

EngAGE in Henrico County

Navigating Through the Services
and Resources Available to Older
Henrico Citizens.



HENRICO COUNTY SENIOR ADVOCATE

- ▶ Serves residents of Henrico County ages 60 and older, their family members and caregivers by providing the following:
 1. Information and referral services
 2. Provide support for Caregivers
 3. Communicating current and changing needs of target population to Henrico County Local Government Departments

INFORMATION AND ASSISTANCE

Elder Care Locator	1-800-677-1116
Henrico County Department of Social Services (Community Resource Line)	804-501-5294
Senior Connections, The Capital Area Agency on Aging	804-343-3000
Senior Navigator	1-866-393-0975 or seniornavigator.org
United Way Information and Referral Center	804-771-5853 or 2-1-1
Virginia Easy Access	2-1-1



Raise Your Voice: Senior Focus Groups 60+

- Identify concerns, problems, and needs of seniors in local neighborhoods.
- Establish program priorities within context of available resources.
- Help identify local resources to enhance or expand senior programs.

When: April 19th at 9:30AM

Where: Training Center located at

7701 East Parham Road

Henrico, VA 23294

For more information contact Jelisa Turner, Henrico County's Advocate for the Aging at 804-501-5065.



CATCHing Healthy Habits for adults 50+

Sign up for this fun interactive class and learn easy, creative ways to eat healthy and get moving at your own pace.

Participants will enjoy delicious, nutritious snacks that you can make at home, and learn how to play fun games that get everyone moving at their own pace.

Practical tips on healthy eating and physical activity will be presented along with information about the U.S. obesity epidemic and the chronic illnesses linked to overweight and obesity.

Each participant will also receive a Healthy Living Guide for Adults 50+ filled with easy-to-make, nutritious recipes and simple exercises you can incorporate into your weekly routine, along with more tips for adopting a healthy lifestyle.

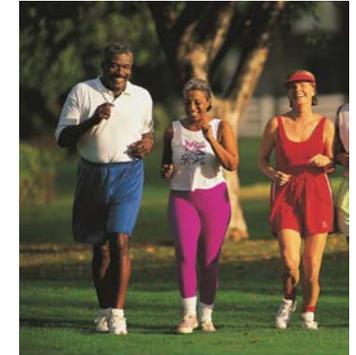
Join the fun of CATCHing healthy habits!

Eating Healthy on a Budget

Wednesday, April 13, 2016

Libbie Mill Library

10am-11am



Fruits & Vegetables

Wednesday, April 20, 2016

Libbie Mill Library

2:30pm-3:30pm

Please RSVP by phone to 804-501-5065 or by email to jelisa.turner@henrico.us

Advocate for the Aging

Jelisa S. Turner, MA

- ▶ Department of Human Resources
- ▶ Office: 501-5065
- ▶ jelisa.turner@henrico.us
- ▶ <http://www.henrico.us/services/seniors>