



COMMUNITY • OUTREACH • WELLNESS



NEWSLETTER

FALL
2021

Senior Safety Day

Attend EngAGE's Senior Safety Day that will be hosted at the Henrico County Training Center on September 9th, 2021 from 9am until 2pm. This event will include presentations from the Henrico Police Department, Bremo Pharmacy, the Henrico Fire Department, GrandDriver, and the Henrico Sheriffs Department.

Topics will include: Self-Defense for persons with limited mobility, medication safety, driving safety, cognitive safety, fire safety, and financial safety. Registration for this event has been closed due to high demand. *To be put on the waiting list* contact the advocate at (804)-501-5065 or hoy034@henrico.us



Henrico County'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

Emily Atkinson, MPH, CHES

Advocate for the Aging

804-501-5065

hoy034@henrico.us

www.henrico.us/services/seniors



Senior Service Spotlight

Transportation Services

Ride Assistance Program

- Operated by Senior Connections
- Can receive up to four rides a month. Can be used for transportation to doctors appointments, grocery stores, or any other location.
- Operates Monday through Friday from 8am until 3pm.
- Call 7 days in advance to schedule ride.
- *Hotline:* 804-672-4495

CARE On-Demand

- Operated by GRTC Transit System
- Can receive unlimited rides.
- Minimum of \$6 per ride.
- Can be used for a ride to any location within service area.
- Operates seven days a week from 7am until 11pm.
- Call 804-782-2273 to receive a CARE registration number.
- *Hotline:* 804-499-3400

ANNOUNCEMENTS

September 9th
Senior Safety Day

October 20th
HAPS Meeting

October 26th
Falls Prevention Fall Festival

November 4th
Caregiver Lunch and Learn Series

November 11th
Caregiver Lunch and Learn Series

November 17th
HAPS Meeting

November 18th
Caregiver Lunch and Learn Series

November 25th
Caregiver Lunch and Learn Series

December 15th
HAPS Meeting / Holiday Party



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EngAGE

WHAT DOES THE HENRICO COUNTY ADVOCATE FOR THE AGING DO?



1

Information and Resource Inquires

The advocate can answer any questions or concerns you may have about resources and services available to you as well as helping you figure out which services are the best fit for you!

2

Programming and Community Events

The advocate plans events for older adults in the community to include educational seminars, resource fairs, health education events, and community building socialization opportunities.

3

Outreach and Advocacy Efforts

The advocate serves as the voice for aging services in Henrico. The advocate advocates for policies that benefit older adults and speaks to local organizations about aging services.

FALLS PREVENTION FALL FESTIVAL

The *Falls Prevention Fall Festival* will occur on October 26th, 2021 from 9am to 1pm at the Eastern Henrico Recreation Center. This event will serve as an opportunity to learn about how to prevent falls in your home while also having fun! Participants will have access to vision screenings, hearing screenings, blood pressure checks, as well as gait and balance evaluations. Once you receive all evaluations you will have the opportunity to work with an occupational therapist one-on-one to develop a plan for staying safe in your home. There will be prize booths and carnival games, as well as opportunities to speak with vendors such as personal care agencies.

Date: October 26th, 2021

Time: 9am until 1pm

Location: Eastern Henrico Recreation Center, 1440 N. Laburnum Ave., Richmond, VA 23223

If you have questions about this event or would like to register to participate please reach out to the Henrico County Advocate for the Aging at (804)-501-5065 or hoy034@henrico.us

CAREGIVER LUNCH AND LEARN SERIES

The *Caregiver Lunch and Learn Series* will occur each Thursday of November from 12pm to 1pm via WebEx. This event will serve as an opportunity for caregivers to learn about caregiving specific resources, care planning with a loved one, how to navigate medicare and social security, as well as how to avoid caregiver burnout. Presenters will include Emily Atkinson (Henrico County Advocate for the Aging), David Hunt & Michelle McQueen (AARP), as well as Jaqueline Weisgarber (Social Security Administration), and others!

Date: November 4th, November 11th, November 18th, and November 25th

Time: 12pm until 1pm

Location: WebEx

If you have questions about this event or would like to register to participate please reach out to the Henrico County Advocate for the Aging at (804)-501-5065 or hoy034@henrico.us

UPCOMING EVENTS FROM THE ADVOCATE

CALLING ALL OLDER ADULTS!!



**Henrico Ambassador Program
for Seniors**

Join the Henrico Ambassador Program for Seniors!!

What is the Henrico Ambassador Program for Seniors (HAPS)?

The new HAPS program will serve as an opportunity for henrico residents aged 60 and older to become ambassadors for their communities.

HAPS Ambassadors will:

- (1) Attend Monthly Meetings.
- (2) Learn about available resources in the Henrico Community.
- (3) Distribute information on resources and services to other community members.
- (4) Give feedback on aging services in Henrico County.

When and Where will HAPS meetings occur?

The third Wednesday of each month from 10am - 11am. Meetings will rotate between each of the area libraries every month.

How Do I Sign Up to Become an Ambassador?

To sign up to become an ambassador contact the Henrico County Advocate for the Aging at (804)-501-5065 or hoy034@henrico.us



The first HAPS meeting will be
**October 20th at Libbie Mill
Library from 10am - 11am!**

6 Tips for Healthy Aging, According to the CDC

By: Leah Groth

July 21, 2021

While none of us can stop time and prevent the aging process from occurring, there are a few simple things we can do to stay as healthy as possible as we get older. The Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion has compiled a list of six actionable tips that will help improve longevity and be the best version of yourself as long as you possibly can. Read on to learn about how you can age gracefully—and to ensure your health and the health of others, don't miss these Sure Signs You Have "Long" COVID and May Not Even Know It.

1 Pay Attention to Your Diet

You are what you eat (and drink!) When it comes to aging, according to the CDC, who suggest prioritizing your diet. "Make healthy choices," they urge, suggesting fruits, vegetables, whole grains, lean meats, low-fat dairy products, and water.

2 Exercise

"Move more, sit less throughout the day," the CDC advises. "Being active can help you prevent, delay, and manage chronic diseases; improve balance and stamina; reduce risk of falls; and improve brain health." How much exercise should you get? They suggest aiming for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activity, like carrying groceries, at least 2 days a week.

3 Put Down the Pack (or Tin)

Another key way to age gracefully and healthily is by avoiding all tobacco products. "If you use tobacco, take the first step towards quitting by calling 1-800-QUIT-NOW for FREE help," they suggest.

4 Stay On Top of Your Doctor Appointments

Getting regular checkups is a key part of healthy aging, the CDC points out. "Visit your doctor for preventive services, not just when you're sick," they explain. "This can prevent disease or find it early, when treatment is more effective."

5 Educate Yourself on Your Family History

Many health conditions are genetic, so the CDC advises staying on top of family health history. "Share your family health history with your doctor, who can help you take steps to prevent chronic diseases or catch them early," they say.

6 Pay Attention to Changes in Your Brain and Memory

The CDC strongly encourages you to be aware of any changes in brain health. "Everyone's brain changes as they age, but dementia is not a normal part of aging," they say. "See your doctor if you have questions about memory or brain health."

Article Taken From: Yahoo!Life Online

FEATURED ARTICLE

UPCOMING EVENTS IN HENRICO COUNTY

LIBRARIES

First Fridays

Oct. 1; Nov. 5; 10am - 12pm, Varina Library

10/01/2021: Come listen to classic radio programs to experience what once brought chills over the radio waves. Creepy adventures await you from Martians landing on Earth to unknown shapes lurking in the shadows! 11/05/2021: Fall migration brings interesting birds to our backyard feeders. Come learn what to expect and how to identify feathered friends in this interactive program. No registration required.

Senior Safety: Avoiding Scams and Fraud

Tuckahoe Library

Oct 20. 3:00pm-4:00pm

Henrico Police officers will share information to help you avoid falling prey to common scams and fraud. Aimed at seniors but all adults are welcome. Drop in, no registration is required.

Crochet Night

Fairfield Library

Sep 7; Sep 21; Oct 5; Oct 19; Nov 2; Nov 16; Dec 7. 6:30pm – 8:00pm

Join us on the 1st & 3rd Tuesday of every month to learn new techniques and build your crochet skills. All skill levels welcome. Books and supplies are available if needed. No registration required.

REC AND PARKS

Painting in the Park

Sep 3, 9-11am. Clarke-Palmore House Museum.

Sep 8, 6-8pm. Dorey Park.

We will focus on the natural beauty of the parks, and will allow the participant to capture that view on their canvas to take home. Your view is your own. Art supplies provided.

For more information: hil078@henrico.us

Where “ART” Thou? - Demonstrations

Oct 2, 6:30-8:30pm. Belmont Recreation Center.

Join us for a fun night of art demonstrations geared to spark your creative interest! Ongoing demo's will be facilitated by staff to show attendees a variety of art techniques that will be offered as classes this Fall season. No registration required for this program.

For more information: ola@henrico.us

Play It Forward

Oct 5, 10-12pm. Deep Run Park & Recreation Center.

Healthy aging starts in childhood and lasts a lifetime. It's Fire Prevention Month, come see the fire truck! Our Play It Forward seniors will distribute fire hats and coloring books. Preschoolers will take home a Dalmatian dog craft kit. Dress like a fireman and get a special prize!

For more information: cun04@henrico.us

UPCOMING EVENTS IN HENRICO COUNTY

OTHER EVENTS

Sandston Parade 2021

Sep 6, 1pm-4pm. Starts at intersection of Williamsburg Road and Beulah Road.
Block Party will occur from 2pm-4pm at the Sandston Recreation Area on JB Finley Street.

2021 Fall “Shred It to Protect It” Event

Oct 9, 10am - 1pm. 1400 Best Plaza Drive.

Free document shredding event and electronics recycling. Document shredding for personal documents only. No recyclable paper items will be accepted. There are fees to recycle televisions, but they accept computer systems, printers, computer accessories, copiers, scanners, fax machines, VCR's, camcorders, stereos, and microwave ovens at no cost.

For more information: (804)-501-4838.

Advocate for the Aging Holiday Party

Come celebrate the holiday season with games, prizes, food, and fun! This event will be hosted in conjunction with the monthly Henrico Ambassador Program for Seniors meeting, but you do not need to be a HAPS member to attend!

When?

Wednesday, December 15th from 10am - 12pm

Where?

Deep Run Recreation Center

How?

Registration for this event is required.
Please register to the advocate at (804)-501-5065
or hoy034@henrico.us

