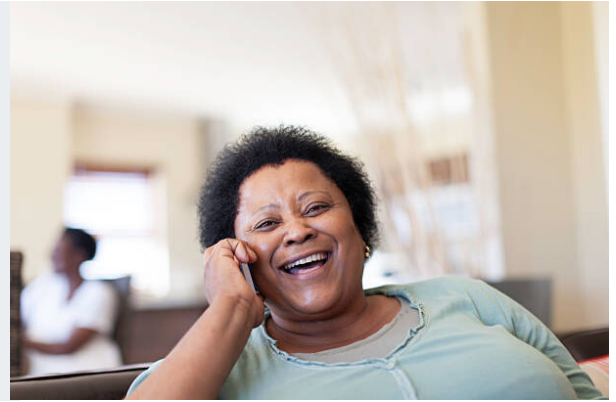


JULY-SEPTEMBER 2020

Aging through Community, Outreach, and Wellness

COMMUNITY • OUTREACH • WELLNESS



NEW Virtual Programming!

EngAGE at Home is a telephone-based activities program offering opportunities for engagement and education. This program offers learning, sharing, and activity opportunities-- all via phone from the comfort of your own home. All are welcome, Henrico residency is not required.

Sessions are held every Tuesday at 11am.

Our conference call system can call you directly! All you need to do is review the upcoming session schedule (Page 3-4), then contact Sara Morris at mor141@henrico.us or 804-501-5065. You will need to provide the sessions you would like to attend, name, and telephone number. If you would prefer to call in yourself, the number will be provided upon your registration.

Henrico's Advocate for the Aging

Serves residents of Henrico County ages 60 and older, their family members, and caregivers by aiding in the following:

- Information and referral services
- Support for caregivers
- Communicating current and changing needs of the aging population to Henrico County Local Government Agencies

Sara Morris, Advocate for the Aging
804-501-5065 or mor141@henrico.us
www.henrico.us/seniors

UPCOMING EVENTS

Raise Your Voice: Virtual Focus Group



Tuesday, September 1

11am-Noon

Call-in Number: 804-256-2450



Henrico County's EngAGE wants to hear from you! Join us as we:

- Identify concerns, opportunities, and questions within our local neighborhoods affecting older adults
- Establish program priorities within the context of available resources
- Identify local resources to enhance or expand programming for older adults

This program will take place over the phone! We can call you at 11am. Just RSVP to 804-501-5065 or mor141@henrico.us with your name and phone number. If you would like to call in yourself dial: 804-256-2450.

EngAGE in Your Community: Virtual Volunteer Opportunities

COVID-19 has changed the way we do many things in our lives, including how we give back to our communities!

Join us for an opportunity to learn about volunteer opportunities you can participate in from the comfort of your own home!

Tuesday, August 18

11am-Noon

*This program will take place over the phone! We can call you at 11am. Just RSVP to 804-501-5065 or mor141@henrico.us with your name and phone number. If you would like to call in yourself dial:

804-256-2450.

RSVP Requested

Contact Sara Morris at 804-501-5065



July 7 at 11am

Longevity U: Globe Trotting Longevity

Gerontologist Alexa van Aartrijk will take us on a trip around the world to the places where cultures live long, healthy, happy lives. This time we will visit Okinawa, Japan and provide a wrap up discussion. How do you make our own "Blue Zone" where we are and with what we have? Travel the world to the places where unique cultures live long, healthy, happy lives. Learn about these fascinating people and places, and how they live to be 100+!

July 14 at 11am

Mental Fitness: Let's Write a Haiku

Faithea Foster, of YMCA of Greater Richmond's Active Older Adult Program, presents Mental Fitness: Let's Write a Haiku! This activity is designed to connect with others, sharpen your mind, and most of all create FUN!

July 21 at 11am

July Journeys Book Talk

Matt Phillips, from Henrico County Public Library presents July Journeys! Travel the world with your Henrico Library card! We will highlight different ways the library can help you explore our planet from the comfort of your favorite chair or couch. No passport required!

July 28 at 11am

Community Voice: Housing Resource Center

Let's talk about it! Expert facilitators from Virginia Community Voice are hosting this series of conversations about what home means to us. Let's talk about housing, home and community. Today we'll learn about the new Housing Resource Center.

August 4 at 11am

Mental Fitness: Poems and Lyrics

Faithea Foster, of YMCA of Greater Richmond's Active Older Adult Program, presents Mental Fitness: Poems and Lyrics! This activity is designed to connect with others, sharpen your mind, and most of all create FUN!

August 11 at 11am

EngAGE in Your Community: Virtual Volunteer Fair

COVID-19 has changed the way we do many things in our lives, including how we give back to our communities! Join us for an opportunity to learn about volunteer opportunities you can participate in from the comfort of your own home!

August 18 at 11am

Active Aging Week Preparation: More details to come!

August 25 at 11am

August Book Talk

Henrico County Libraries present their August Book Talk. Topic of the book talk is to be determined. Join a Henrico County Librarian in an exploration of various titles. Also, learn how to use online resources and get up-to-date information on Library reopenings.

September 1 at 11am

Raise Your Voice: Focus Group

Henrico EngAGE wants to hear from you! We will be: identifying concerns, opportunities, and questions within our local neighborhoods affecting older adults. Also, establish program priorities within the context of available resources and lastly, identify local resources to enhance or expand programming for older adults

September 8 at 11am

Social Security 101

Social Security Administration presents Social Security 101. Join us for an opportunity to learn about your Social Security benefits. This workshop covers how to get the most out of your benefits, the future of Social Security, benefits eligibility, and much more!

September 15 at 11am

Active Aging Week Preparation: More details to come!

September 22 at 11am

September Book Talk

Henrico County Libraries present their August Book Talk. Topic of the book talk is to be determined. Join a Henrico County Librarian in an exploration of various titles. Also, learn how to use online resources and get up-to-date information on Library reopenings.

September 29 at 11am

Active Aging Week Preparation: More details to come!

EngAGE at Home Schedule can be found online at: www.henrico.us/seniors

IN THE COMMUNITY

Deep Run Friendship Café

Ages 60+ Senior Connections' Friendship Cafés are neighborhood gathering places for seniors. Nutritious midday meals are served, time to meet up with good friends, and participate in diverse activities. The program is free; however, advance registration is required through Senior Connections (no drop-ins). The Friendship Café at Deep Run Recreation Center operates Tuesdays and Thursdays. ****Deep Run Friendship Café is currently not meeting due to COVID-19.**



For more information, contact Senior Connections, The Capital Area Agency on Aging at 804-343-3000

Henrico Council on Aging (HCOA)

Our mission: To be a well-informed, interconnected network of service providers for Disabled and Older Adults living in Henrico County.

The council meets every 4th Tuesday of each month. **Due to COVID-19, HCOA meets virtually. Contact Sara Morris for information on joining.**

Are you interested in joining HCOA?
Contact Sara Morris at 804-501-5065



S.A.L.T./ TRIAD (SENIORS AND LAW ENFORCEMENT TOGETHER)

S.A.L.T./Triad Council is a cooperative effort and working partnership between the Henrico County Police Division, Sheriff's Office, and senior citizens throughout Henrico. Its purpose is to develop, expand, and implement effective crime prevention and education programs for the benefit of our senior citizens and to improve the overall quality of life by making our communities a safer place to live.

S.A.L.T./Triad is a cooperative program sponsored nationally by the American Association of Retired Persons, the International Association of Chiefs of Police, and the National Sheriff's Association.

Council meetings are held at the Henrico Training Center on the first Tuesday of each month at 10am. For more information, call Community Policing at 804-501-5933. ***Meetings are currently on hold due to COVID-19.**

Project Lifesaver



The Henrico County Public Safety group currently offers the Project Lifesaver program which was developed in 1999 as an initiative of the 43rd Search and Rescue Company of the Chesapeake Sheriff's Office. Project Lifesaver's mission is to use state of the art technology in assisting those who care for individuals suffering from Alzheimer's and other Related Mental Dysfunctions Disorder (ARMD) and individuals who become lost. Project Lifesaver places personalized radio transmitters on identified persons with ARMD.

When the caregiver discovers their loved one missing, they call the police. Trained Project Lifesaver personnel respond with a special tracking unit that can quickly locate the missing person. Please call the Henrico Sheriff's Office at 804-501-5860 for additional information.



Henrico County Public Library

Stay Up-to-Date with Reopening Information: <https://henricolibrary.org/reopening>

Online Library Resources:

OverDrive: OverDrive contains the library's largest collection of eBooks, from classics to the latest bestsellers. You can check out up to 25 titles at a time on OverDrive, and keep your eBook for up to 21 days. Titles can be renewed, and there may be a waitlist for popular titles. We love to recommend the Libby app from OverDrive for devices running iOS, Android, and Windows 10, as it provides a modern, easy-to-use interface. If you've recently signed up for a digital card from HCPL, you can use OverDrive and Libby.

Hoopla: Hoopla provides instant checkout – no holds lists – for up to seven items per month from its growing collection of eBooks, audiobooks, music, TV shows, and movies. Checkout periods vary by item format. You can use the Hoopla app on most tablets, mobile devices, and smart TVs.

RBDigital: RBDigital provides access to hundreds of popular magazines, both current and back issues, with no waiting lists. It also provides eBooks and audiobooks, with a checkout period of 21 days. There may be a waiting list for some popular eBook and audiobook titles on RBDigital. You can use the RBDigital app with most tablets and smartphones, and for the best experience, we encourage using the app to enjoy eBooks and audiobooks.

Henrico Recreation and Parks

Virtual Programming: <https://henrico.us/rec/virtual-programs/>

Parks in the County

1. **Armour House and Gardens at Meadowview Park**, 4001 Clardenon Rd., Henrico, VA 23223
2. **Cheswick Park**, 1700 Forest Ave., Henrico, VA 23229
3. **Deep Run Park**, 9900 Ridgefield Pkwy., Henrico, VA 23223
4. **Dorey Park**, 2999 Darbytown Rd., Henrico, VA 23231
5. **Dunncroft/ Castle Point Park**, 4901 Francistown Rd., Glen Allen, VA 23030
6. **Eastern Henrico Recreation Center**, 1440 N. Laburnum Ave., Henrico, VA 23223
7. **Echo Lake Park**, 5701 Springfield Rd., Glen Allen, VA 23060
8. **Hidden Creek Park**, 2417 Brockway Ln., Henrico, VA 23223
9. **Meadow Farm Museum at Crump Museum**, 3400 Mountain Rd., Glen Allen, VA 23060
10. **Osborne Park**, 9530 Osborne Trpk., Henrico, VA 23231
11. **Pouncy Tract Park**, 4747 Pouncy Tract Rd., Glen Allen, VA 23059
12. **RF&P Park**, 3400 Mountain Rd., Glen Allen, VA 23060
13. **Three Lakes Park**, 400 Sausiluta Dr., Henrico, VA 23227
14. **Twin Hickory Park**, 5011 Twin Hickory Rd., Glen Allen, VA 23059

