shepherd Baptist Church, Gravel Hill Baptist Church (Varina), Fifth Baptist Church, Second Baptist Church (Idlewood), Friendship Memorial Baptist Church, Third Street Bethel AME Church, Faith Community Baptist Church, and Moore Street Baptist Church. For their work, the VDA Commonwealth Council on Aging selected Faith to Fate as the first-place statewide winner of its “2015 Best-Practice Award,” which included a $5,000 prize. The National Association of Area Agencies on Aging awarded Faith to Fate its national “Top Innovation in Aging Program for 2015” award in the Health and Long-Term Services Support category. It announced the award at its annual national conference, held this year in Philadelphia.

“Speaking on behalf of the entire Faith to Faith family, I can only say that we are truly humbled, honored and genuinely grateful for this significant statewide and national recognition of our much-needed community-based work in neighborhoods throughout the Richmond region,” said Ivan Tolbert, Community Relations Manager for Senior Connections and Faith to Fate’s program coordinator. “Sometimes, when you’re ‘deep in the weeds’ – so deeply focused on the day-to-day business of serving the people and just getting the work done – it’s quite easy to forget the fact that other people may be watching! And that’s just what we, and our church teams, were doing when we got the happy news that we’d been chosen for these two major best-practice awards. We simply cannot overstate how very important this recognition has been for us; it gave us a tremendous uplift, vitality and renewed energy to keep the Faith to Fate program moving steadily forward,” he added.
Executive Director’s Message

The Executive Director’s Message highlights the importance of community engagement and appreciation. It emphasizes the need for active participation and collaboration among community members to foster a healthier and more vibrant community. The message encourages residents to take an active role in community events and initiatives to strengthen the collective spirit.

Comprehensive Community Information

The comprehensive community information includes details about various community programs, services, and events. It provides contact information for community leaders and highlights upcoming events, ensuring that residents are well-informed about the resources available to them.

Virginia Mason Award Winners

The Virginia Mason Award recognizes outstanding contributions to the community. This year’s recipients are acknowledged for their exemplary service and dedication. Their achievements serve as inspirations for others to contribute positively to the community.

投诉

If you have any concerns or feedback regarding the document, please let us know. Your input is valuable in ensuring the document meets your needs.
Local Government Connections

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

Senior Connections is a part of a nationwide network of Area Agencies on Aging (AAAs) that provide information, advocacy, and direct services to seniors and their families. There are 25 AAAs in Virginia and more than 600 nationwide.

Charles City County
Special Thanks are extended to the Charles City Board Of Supervisors and:

Mr. Zack Trogdon, County Administrator
Ms. Michelle Johnson, Deputy County Administrator

and the Friendship Cafe Staff and Participants.

Your Support is Appreciated.

Chesterfield County
Fun At The Fairgrounds
This event was held on October 14. It was a beautiful fall day.
Hundreds of seniors attended this day of fun, fellowship and learning.
Greetings were brought by The Honorable James Holland,
Chesterfield Board of Supervisors, Ms. Sarah Snead, Deputy County Administrator for Human Services and Thelma Bland Watson from Senior Connections. The assistance of other sponsors and exhibitors is appreciated.

Savannah Butler of Senior Connections Health and Wellness Department, greeted participants.

Chesterfield TRIAD participated in this day of fun, socialization and community support.

Goochland County
Passionate
Barbara A. Pickles of Crozier, contacted Senior Connections wishing to volunteer her time & energy to assist the lives of others. Barbara is very knowledgeable in the field of end of life issues, such as death & dying. She has put this knowledge to work by support and guidance to Goochland individuals and families enduring issues with their loved ones. In addition to being passionate, Barbara is also a very caring, knowledgeable and spiritual individual. She has spent weeks with families who were grieving the loss of a loved one.

She has received additional educational expertise in Comprehensive Bereavement Skills Training from the Center for Loss and Life Transition in Fort Collins, Colorado.

Sponsored by The Goochland Department of Social Services, Senior Connections, Capital One and the Williams Mullen Law Firm. Life Planning Documents: Advance Medical Directives, Wills and Durable Powers of Attorney will be confidentially prepared by volunteer attorneys. There is no cost to participants but there are eligibility requirements: Single Person in Household: $2,792/Monthly or Less; Two People in Households: $3,782/Monthly or Less. Space is limited. Please call Mrs. Pat Giesen at (804) 343-3059 for additional information or to sign up for a future session.

Caregiver Support
Gum Spring United Methodist Church is the site once a month where care giving issues are discussed. Those who have a loved one at home, or those who have already experienced end of life issues come together to support one another. Caregiving can be extremely stressful at times and a support system can assist in alleviating the stress. Resources are also available to assist with the caregiver’s needs.

Second Annual Senior Expo
The second Senior Expo was held in June. More than 200 seniors attended to learn about resources available to them from the County and community partners such as Senior Connections. Charles City County sponsored this event with the assistance of sponsors and exhibitors. Look for the third annual event in June 2016.

The Friendship Cafe
The Cafe continues to accept applications from community seniors. Please join the fun and fellowship while enjoying delicious lunches and many activities.

Senior Law Day for Goochland County Residents Age 55+
and Persons on Medical Disability
Tuesday, November 17, Goochland Public Library

Sponsored by The Goochland Department of Social Services, Senior Connections, Capital One and the Williams Mullen Law Firm. Life Planning Documents: Advance Medical Directives, Wills and Durable Powers of Attorney will be confidentially prepared by volunteer attorneys. There is no cost to participants but there are eligibility requirements: Single Person in Household: $2,792/Monthly or Less; Two People in Households: $3,782/Monthly or Less. Space is limited. Please call Mrs. Pat Giesen at (804) 343-3059 for additional information or to sign up for a future session.
Hanover County

Senior Law Day for Hanover Residents and Persons on Medical Disability
Thursday, November 19, 1 to 3 p.m., Ashland
Sponsored by The Hanover County Council on Aging, Senior Connections, and the Williams Mullen Law Firm. Life Planning Documents: Advance Medical Directives, Wills and Durable Powers of Attorney will be confidentially prepared by volunteer attorneys. There is no cost to participants but there are eligibility requirements: Single Person in Household: $2,792/Monthly or Less; Two People in Household: $3,782/Monthly or Less. Space is limited. Please call Mrs. Pat Giesen at (804) 343-3059 for additional information or to sign up for a future session.

Welcome Melissa Kelley
In November, Ms. Kelley joined Senior Connections staff as part-time Care Coordinator for Henrico County. Ms. Kelly is a Gerontologist and graduate of the Gerontology Program at Virginia Commonwealth University.

Mechanicsville AARP
Senior Health Fair
Ms. Pamela Bridgeforth, Senior Connections Care Coordinator for Hanover County participated in this event.

New Kent County

Celebrating RVA's 2015 Active Aging Week at Corinth Baptist Church
Special thanks to presenters from Heritage Public Library and New Kent Parks & Recreation Department, Rite Aid for the vaccine clinic, and a nurse for blood pressure screenings. We also extend thanks to sponsors, Young at Heart Seniors of Corinth Baptist Church, Becky Ringley with State Farm and the numerous exhibitors.

Hanover County

Veterans and Family Resources Fair
Ms. Jackie Stewart, AICP, Senior Connections Advisory Council Member, provided support for the Agency at the event held at McGuire VA Medical Center.

Henrico County

Caregiver Forum at St. Mary's Hospital
The forum was attended by more than 50 caregivers. Panelists included Thelma Bland Watson from Senior Connections. Caregivers learned about valuable resources in the community and many tips for caregiving.

New Kent County

New Cafe Opens in New Kent
New Kent residents now have their own cafe in the County! Cafes are sites where older adults 60 and over can benefit from nutritious lunches, fun social events, exercise, recreation, life-long learning, artistic activities as well as health and wellness programming. The Cafe, located at New Generation Church, 6160 Pocahontas Trail in Providence Forge, opened on November and will be open on Tuesday and Thursday. For more information, please call (804) 343-3000.
**OPENING OF THE NEW DEEP RUN FRIENDSHIP CAFE**

**Colleen Wilhelm, Meals Community Outreach Specialist**

The Meals and Wellness Program at Senior Connections is one of our largest with over 450 Home Delivered Meals clients and over 600 Friendship Cafe participants attending one of 22 Cafes throughout the Greater Richmond Area. Our Friendship Cafe Program has seen an increase in the number of older adults (especially those over 80) looking for ways to stay engaged, learn, enjoy a nutritious lunch, socialize and benefit from being around others.

While other congregate nutrition programs have seen some decreases, in 2015, Senior Connections opened four New Friendship Cafes. “Nutrition and food are among the multiple factors that impact the health and wellbeing of older adults. We are very pleased to have the opportunity to support the food and nutritional needs of many older adults who will participate with the new Friendship Cafes, which will also offer diverse activities for engagement and connections,” Dr. Thelma Bland Watson, Executive Director. It could not be done without the help of our community partners, internal support from our Care Coordination team and the seniors we serve.

**MARKET SQUARE**

7300 Taw Street, Chesterfield

Opened in Spring 2015

Open Tuesdays and Thursdays

Senior Connections once again partnered with the Better Housing Coalition to provide opportunities for residents and community members alike to come together and enjoy all the benefits a Friendship Cafe offers. Also located in a food desert, Market Square is a perfect location to help support access to good nutrition, especially for those with limited transportation. “Having a Senior Connections Friendship Cafe on site at Market Square enables our residents to be more actively engaged in their housing community, as well as more connected to the larger community in the greater Richmond area. Participants report high levels of satisfaction with their involvement in the Cafe, and the room is full of laughter and smiles when they are together. The active partnership between Better Housing Coalition and Senior Connections enriches and improves the lives of our seniors in meaningful ways,” Kate Noon, Better Housing Coalition.

**DEEP RUN**

9900 Ridgefield Parkway, Henrico

Opened Late Summer 2015

Open Tuesdays and Thursdays

Senior Connections partnered with Henrico Recreation and Parks to provide a wonderful space and unique programming like pickle ball and trolley rides to older adults living in the West End. On August 27th more than 75 interested participants joined Henrico County Parks and Recreation staff, Senior Connections staff, Pat O’Bannon, Henrico County Board of Supervisor for Tuckahoe District, John Vitoulkas, Henrico County Manager, Dr. Thelma Bland-Watson, Executive Director and members of our Board and Advisory Council to officially “cut the ribbon” on the Cafe.

Within the first two months – we reached a record capacity at the Cafe. During the grand opening, one new participant said, “it’s so exciting to have a place to eat lunch with folks, at home I eat alone so much I turn on the TV so it does not feel as lonely.” Missi Boyer, Director of Meals and Wellness, states, “working with Henrico has been wonderful. They have the recreation resources that will enrich the Cafe experience. Special thanks to Jennifer Snead and all the Henrico Recreation and Parks staff for making the Grand Opening a huge success.”

**DIVERSITY RICHMOND**

1407 Sherwood Ave, Richmond

Opened Fall 2015

Open Wednesdays

Senior Connections partnered with SAGE Central Virginia and Diversity Richmond to create one of the first LGBT Friendship Cafe Programs in Virginia. This Cafe offers a place where older LGBT adults can socialize and engage in a supportive space. Our interim Cafe Manager, Colleen Keller, says, “I am very excited to be spending my Wednesday afternoons with so many vibrant seniors, volunteers, and advocates from the LGBT community and I hope to meet many more as word spreads about this wonderful program.”

“Diversity Richmond is proud to host the first Friendship Cafe at an LGBT center in Virginia. To the lesbian, gay, bisexual, transgender, queer+ community, their families, friends, and allies, Diversity Richmond is a catalysit, a voice, a place, and a resource that enriches and champions our diverse community, because we aspire for a vibrant, inclusive Rich- mond where inequality does not exist. The Friendship Cafe is a wonderful way for older adults to connect with old friends and make new ones from all walks of life.” Robyn Bentley, SAGE Member, Board Member Diversity Richmond.

**NEW KENT**

6160 Pocahontas Trail, Providence Forge

Opened Fall 2015

Open Tuesdays and Thursdays

For many years, the Cafe located at the Charles City Ruthville Gymnasium Complex has served both the Charles City and New Kent localities. How- ever, New Kent residents now have the opportunity to socialize and enjoy a nutritious lunch in their county. But don’t worry – the Friendship Cafe in Charles City will still host participants four days a week and has room to grow.

Nancy Goodman, M.Ed., Family Services Specialist at the Department of Social Services in New Kent has been a long-time advocate and enthusiast of the support of the Friendship Cafe Program. Ms. Goodman states, “Older adults in New Kent want to come together. A Friendship Cafe will offer older adults a place in New Kent to call their own—a place to meet old friends and make new friends, a place to learn and have fun, a place to be active and engaged.” As one inter- ested participant said upon learning about the program, “this is just wonderful, how exciting! I spend so much time in the house alone during the week. It will be nice to be able to just get out and see people.”

Friendship Cafes are neighborhood gathering places where older adults 60 and over can benefit from nutritious lunches, fun social events, exercise, recreation, life-long learning, artistic activities as well as health and wellness programming. Help support your neighborhood Cafe by encouraging older adults to join, volunteering your time or expertise or sponsoring a Cafe through The Adopt a Cafe Program. With your help, we can enhance the cafe experience and provide new experiences for our participants! For more information: www.seniorconnectionsva.org or call/ email Colleen Wilhelm @ 804-672-4497 cwilhelm@youraaa.org

**GRAIN: Gaining Reliable Access to Improved Nutrition for Adults 55+**

GRAIN, a FeedMore Pilot Program, is designed to help meet the nutritional needs of aging adults as well as prevent and manage chronic disease through healthy eating. The program delivers fresh produce and shelf stable food to individuals in the community. Targeted foods limit sodium, sugar and fats, and increase access to healthy proteins and whole grains. Twice a month, eligible older adults will have access to 20-25 pounds of food that may include low sodium canned veg- etables, fortified cereal, canned fruits in own juice, shelf stable low fat milk, frozen chicken or ground turkey, as well as fresh fruits and vegetables.

Since 1967, the Meals on Wheels Program through FeedMore, has provided homebound older adults, who have limited access to healthy food and are unable to prepare nutritious meal, with a home delivered meal. However, through experience and research, they began to recognize that many older adults, who may or may not be homebound but are able to cook a full meal, do not have the reliable access to the healthy ingredients necessary to cook a full nutritious meal essential for a positive health outcome.

Mary Penet, of FeedMore, visited several other Senior Grocery Programs throughout the country to understand best practices in reaching this popula- tion. From her research, the pilot program for GRAIN was developed. “Senior Connec- tions was a logical and exciting choice for partnership. Seniors Connections is a powerful partner for Meals on Wheels.” Katie Jantzi, Program Man- ager at FeedMore. Working with Missi Boyer, Director of Meals and Wellness, The GRAIN program launched the pilot program at Good Shepherd Baptist Church (also a Friendship Cafe) as well as Somonath Apartments, a Better Housing Coalition managed apartment in the City of Richmond. Senior Connections and FeedMore look forward to continuing the pilot and hope to expand in the New Year.
Nutrition Support

Domino Supports Friendship Cafés for Older Adults

Colleen Wilhelm, Meals Community Outreach Specialist
Senior Connections, The Capital Area Agency on Aging provides the opportunity for older adults to meet for lunch and a variety of activities at our Friendship Cafes. The Adopt a Café Initiative is a community partnership designed to raise awareness and program funding for each of the 22 Friendship Cafes located throughout the Greater Richmond Region.

Contributions to the Adopt a Café Program support life-long education, exercise, special field trips and creative activities including professional art instruction. Special thanks are extended to Dominion Virginia Power for granting $10,000 to the Adopt a Café Program for the next year. Dominion’s generous support will lead to enhanced Café experiences and new opportunities for all program participants.

Dr. Thelma Bland Watson, Executive Director, states “Dominion has been a long time contributor to programs that help improve the quality of life for older adults. We are very grateful to receive this latest support for the Adopt a Café Program, an initiative that will benefit the 600 participants who enjoy the Friendship Café environment on a daily basis. The participants experience many positive outcomes related to health, well-being and engagement. They appreciate the opportunity to come together for meaningful activities, friendship and delicious food.”

For more information about adopting Friendship Cafes or supporting neighborhood Cafes, please call Colleen Wilhelm at 804-672-4497 or email her at cwilhelm@youraaa.org.

Meals Program Receives a Grant from the National Resource Center on Nutrition and Aging

A $10,000 grant was awarded to Senior Connections’ Meals and Wellness Program. The grant will connect the Program with a national learning collaborative on business development with the Health Care Community in collaboration with FeedMore, Inc.

Acceptance of Dominion Grant

Left to Right: Ms. Missi Boyer, Meals and Wellness Director, Senior Connections; Dr. Thelma Bland Watson, Executive Director, Senior Connections; Mrs. Rita Randolph, Dominion Resources; and Mrs. Marge Boynton, Elder Rights Director, Senior Connections. A grant of $25,000 will support several services including the Friendship Cafés, Community Guardian Program and The Foster Grandparent Volunteer Mentor Program.
New Law In Virginia Supports Family Caregivers

More than one million Virginians are caring for an older parent, spouse, friend or other adult loved one, helping them live independently at home. Those family caregivers have a huge responsibility, and now there’s support in place that will make life a little bit easier for them. A new law went into effect July 1, 2015 and supports family caregivers when their loved ones go into the hospital and as they transition home.

How Will the New Caregiver Law Help Families?

The law requires hospitals to provide your loved one the opportunity to designate a family caregiver. If you are named as the family caregiver, the hospital is required to:
- Enter your name, address and phone number in your loved one’s medical record;
- Notify you when your loved one is to be discharged to another facility or back home;
- Consult with you on your ability to provide the medical tasks you are being asked to perform at home - such as medication management, injections, wound care, and transfers;
- Offer you a demonstration and explanation, in your native language, of the medical tasks you will need to perform at home and give you time for questions; and
- Provide you a copy of the discharge plan including contact information about any health care, long-term care, or other community-based services and supports necessary to carry out the discharge plan.

Being designated as the family caregiver does not obligate you to provide the care, treatment or services described in the discharge plan. For more information on the new law, or to schedule a presentation on the new law and other caregiving issues for your group, email aarpva@aarp.org or call toll-free 1-866-542-8164. Visit AARP Virginia online at www.aarp.org/va, on facebook.com/AARPVirginia, or on Twitter @AARPVa.

 Consumer Financial Protection Bureau Publishes Guide for Caregivers

President Barack Obama signed into law the Consumer Financial Protection Act on July 21, 2010. The law contains important protections for older, disabled, and low-income consumers who rely on family caregivers to help them manage their medical care.

More than two million older Americans use a caregiver to help make financial decisions. Virginia Attorney General Mark R. Herring and Richard Cordray, director of the federal Consumer Financial Protection Bureau, recently launched the first-ever state-specific guide for financial caregivers, providing information on how to successfully manage someone else’s money in Virginia.

The set of several “Managing Someone Else’s Money” guides is specific to the Commonwealth and will make it easier for caregivers to follow Virginia’s unique rules and to find help close to home. The guides help you to be a financial caregiver in three ways. They walk you through your duties and give you tips on Virginia laws and procedures:
- They tell you how to watch out for scams and financial exploitation, and what to do if your loved one is a victim.
- They tell you where you can go for help from agencies and service providers in Virginia and elsewhere. They tell you how to watch out for scams and financial exploitation, and what to do if your loved one is a victim.
- They tell you where you can go for help from agencies and service providers in Virginia and elsewhere.

For more information, please visit http://1.usa.gov/12hKigc.
EnRich for Life: An Innovative Program for Active Adults

For many older adults, it can be challenging to find interesting programming that includes like-minded people. The Weinstein JCC and Jewish Family Services have teamed up to create two innovative programs, Food for Thought and EnRich for Life, designed to provide older adults with monthly activities that enlighten and engage.

This innovative new program will provide a variety of engaging and interesting offerings that meet the social, mental, and physical needs of senior adults, ages 65 and older. EnRich for Life will meet one Monday a month, encompassing two key pieces: the Food for Thought speaker series and a creative/active track running from noon to 3:30 pm at the Weinstein JCC. After the educational Food for Thought speaker program (which is free and open to the public), participants can spend an afternoon at EnRich for Life, which features sessions in active and creative tracks. The creative track includes art classes, films, technology tutorials and more. The active track gets people up and moving through fun activities like dance classes, swim, yoga or Zumba. Participants can choose between the active and creative activity options to suit their individual interests.

EnRich for Life sessions immediately provided from 12:00 to 1:15 pm. EnRich for Life will meet one Monday a month. EnRich for Life, which features Food for Thought with Jay White, Aging in Place: How to Live Comfortably and Safely in Your Home 1:30 – 2:30 pm: Active Adult Travel Trends or Salsa Dancing 2:30 – 3:30 pm: Selecting Proper Wines/Wine Tasting with Barrel Thief owner or Zumba Gold

Thanks to generous funding from the Jewish Community Federation of Richmond’s Impact Grants and the Ernst and Anne Fischer Older Adult Fund of Richmond Jewish Foundation, this program will provide much-needed services to improve the lives of older adults and promote collaboration between agencies.

Food for Thought is free and open to the public and a light lunch will be provided from 12:00 to 1:15 pm. EnRich for Life sessions immediately follow from 1:30 to 3:30 pm and require a $5 participation fee and advance registration. The events will be held in the Israel November Auditorium and other locations throughout the Weinstein JCC facility. RSVPs should be made to Shari Menlowe-Bark at 804.545.8611 or sbark@weinsteinjcc.org.

Fires can strike anywhere — in structures, buildings, automobiles and the outdoors. Fires that affect our homes are often the most tragic and the most preventable. It is a sad fact, but each year over 75 percent of all civilian fatalities occurred as a result of fires in residential buildings. Everyone should know how to escape from their residence. The United States Fire Administration recommends leaving fighting a fire to trained firefighters. Instead, efforts should be focused on following a preset escape plan.

A home filled with smoke is a very dangerous situation. Smoke blocks vision, and the toxic gases can cause dizziness, disorientation and ultimately death. Under these conditions, one can easily become lost or trapped in the home. Unfamiliarity with exits, excessive distance to the nearest exit, or an inappropriate choice of exit can hinder a crucial escape. Many civilian fatalities occur as the victim is trying to escape. With a well thought out plan that includes multiple escape options, your chances of survival greatly increase. The first step in an escape plan is to make sure smoke alarms are installed on every level of the home and are in good working order. Plan and practice at least two escape routes for every room, and have procedures in place for those who require additional help, such as infants, older adults and individuals with disabilities. Once outside there needs to be a central meeting place, preferably in the front yard, that is known by all and will always be there (ie. Mailbox, Tree, etc.). This way everyone can be accounted for and information can easily be given to firefighters upon their arrival. Seconds do count.

Living with Diabetes

There is no cure for diabetes, but it can be managed. Balancing the food you eat with exercise and medicine (if prescribed) will help you control your weight and can keep your blood glucose in the healthy range. This can help prevent or delay complications. Many people with diabetes live long and healthful lives. Here are some tips on living with diabetes.

IMMINIZATIONS: Having the flu and pneumonia can be dangerous for anyone. But it is extra risky for people with diabetes or other chronic health problems.

- Every person with diabetes needs a flu shot each year. Flu shots do not give 100% protection, but they do make it much harder for you to catch the flu. For extra safety, it’s a good idea for the people you live with or spend a lot of time with to get a flu shot, too. You are less likely to get the flu if the people around you don’t have it. The best time to get your flu shot is beginning in September, but if you did not get it, you should as soon as you can anytime in the flu season to protect yourself. The shot takes about two weeks to take effect.

- A pneumonia shot is recommended for anyone with diabetes aged 2 or older. You can get a pneumonia shot anytime during the year. A pneumonia shot can protect you from other infections caused by the same bacteria.

EYE CARE: There are steps you can take to avoid eye problems.

- Take care of your diabetes. Work with your health care team to keep your blood glucose in your target range.

- Bring high blood pressure under control. High blood pressure can make eye problems worse.

- Quit smoking. There are many options, including over-the-counter and prescriptions medications to help you quit and stay ‘smoke free’. Talk to your pharmacist to discuss smoking cessation options right for you.

- See your eye care professional at least once a year for a dilated eye exam. Having your regular doctor look at your eyes is not enough, nor is having your eyeglass prescription tested by an optician. Only optometrists and ophthalmologists can detect the signs of retinopathy. Only ophthalmologists can treat retinopathy.

FOOT CARE: There are many things you can do to keep your feet healthy.

- Take care of your diabetes. Work with your health care team to keep your blood glucose in your target range.

- Check your feet every day. Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror and ask someone to help.

- Be more active. Plan your physical activity program with your health care team.

- Ask your doctor and pharmacist about Medicare coverage for special shoes.

- Wash your feet every day. Dry them carefully, especially between the toes.

- Keep your skin soft and smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.

- If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.

- Wear shoes and socks at all times. Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.

- Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement. Don’t put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.

- Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two or three times a day. Don’t cross your legs for long periods of time. Don’t smoke.

- Get started now. Begin taking good care of your feet today. Set a time every day to check your feet.

Source: American Diabetes Association Submitted by Bremo Pharmacy. Blood glucose screening is FREE through the months of October, November and December. Call 804-288-8361 ext. 120 to schedule your appointment for dedicated one-on-one time with a pharmacist.
Managing Medications

Managing a growing number of medications can be confusing for anyone, whether you’re managing them for yourself or for your parents. Yet, taking medications properly is critical for your and your parents’ health and well-being.

Good communication with your doctor and pharmacist can help you stay safe and ensure your drugs work the right way. Your situation is unique, so get the personal attention you deserve. Ask your doctor and pharmacist any questions you may have. In the meantime, here’s some ways to manage common challenges you may face:

Multiple Medicines

It helps to use one pharmacy for all your prescriptions and refills. That way, your pharmacist can check for potential interactions between your medications. They can also suggest supplements that would be safe for you to take along with those drugs. Your pharmacist can also help you make sense of your medications with a comprehensive medication review.

Take a list of all your prescription medications, over-the-counter medications, vitamins and supplements to your pharmacist. At Bremo Pharmacy, we can provide you with an up-to-date medication list, including directions on how to take your medicines. We can discuss ways to synchronize your medications so all of your refills are due at the same time. That way, your prescriptions can be picked up or delivered to you all at the same time, avoiding multiple trips to the pharmacy or multiple deliveries throughout the month. You can also talk to us about packaging options so you never miss a dose.

If you notice any side effects, tell your doctor and pharmacist right away. This can be a reaction to a drug or a combination of drugs. It may also be due to an interaction with alcohol or certain foods. Several medications interact with some common foods. Please let the pharmacist know if you have any concerns.

Forgetfulness

You may find it helpful to write down your medication schedule. Note the dosing time to take each drug, and what it is for. Include specific instructions such as whether to take the drug with food and where to store it.

Special pill boxes or packaging, including calendar cards can also help. Also, set a daily routine and tie it to another well-ingrained habit. For example, if you need to take a medication at night, keep those pills on your nightstand. Just be careful not to leave your medications in an area where children or pets would be able to get to them.

Cost

On fixed incomes, many older adults are concerned about the high cost of medications. First of all, know that skipping doses or not filling your prescription is not a safe solution. You need to take the drug exactly as directed to avoid complication. Hospital visits related to medication problems are expensive.

Talk to your pharmacist about ways to reduce costs. For example, your pharmacist can see whether a generic version of your drug is available or if you are eligible for a prescription assistance program. Also, ask your insurance company if you can get a senior citizen discount.

Before filling a prescription, your doctor may have free samples available. This isn’t a long-term solution, but you can try a drug for free while seeing if it works with a minimum of side effects.

For both health and prescription drug help, some income and certain assets may not be counted including, but not limited to the house you live in, a car, burial plots and up to $1,500 for burial expense. If you think you are eligible, you need to apply. A VICAP Volunteer counselor is not licensed to sell insurance and do not promote any insurance products.

New Law Requires Hospitals to Inform Patients of Status

Elizabeth Q. Bohmke, Esq.

For many seniors, visits to the hospital become more frequent occurrences than when they were younger. Falls, dizzy spills, and a whole host of other ailments may drive a senior to the emergency room. Unfortunately, if your physician determines for whatever reason that you need more observation or treatment before being sent home, you can spend an extended amount of time in the hospital before being released. Depending on the circumstances of your stay, it may be difficult to determine independently whether you are admitted to the hospital as inpatient or whether you are being held under observation – an outpatient status. Unfortunately, there are significant financial consequences of inpatient versus outpatient status, a fact that many seniors have discovered to their surprise after release from the hospital. A new law in Virginia that became effective July 1, 2015 now seeks to require hospitals to clarify the situation for patients.

Inpatient versus outpatient status makes a crucial difference for Medicare patients. In order to receive payment for skilled nursing care in a rehabilitation or other skilled nursing facility after discharge from the hospital, the patient must have been admitted to the hospital as an inpatient for at least three days (excluding the day of discharge). If the patient meets that test, Medicare will pay the full cost of such skilled care for the first 20 days and there is only a $157.50 per day co-insurance payment for days 21-100. If the patient is not admitted as an inpatient for a sufficient number of days, the patient will likely pay the full cost themselves. This can be extremely frustrating to a patient who was held in the hospital for observation for 24 hours and then admitted for two days as an inpatient. Although the patient may not ever detect the change in status because there is no change in services, Medicare will not cover the skilled nursing. Also, inpatients at the hospital are subject to Medicare Part A which has a $1,216 deductible. However, thereafter, Medicare pays the entire cost for the first 60 days. Outpatients are subject to Medicare Part B which has a $147 deductible, but also must pay a co-payment for diagnostic non-laboratory tests and x-rays. Co-pays for significant amounts of services, tests, and time in the hospital can easily add up to more than the Medicare Part A deductible. Thus, it is critically important to the patient to know his or her status an inpatient or outpatient and whether and when that may change over the course of a hospital stay.

As a result of the fact that it can be difficult to differentiate observational status from inpatient status in many cases, Virginia became the fifth state in the nation to enact legislation designed to notify patients of their status. Under the new law, if a patient receives meals and a hospital bed in an area outside of the emergency department, the hospital must provide written and oral notification within 24 hours of the patient’s outpatient or observational status. The notice itself must also include a notice that observation status can affect the patient’s Medicare or other insurance coverage of the current hospital stay and coverage for skilled nursing care at a rehabilitation or nursing facility after discharge from the hospital. Finally, the notice must provide the patient with information about whom to contact for more information and to determine if there is any available recourse. Although there may be no way to change a patient’s status from observational to inpatient, the knowledge of his or her status can help a family make realistic discharge plans. If the patient does not have the financial resources to pay for skilled nursing out-of-pocket and his or her observational status is known, the family can at least work with the hospital’s discharge planners to create a safe discharge plan that may involve some at-home skilled care that may be more affordable for the patient short-term.
Metro Richmond Transportation Providers

This list includes for profit and nonprofit agencies, professional services, private services and voluntary programs. These organizations provide transportation services to adults and their families. Unless otherwise noted, the transportation providers serve all of the metropolitan Richmond area. This list is subject to change. Please contact Margaret Robinson at (804) 343-3000 for additional information.

Access Chesterfield*
279-8489
Chesterfield County, with service to Richmond, Petersburg, Hopewell, and Colonial Heights Monday-Friday, 5:30 a.m.-7:30 p.m.; Saturdays 5:30 a.m.-5:30 p.m. Wheelchair accessible service www.cahealthnet.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.actikareinchomeandva.com

Alliance Specialty Transport
225-8599
http://alliancespecialtytransport.com/index.html Wheelchair accessible service

Angles for Hire/Angelride
338-6858 (855) 525-7433
Western Richmond, western Henrico, northern Chesterfield 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 745-0046 335-9264
Chesterfield, Goochland, Chesterfield County, with service to Richmond, Petersburg, Powhatan, Louisa, Amelia

CAP-UP
556-2626
gooolchlandfreeclinicandfamily.services.org/ Goochland County Monday-12-3 (Richmond), Tuesday-Thursday 9-3 (Goochland) Friday 9-12 (Richmond)

GRTC Van and CARE Plus
http://www.grtc.com/services/specialized-transportation-care/
Application for CARE Van ID:
Disabled: 1-879-232-7433 info@adardride.com
Age 80 & Up: 804-358-3871 ext. 434 To Schedule a Ride:
804-782-2273 Email: grtc_evalr@mgrtransit.com Fax: (804) 474-9993 http://www.grtc.com/services/specialized-transportation-care/ Carolyn P. Comerford Senior Center of Greater Richmond, Director 804-353-3171 (Senior Center) 804-672-4487 (Senior Connections) 804-316-3476 (Cell) SeniorCenterRVA@gmail.com SeniorCenterOfGVRichmond.org Twitter: @SeniorCenterRVA

Home Helpers
864-4258
www.homecarerichmond.com Seven days a week

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

Junie Ray Inc.
326-6414

Logistics (Medicaid recipients)
1-866-386-8331 www.logisticscare.com Wheelchair accessible service

Mature Options
282-0753
www.matureoptions.com

Napoleon Taxi
354-8294 www.napoleonmartaxis.com

New Freedom Transportation, LLC
288-1248 www.newfreedomtransportation.com

Richmond Taxicab LLC
300-9000
Richmond, Henrico, and Hanover www.richmondtaxicab.com Wheelchair accessible service

Sam Transportation LLC
715-9242

Save Our Seniors
232-1143 (804) 664-1143 Turnpike)

Seniors Helping Seniors
553-0526
www.seniorshelpingseniors.com/

Senior Center of Chesterfield
706-6699 www.shepccheesterfield.org Chesterfield County

Senior Center of Richmond
355-7282 www.tsco-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/ Wheelchair accessible & stretcher service available

TNT Transportation Services, Inc.
270-3258 www.tnttrans.com Monday-Friday, 7:00 a.m.-6:00 p.m.
Wheeler accessible service

Van Go
261-7388 www.vangochehston.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

*Please contact Margaret Robinson at (804) 343-3000 for additional information.

@SeniorCenterRVA

For Senior Connections providing this list of potential resources, we do not endorse any of these transportation providers over another.)

www.cahealthnet.com/
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 information about the volunteer opportunities we provide, please call (804) 343-3014.

RSVP Honors Volunteers

Tony Williams
RSVP Coordinator

On Friday, September 18, participants of the Retired & Senior Volunteer Program (RSVP) were honored at a brunch in the Virginia Room at Imperial Plaza. Also in attendance were RSVP partner site managers Angela Crump (RRHA), Suzette Williams (RRHA), Jean Adams (Senior Connections Money Management), Tomeka Graham (VA Hospital) and RSVP Advisory Committee members. The Keynote Speaker was Rev. Richard Bunch of Unity of Richmond.

Over the past year, RSVP volunteers serving at 12 partnering volunteer sites have contributed more than 40,000 hours of volunteer service in the areas of Food Delivery/Security (Meals on Wheels), Health Education, Delivery of Health Services (Henrico Doctors Hospital – Forest and Parham, Memorial Regional Medical Center and Hunter Holmes McGuire VA Medical Center), Public Safety (RRHA), Companionship/Outreach (Family Lifeline, Jewish Family Services and Chesterfield County Senior Advocates) and “Other Human Needs” (the Choral Group).

The Retired & Senior Volunteer Program (RSVP) is a national volunteer program co-sponsored by Senior Connections, The Capital Area Agency on Aging and the Corporation for National and Community Service. Together both entities support, promote and measure the impact of volunteer service in our community. We are currently in discussions with several new potential partnering organizations in hopes of finding more ways in which our RSVP volunteers can help address community needs.

On December 22, the Senior Connections Choral Group will make their tenth annual appearance at the Jefferson Hotel as part of the Jefferson’s Midday Music Series. The group is the only musical ensemble that participates in the series that is not a middle school or high school ensemble.

RSVP needs you! If you are 55+ and interested in being a part of a team of individuals who are contributing dynamic, impactful service to our community, we are just a phone call away. Please call Tony Williams, RSVP Coordinator at (804) 343-3050 or Norma Jean Austin, Program Assistant at (804) 672-4490. We will be happy to assist you to find a volunteer position that will give you that rewarding feeling of being part of something greater than yourself. “Everybody wins.”

To learn more, please call (804) 343-3000 or visit our website www.seniorconnections-va.org

Long-Term Care Ombudsman Program

To learn more, please call (804) 343-3000 or visit our website www.seniorconnections-va.org

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 343-3055 to ask about our services.

Call 343-3024 to volunteer to be a bill-payer for a person needing assistance to remain independent. Thank You for Your Interest and Support!

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, The Capital Area Agency on Aging’s Services and Programs for Older Adults, Persons with Disabilities, and Caregivers.

For more information please call (804) 343-3024
to learn more contact jean wolfe at 908-228-1750 or

CATCH Healthy Habits program is a free nutrition program for children ages 2-12. By attending this program, children will learn the basics of nutrition: the foods they should eat and how to make healthy choices. Children will also learn about portion control, balance, and how to read food labels. The program will run for 5 weeks, starting on Thursday, May 26th. The program will meet every Thursday from 4-5 PM, at the Community Center located at 1000 Main Street, Newton. To register, please email info@catchhealthyhabits.org or call Jean Wolfe at 908-228-1750.

Healthy eating habits start with kids! Coming soon to our community, CATCH Healthy Habits will help children develop healthy eating habits, making positive changes for yourself, your family, and your community. Through fun, interactive lessons, children will learn about the importance of making healthy choices when it comes to nutrition. This program will not only help children make better food choices, but it will also teach them about the importance of physical activity and the role it plays in maintaining a healthy lifestyle. For more information, please visit catchhealthyhabits.org or call Jean Wolfe at 908-228-1750.

Assembly Day at the Virginia Center

On Wednesday, January 27th, 2016, the Virginia Center for Education, 1000 Main Street, Newton, will host Assembly Day. This event is open to all residents of the community and is designed to bring people together to discuss important issues affecting our community. The event will feature a keynote speaker, panel discussions, and an opportunity for community members to ask questions and share their thoughts on a variety of topics. Assembly Day is an important opportunity for the Virginia Center to engage with the community and to foster meaningful conversations on issues that affect us all.

2016 Outstanding Volunteer Awards

On Saturday, November 21st, the Virginia Center for Education will host the 2016 Outstanding Volunteer Awards. This annual event recognizes the contributions of volunteers who have made significant contributions to the center’s mission. Nominations are open to anyone who has volunteered at the center in the past year. To submit a nomination, please visit the Virginia Center’s website at virginiaeducation.org/awards or contact Jean Wolfe at 908-228-1750.

The Annual Giving Heart

On Saturday, November 21st, the Virginia Center for Education will host the Annual Giving Heart event. This event is an opportunity for the community to come together and show their support for the center. Attendees will enjoy live music, food, and drink, as well as the opportunity to participate in a silent auction and bid on a variety of items. All proceeds from the event will go directly to support the Virginia Center’s programs and services. To learn more about the Annual Giving Heart event or to make a donation, please visit the Virginia Center’s website at virginiaeducation.org/givingheart or contact Jean Wolfe at 908-228-1750.

Volunteers

The Virginia Center for Education is always looking for volunteers to help with a variety of tasks, including serving as a volunteer at school events, helping with program implementation, and providing administrative support. To learn more about volunteering opportunities at the Virginia Center, please visit their website at virginiaeducation.org/volunteer or contact Jean Wolfe at 908-228-1750.
**November 2015**

**Chess - Anyone Can Play!**
Saturday, November 21, 2:00 p.m.
Glen Allen Library
10501 Staples Mill Rd.
Corey Hancock, founder of the Henrico Chess Club, will provide an introduction to the game and the activities of the club. Participants will have the opportunity to learn the fundamentals of Chess, discover the history of famous Grandmasters and be able to play against experienced Club members.
Free event. For more details visit www.henricolibrary.org

**Thanksgiving Reading**
Monday, November 23, 7:00 p.m.
Fairfield Library
1001 N. Laburnum Ave.
Librarian Mike Hatchett will read Truman Capote’s *The Thanksgiving Visitor*, a beautiful holiday story set in Alabama during the height of the Great Depression. Free event. For more details visit www.henricolibrary.org

**Senior Connections Board Meeting**
Tuesday, November 24, 1:30 p.m.
Senior Connections, 3rd Floor 24 E. Cary Street, Richmond
Agency Thanksgiving Holidays 1/2 Day Nov. 25; Nov. 26 & 27
Senior Connections will close at 1:00 p.m. on Wednesday, November 25 and will be closed all day on Thursday, November 26 and Friday, November 27. The office will re-open on Monday, November 30.

**Dominion GardenFest of Lights**
Friday, November 27 to Monday, January 11
Experience a dazzling 30-acre light and botanical display highlighting some of the many ways water surrounds us and shapes the world in which we live. The Grand Illumination will be held on Friday, November 27. Hosted by Lewis Ginter Botanical Garden. For more info please visit www.lwiginter.org.

**Classic Films & Discussions**
Monday, November 30, 6:30 p.m.
Gayton Library
10600 Gayton Road
Join us each month as we view and discuss classic films and occasional DVD commentaries. This month’s selection is *Lost in America* (1985) about a husband and wife in their 30’s who decide to quit their jobs, live as free spirits and cruise America in a Winnebago. Directed by Albert Brooks. Free event. For more details visit www.henricolibrary.org

**December**

**Goothland Free Clinic and Family Services**
December 8 & December 9
Richmond Country Club 12950 Patterson Avenue
Includes holiday gifts, clothing, jewelry, artwork, food, toys and more. Bring the kids for free photos with Santa. A Luncheon and Holiday Fashion Show will be held from noon to 2:00 p.m. For additional information please call 804-556-6260. Send email to chardman@goochlandva.us.

**Family Caregiver Lunch & Learn**
Wednesday, December 9 10a.m. - 2:30p.m.
Senior Connections 24 E. Cary Street, Richmond
Presented by Angie Phelon, MS, Gerontology and Judy Nelson, BS, RN. The day will offer information on accessing community resources including Medicare, Medicaid and Respite Care. The session will also cover caregiving challenges, strategies for self-care and building your team. Lunch and materials will be provided. Space is limited. Please reserve your place by Thurs.

day, December 3 by contacting Angie Phelon at (804) 3045 or Judy Nelson at (804) 343-3035.

**Agency Christmas Holidays**
1/2 Day Dec. 23; Dec. 24 & 25
Senior Connections will close at 1:00 p.m. on Wednesday, December 23 and will be closed all day on Thursday, December 24 and Friday, December 25. The office will re-open on Monday, December 28.

**New Year’s Eve Family Frolic**
Thursday, December 31, 2:00 - 5:00 p.m.
Lewis Ginter Botanical Garden Participate in several family activities and enjoy a live concert by the Ululating Mummies. For more info please visit www.lwiginter.org.

**Thank you**

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

- $20
- $10
- $5
- Other Amount $_____

**Name**

**Address**

**City State Zip**

Please check A.L.I. 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.

**Advertise In Mature Life!**

Next Deadline: January 15, 2016

For more information please call: Hannah Robinson at 804-343-3046 or send an email to hrobinson@youraaa.org

**January 2016**

**New Year’s Holiday**
Friday, January 1
Senior Connections will be closed on Friday, January 1 for the New Year’s Holiday. We will re-open on Monday, January 4.

**38th Annual Martin Luther King Jr. Seniors Program**
Wednesday, January 13, 11 a.m.
Fifth Baptist Church 1415 W. Cary St., Richmond
The Richmond Chapter of The National Caucus and Center on Black Aging, Inc. (NCBIA) will host this celebratory event in recognition of the Dr. Martin Luther King, Jr. Learning Week. The celebration is co-sponsored by Senior Connections, the City of Richmond Office on Aging & Disabilities and Affiliated Seniors of Metropolitan Richmond.

**Martin Luther King, Jr. Day**
Monday, January 18
Senior Connections will be closed on Monday, January 18. Our office will re-open on Tuesday, January 19.

**Senior Connections Board Meeting**
Tuesday, January 19, 1:30 p.m.
Senior Connections, 3rd Floor 24 E. Cary Street, Richmond

**February**

**Home Improvements Workshop**
Saturday, February 6
Sponsored by Henrico County Facilitated by Richmond Metropolitan Habitat for Humanity
Participants will learn the importance of “getting the most bang for your buck” for improvements on their home, experienced Home Depot’s tile class and understand the importance of life expectancy and money required for future home maintenance and upgrades.

**President’s Day**
Monday, February 15
Senior Connections will be closed on Monday, January 18. Our office will re-open on Tuesday, January 19.

**Senior Connections Advisory Council Meeting**
Thursday, February 25, 2:00 p.m.
Senior Connections, 3rd Floor 24 E. Cary Street, Richmond

**February 2015**

**New Housing Opportunity for Richmond Seniors.”**

CPDC expects to complete renovation of the Highland Park school by the end of 2016. The Richmond-based project team will be hosting a year-long series of public forums, resident advocacy meetings, and media tours to monitor progress.

“We are committed to keeping our project team will be hosting a year-long series of public forums, resident advocacy meetings, and media tours to monitor progress.

“We are committed to keeping our...”

**Community Preservation and Development Corporation, www.cpdc.org**

**DECENBER**

**Goothland Free Clinic and Family Services**

**Jingle Bell Bazaar**

**December 8 & December 9**

**Richmond Country Club**

**12950 Patterson Avenue**

**Includes holiday gifts, clothing, jewelry, artwork, food, toys and more. Bring the kids for free photos with Santa. A Luncheon and Holiday Fashion Show will be held from noon to 2:00 p.m. For additional information please call 804-556-6260. Send email to chardman@goochlandva.us.**

**Family Caregiver Lunch & Learn**

**Wednesday, December 9**

**10a.m. - 2:30p.m.**

**Senior Connections**

**24 E. Cary Street, Richmond**

**Presented by Angie Phelon, MS, Gerontology and Judy Nelson, BS, RN. The day will offer information on accessing community resources including Medicare, Medicaid and Respite Care. The session will also cover caregiving challenges, strategies for self-care and building your team. Lunch and materials will be provided. Space is limited. Please reserve your place by Thurs.**

day, December 3 by contacting Angie Phelon at (804) 3045 or Judy Nelson at (804) 343-3035.**

**Agency Christmas Holidays**

**1/2 Day Dec. 23; Dec. 24 & 25**

**Senior Connections will close at 1:00 p.m. on Wednesday, December 23 and will be closed all day on Thursday, December 24 and Friday, December 25. The office will re-open on Monday, December 28.**

**New Year’s Eve Family Frolic**

**Thursday, December 31, 2:00 - 5:00 p.m.**

**Lewis Ginter Botanical Garden**

**Participate in several family activities and enjoy a live concert by the Ululating Mummies. For more info please visit www.lwiginter.org.**

**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 our last issue.**

Lois M. Broadwater
William L. Burton, Jr.
Martha J. Grooms
Barbara J. Haynes
M. Irby
Edna L. Lindsay
Lois M. Irby
She’s Got Issues.”

**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.**
The Senior Connections Choral Group performed several beautiful selections at the Luncheon.

The 2015 Empty Plate Campaign will end on December 31st. Contributions are still being accepted and very much welcomed. Please send to Senior Connections Empty Plate Campaign, 24 E. Cary St., Richmond, VA 23219. Thanks for your consideration and support!

SAVE THE DATE!
2016 Empty Plate Luncheon and Awards Ceremony: WEDNESDAY, OCTOBER 5, 2016