



COMMUNITY • OUTREACH • WELLNESS



NEWSLETTER

FALL
2022

FALLS PREVENTION FALL FESTIVAL

The *Falls Prevention Fall Festival* will occur on September 28th, 2022 from 10am to 1pm at the Deep Run 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:

- (1) vision screenings,
- (2) hearing screenings,
- (3) blood pressure checks,
- (4) gait and balance evaluations,
- (5) personalized falls prevention strategies,
- (6) prize booths,
- (7) carnival games, and
- (8) a special ice cream treat!

Date: September 28th, 2022

Time: 10am until 1pm

Location: Deep Run Recreation Center,
9910 Ridgefield Pkwy, Henrico, VA 23233

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 agingadvocate@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

agingadvocate@henrico.us

www.henrico.us/services/seniors



Senior Service Spotlight

Senior Advisors

What is a Senior Advisor?

- Senior Advisors can assist you in navigating the process of finding the right senior living community!
- They can help you find the right community for you based on your financial and personal preferences.
- They will accompany you on visits to places that they find which meet your housing needs.
- They can assist with paperwork and negotiations with the communities.

Where can I find an advisor?

- There are several advisors around the Richmond area.
- To find one you can visit:
- **SeniorNavigator**
 - <https://seniornavigator.org>
- Or
- **Virginia 2-1-1**
 - Dial: 2-1-1
 - Or Visit: <https://211virginia.org>

ANNOUNCEMENTS

September 14th

HAPS Meeting

September 15th

Senior Law Day

September 28th

Falls Prevention Fall Festival

October 4th

Play it Forward

October 19th

HAPS Meeting

November 1st

Caregiver Lunch and Learn Series

November 8th

Caregiver Lunch and Learn Series

November 9th

Veterans Brunch

November 15th

Caregiver Lunch and Learn Series

November 16th

HAPS Meeting

December 14th

HAPS Meeting / Holiday Party



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EngAGE

ACTIVE AGING WEEK: PLAY IT FORWARD

Healthy aging starts in childhood and lasts a lifetime! Come celebrate Active Aging Week and Fire Prevention Month at this intergenerational event! Come and see the fire truck, play fun games with preschoolers, and listen to music in Deep Run Park! Preschoolers will take home a craft while supplies last. Henrico Recreation and Parks, Henrico Advocate for the Aging, and Senior Connections will sponsor this intergenerational event. Information: cun04@henrico.us

Date: October 4th, 2022

Time: 10am until 12pm

Location: Deep Run Recreation Center, 9910 Ridgefield Pkwy, Henrico, VA 23233

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

CAREGIVER LUNCH AND LEARN SERIES

The *Caregiver Lunch and Learn Series* will occur for three Tuesdays in November from 12pm to 1pm via WebEx. This event will serve as an opportunity for caregivers to learn about:

- **November 1st:** Care Planning with a Loved One
- **November 8th:** How to Navigate Medicare
- **November 15th:** How to Navigate Senior Housing Options

Presenters will include Chelsea Gilbert with the Virginia Insurance Counseling and Assistance Program (11/8), Lisa Isbell with Senior Care Authority (11/15), and others!

Date: November 1st, November 8th, and November 15th

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 Advocate for the Aging at (804)-501-5065 or agingadvocate@henrico.us

UPCOMING EVENTS FROM THE ADVOCATE



VETERANS BRUNCH

Are you a Veteran? Let's celebrate the Heroic Veterans in our communities in honor of Veterans Day. Your service, bravery, and commitment to our country is honorable. Bring one registered guest and a picture to share your story. Enjoy good music and food, sponsored by Recreation and Parks and the Advocate for the Aging for Henrico County. Information: cun04@henrico.us

Date: November 9th, 2022

Time: 10am until 12pm

Location: Eastern Henrico Recreation Center, 1440 N. Laburnum Avenue, Henrico, VA

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



HAPS HOLIDAY PARTY

Come celebrate the holiday season with games, prizes, food, and fun! Also enjoy performances from the Godwin High School Ala Rossa & Madrigals honors-level choirs! 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!

Date: December 14th, 2022

Time: 11am until 2pm

Location: Eastern Henrico Recreation Center, 1440 N. Laburnum Avenue, Henrico, VA

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

UPCOMING EVENTS FROM THE ADVOCATE



Henrico Ambassador Program For Seniors

HAPS SPOTLIGHT

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

The HAPS program serves 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?

One meeting per month from 10am - 11am. Meetings will rotate between Fairfield and Libbie Mill Library and always occur on a Wednesday.

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 agingadvocate@henrico.us

Fall Meeting Schedule

September Meeting 9/14/22

Location: Fairfield Library

Educational Presentation: Understanding the Bond Referendum by Deputy County Manager Monica Smith-Callahan

November Meeting 11/16/22

Location: Fairfield Library

Educational Presentation: Dreaming Home Project Focus Group with LeadingAge Virginia

October Meeting 10/19/22

Location: Libbie Mill Library

Educational Presentation: TBD

December Meeting 12/14/22

Location: Eastern Henrico Rec Center

Event: HAPS Holiday Party

Caregiving for Family and Friends — A Public Health Issue

By: Center for Disease Control and Prevention

Caregiving is an important public health issue that affects the quality of life for millions of individuals. Caregivers provide assistance with another person's social or health needs. Caregiving may include help with one or more activities important for daily living such as bathing and dressing, paying bills, shopping and providing transportation. It also may involve emotional support and help with managing a chronic disease or disability. Caregiving responsibilities can increase and change as the recipient's needs increase, which may result in additional strain on the caregiver.^{1,2,3}

Caregivers can be unpaid family members or friends or paid caregivers.^{1,2} Informal or unpaid caregivers are the backbone of long-term care provided in people's homes. In particular, middle-aged and older adults provide a substantial portion of this care in the US, as they care for children, parents or spouses.^{2,3} These informal caregivers are the focus of this brief.^{2,3}

Caregiving can affect the caregiver's life in a myriad of ways including his/her ability to work, engage in social interactions and relationships, and maintain good physical and mental health.¹ Caregiving also can bring great satisfaction and strengthen relationships, thus enhancing the caregivers' quality of life. As the population ages and disability worsens, it is critical to understand the physical and mental health burden on caregivers, the range of tasks caregivers may perform, and the societal and economic impacts of long-term chronic diseases or disability.² Gathering information on these topics enables us to plan for public health approaches to assist individuals as well as their communities and maintain the health of caregivers and care recipients.¹

ARE YOU HELPING A RELATIVE WHO HAS MEMORY PROBLEMS?

Are you the grandchild, brother, sister, niece, nephew, or step-kin of this relative?

We invite you to share your story with us



Time Commitment:
1 Initial telephone interview (~70 mins)
15-20 min. telephone interviews on 8 consecutive evenings
\$110 in compensation for full participation



CareEx is a telephone-based research project designed to understand the experiences of non-immediate family members who help a relative with dementia

You may be eligible to participate if

- ✓ You are 18 years or older
- ✓ Live in Virginia
- ✓ Your relative does not live in a nursing home or assisted living

INTERESTED?

Complete the Initial Interest Form
<https://is.gd/careex>

Or Scan



MORE QUESTIONS?

Visit the Study Website

[CareEx.isce.vt.edu](https://careex.isce.vt.edu)

Or Contact Us

540-231-9250

CareEx@vt.edu

VT IRB# 20-742

FEATURED ARTICLE

1. Talley R., Crews J., Caring for the Most Vulnerable: Framing the Public Health of Caregiving. Am J Public Health. 2007;97:224–228.

2. Hoffman D, Zucker H. A Call to Preventive Action by Health Care Providers and Policy Makers to Support Caregivers. Prev Chronic Dis 2016;13:160233

3. <https://www.cdc.gov/aging/caregiving/index.htm>, accessed August 2018

REC AND PARKS

To register for these programs or find additional programs you can:

Visit: henrico.us/rec

Call: 804-501-7275

One Mile at a Time

Every Wednesday from Sep 14 to Oct 19, 8:30am-11:30am; Eastern Henrico Recreation Center; Meet at the shelter near the track, walk one or two miles, and document your progress. A special "Mile Walker Award " will be given in October. After walking relax and play Pinochle or Spades with other seniors. Information: cun04@henrico.us

Spades and Pinochle

Sep 7, 2022 - Dec 21, 2022, 10am; Eastern Henrico Recreation Center; Are you ready for trick-taking and melding card games with components similar to each other? Learn how to play Spades and Pinochle with strategic fun players. Information: cun04@henrico.us

Holiday BINGO

Fri, Nov 4, 10am-12pm; Deep Run Recreation Center; B 4, Bingo! Yes, it is the most wonderful time of the year to play a favorite pastime, Holiday Bingo. There will be fun, laughter and of course prizes! No Registration Required! For more information: pit02@henrico.us

Pickleball Clinic for Beginners

Wed, Nov 16, 2pm-3:30pm; Deep Run Recreation Center; No pickles involved! What is pickleball? Come learn and try it out! Guaranteed fun and great exercise. We will have everything you need to learn to play. Information: pit02@henrico.us

FEATURED PROGRAM

Senior Law Day

Location: TBA

Thurs., Sep 15, 1:00-4:00 PM

Set up a private appointment to consult with an Elder Law Attorney about Power of Attorney's and Wills! Space will be limited, so make sure to register in advance! To register contact Pat Giesen at 804-343-3059. Once you register for an appointment, you will be provided with the exact location of the appointment.

UPCOMING EVENTS IN HENRICO COUNTY

UPCOMING EVENTS IN HENRICO COUNTY

LIBRARIES

To register for these programs or find additional programs you can:

Visit: <https://www.henricolibrary.org>

Call Your Local Library:

Libbie Mill Library (804)-501-1940, **Fairfield Library** (804)-501-1930,
Gayton Library (804)-501-1960, **Glen Allen Library** (804)-501-1950,
Varina Library (804)-501-1980, **Tuckahoe Library** (804)-501-1910
Twin Hickory Library (804)-501-1920, **Sandston Library** (804)-501-1990

Understanding Your Medicare Options

Libbie Mill Library

Wed., October 26, 2:00-3:30 PM

Learn more about Medicare enrollment, costs, and coverage with staff and volunteers from the Virginia Insurance Counseling and Assistance Program (VICAP). Find out about programs available for eligible individuals to save on Medicare costs and where you can go to find the answers to your Medicare questions. No Registration Required.

Makerspace for Seniors

Fairfield Library

Thur., September 22 and October 6, 1:00-3:30 PM

Find an assortment of projects to try or take home. All craft supplies will be provided. Library materials will be available to spark further creativity.

First Aid and Home Safety for Older Adults

Gayton Library

Tue., October 4, 2:00-3:00 PM (Active Aging Week)

Learn general first aid information, as well as home safety and fall prevention tips, in our salute to Active Aging Week. After the program, check out materials from our collection dealing with health and safety for seniors. This program is led by a staff member from the Henrico County Division of Fire.

Healthy Lifestyles: Longevity Health Traits

Glen Allen Library

Wed., October 5, 11:00 AM – 12:00 PM (Active Aging Week)

Celebrate Active Aging Week with Senior Connections: The Capital Area Agency on Aging, as they highlight key elements of good health, well-being, and longevity for older adults and caregivers of all ages.

UPCOMING EVENTS IN HENRICO COUNTY

LIBRARIES CONT.

10 Warning Signs of Alzheimer's

Fairfield Library

Thur., November 3, 2022, 2:00-3:00 PM

Learn how to recognize common signs of Alzheimer's and how to approach someone about memory concerns. Representatives from the Greater Richmond Chapter of the Alzheimer's Association will also discuss the importance of early detection, benefits of a diagnosis, tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Historically Speaking: 19th century Immigration to Henrico County

Gayton Library

Wed., September 14, 3:00-4:00 PM

Henrico County Recreation and Parks historian Lisa Denton will share the latest research on individuals and families who settled in the county during the mid-to-late 1800s. Local and national population trends will be compared, and the social, economic, political, and leadership roles played by 19th-century immigrants in Henrico and the greater Richmond metro area will be examined through the lens of pursuing the "American Dream."

Historically Speaking: 1930s Open House

Varina Area Library

Sat., December 3, 10:00 AM-4:00 PM

Multiple programs for all ages offered throughout the day and designed to explore the history and culture of the 1930s in the United States. Programming will include a film screening, crafts, games, and informational history talks.

"Something to Talk About..."

Varina Area Library

September 13- Varina History

October 11- Classic Radio Programs

November 8- Virginia's Native Peoples

10:00 AM – 12:00 PM

Come out the second Tuesday of every month for movies, local history presentations, genealogy, and more! Bring your own lunch; the Friends of the Library will provide coffee, tea and water.