

Winter 2024

# Newsletter



## TRIAD is back!

Seniors and Law Enforcement Together (S.A.L.T.) TRIAD is a working partnership of the Henrico County Police Department and senior citizens throughout the county. Its purpose is to develop, expand and implement effective crime prevention and education programs for the benefit of seniors and to improve the quality of life by making our communities safer.



Council meetings are held at the Henrico Training Center on the first Tuesday of each month at 10 a.m. Some of the projects the council does is distributing File of Life--the emergency information magnet packets to put on the refrigerator--attending public safety educational meetings, and volunteering for various police needs.

Join today, meet new people, have a say in the security of your community, and just have fun. For more information, call Community Policing at 804-501-5933 or email Heather Hodges, HOD017@henrico.us.

## Henrico County's Advocate for the Aging

Serves residents of Henrico County ages 60 and older, their family and caregivers through:

- Information and referral services
- Support for caregivers
- Communicating current and changing needs of the aging population to Henrico County local government agencies

**Ashlee Giles, MSW**  
**Advocate for the Aging**  
**804-501-5065**  
**[agingadvocate@henrico.us](mailto:agingadvocate@henrico.us)**  
**[www.henrico.us/services/seniors](http://www.henrico.us/services/seniors)**

# Senior Service Spotlight



Opening Minds through Art (OMA) is an award-winning art-making program for people with Alzheimer's disease and other forms of neurocognitive disorders. It provides creative self-expression and social engagement for people with dementia who still live at home.

Volunteers with OMA experience an intimate, compassionate view of the aging process through weekly interactions with program participants, so benefits go both ways! Programming is also provided for the caregivers attending.

The next OMA session begins in January 2024 at the Cultural Arts Center at Glen Allen, 2880 Mountain Road. To learn more or enroll, contact Cindy Rinker, educational coordinator, at 804-261-6205 or email [education@artsglenallen.com](mailto:education@artsglenallen.com). OMA is sponsored by Genworth and the Dominican Sisters of Hope Ministry Fund.



## Upcoming Events

**Wednesday, Jan. 10, 10 am-12 pm**  
Winter Emergency Preparedness.  
Tuckahoe Library, 1901 Starling Drive

**Wednesday, Jan. 17, 10-11 a.m.**  
Henrico Ambassador Program for Seniors meeting. More Than Crosswords with the Henrico County Extension Office.  
Libbie Mill Library, 2100 Libbie Lake East St.

**Thursday, Feb. 8, 2-3 p.m.**  
Heart Health Crafternoon.  
Belmont Recreation Center, 1600 Hilliard Rd

**Wednesday, Feb. 21, 10-11 a.m.**  
Henrico Ambassador Program for Seniors meeting, Heart Health.  
Fairfield Library, 1401 N. Laburnum Ave.

**Thursday, Feb. 29, 6-7 p.m.**  
Difficult Conversations Caregiver Series  
Libbie Mill Library, 2100 Libbie Lake East St.

**Thursday, March 7, 6-7 p.m.**  
Difficult Conversations Caregiver Series  
Libbie Mill Library, 2100 Libbie Lake East St.

**Thursday, March 14, 6-7 p.m.**  
Difficult Conversations Caregiver Series  
Libbie Mill Library, 2100 Libbie Lake East St.

**Wednesday, March 20, 10-11 a.m.**  
Henrico Ambassador Program for Seniors meeting. Legislative update.  
North Park Branch Library, 8508 Franconia Rd

**Thursday, March 21, 6-7 p.m.**  
Difficult Conversations Caregiver Series  
Libbie Mill Library, 2100 Libbie Lake East St.

**Wednesday, March 27, 10 a.m.-1 p.m.**  
Senior and Caregiver Resource Expo,  
Deep Run Recreation Center,  
9910 Ridgefield Parkway



# Upcoming Events from the Advocate for the Aging

## **Wednesday, Jan. 10, 10 a.m.-12 noon**

Winter Emergency Preparedness. Please join us as the Henrico County Office of Emergency Management, Dominion Energy, AAA, and the Virginia Bureau of Insurance share information to ensure you, your home and vehicle are prepared for winter. Tuckahoe Library, 1901 Starling Drive, Henrico, VA 23229

## **Thursday, Feb. 8, 2-3 p.m.**

Heart Health Crafternoon. Join us in making Valentines while learning strategies for maintaining heart health. Light, healthy refreshments provided. Belmont Recreation Center, 1600 Hilliard Road, Henrico, VA 23228

## **Thursday, February 29, 6-7 p.m**

Difficult Conversations: A Series for Caregivers. Decluttering and Safety at Home. Keep your loved one safe with decluttering strategies to avoid accidents presented by Dani Washington of Caring Transitions and John Butler, Henrico County Building Inspector. Libbie Mill Library, 2100 Libbie Lake East Street, Richmond, VA 23230

## **Thursday, March 7, 6-7 p.m.**

Difficult Conversations: A Series for Caregivers. Driving. Having the talk and resources to help your loved one drive safely. Presented by Nancy Lo, DARS GrandDriver Coordinator and Carfit Instructor. Libbie Mill Library, 2100 Libbie Lake East Street, Richmond, VA 23230

## **Thursday, March 14, 6-7 p.m.**

Difficult Conversations: A Series for Caregivers. Preneeds Planning and Preparing Your Estate. Presented by Paul Izzo, Esq., ThompsonMcMullan PC and Heidi Barshinger, Henrico County Circuit Court Clerk. Libbie Mill Library, 2100 Libbie Lake East Street, Richmond, VA 23230



## **Thursday, March 21, 6-7 p.m.**

Difficult Conversations: A Series for Caregivers. When to Consider Care and What the Options Are in Central Virginia. Libbie Mill Library, 2100 Libbie Lake East Street, Richmond, VA 23230

## **Wednesday, March 27, 10 a.m.-1 p.m.**

Caregiver and Senior Expo. Learn about resources to assist the aging, their caregivers and families. Deep Run Recreation Center, 9910 Ridgefield Parkway, Henrico, VA 23233



## **Henrico Theatre Silver Screen Movies**

305 E. Nine Mile Road, Highland Springs,  
804-652-1460, [henricotheatre@henrico.us](mailto:henricotheatre@henrico.us)

Tickets and all concessions \$1.  
Box office opens at 9 a.m.

## **Wednesday, Jan. 31, 10 a.m.**

"Father Stu: Reborn" Former boxer becomes a priest, inspirational drama.

## **Wednesday, Feb. 28, 10 a.m.**

"The Photograph" Estranged daughter falls in love with the man investigating her photographer mother in this romantic drama.

## **Wednesday, March 27, 10 a.m.**

"Paint." Life of a Bob Ross-like PBS painting show host who loses his job to a younger painter but finds happiness in this comedy.



Advocate for the Aging  
*Spread the Love*  
**Valentine's Day Card Event**

*Spread the love this Valentine's Day to an older adult living in a long-term care facility!*

*How to make a difference:*

- 1. Create Valentine's Day Cards with your friends, family, school, faith based organization, or other social group.*
- 2. Write a generic and uplifting message celebrating the Valentine's Day season!*
- 3. Send your completed card(s) to:*

*Henrico EngAGE*

*Attn: Ashlee Giles, PO Box 90775, Henrico, VA 23273*

*We will also have three drop-off locations to collect cards:*

- Western Government Center Lobby (4301 East Parham Road, Henrico, VA 23228)*
- Public Safety Building Lobby (7721 E Parham Road, Henrico, VA 23294)*
- Eastern Henrico Recreation Center (1440 N Laburnum Ave, Henrico, VA 23223)*

*Drop-off will be available Monday through Friday during regular business hours.*

*Please mail or drop off your cards by Friday, February 2nd, 2024.*

*If you need more information, you can contact the Henrico County*

*Advocate for the Aging at: [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us) or (804)-501-5065.*



## Ways You Can Help at the Henrico Food Bank

The **Henrico Food Bank** serves the 30,000 county residents who are food insecure through a mobile pantry, food assistance hotline, and delivery service. The food bank depends on financial contributions and donations of food and volunteer time.

Most needed items include cereal, pasta, pasta sauce, peanut butter, jelly, mac and cheese, canned pastas, canned tuna, canned fruit, green beans, corn, peas, mixed vegetables, rice, canned tomatoes and canned beans.

To coordinate a food drive, drop off donations, or for more information, call 804-549-6609 or visit [henricocommunityfoodbank.org](http://henricocommunityfoodbank.org)



# Henrico Happenings



## Recreation and Parks

If you need assistance or program modification to participate in any programs, call the Inclusion Services team at 804-652-1413 or email [rec-inclusion@henrico.us](mailto:rec-inclusion@henrico.us)

**Bird Feeding Bouquet** -- Friday, Jan. 5, 10 a.m.-2 p.m. at the Deep Run Recreation Center, 9910 Ridgefield Parkway. Make a snack bouquet for the birds and plant it in your yard. Information at [tru08@henrico.us](mailto:tru08@henrico.us)

**Rise and Shine Indoor Walking** -- Monday-Friday, 7-8 a.m., from Jan. 8 to March 1, you can walk around the indoor gymnasium at the Eastern Henrico Recreation Center, 1440 N. Laburnum Avenue.

**Cultural Arts Center**, [artsglenallen.com](http://artsglenallen.com), 804-501-5859, is hosting a program of Burt Bacharach music Jan. 25-28, and Rodgers and Hammerstein music May 3-19. Ask for the senior ticket discount.

**AARP Tax Aide** -- By appointment only Monday-Saturday Feb. 1-April 13, at the Twin Hickory Recreation Center, 5001 Twin Hickory Road, and the Eastern Henrico Recreation Center, 1440 N. Laburnum Ave. Call 804-476-4149 or go online at <http://bit.ly/aarpvatax> to make an appointment.

**50+ Pickleball with Police** -- Friday, Feb. 2, 11 a.m.-1 p.m. at the Eastern Henrico Recreation Center, 1440 N. Laburnum Ave. Learn to play; all the equipment is provided. Information at [cun04@henrico.us](mailto:cun04@henrico.us)

**Legendary Dance Night** -- Get your mojo going at the Eastern Henrico Recreation Center, 1440 N. Laburnum Ave., Saturday, Feb. 17, 6-8 p.m. to the music of Aretha Franklin, Luther Vandross, Michael Jackson, Prince and more played by the Center Stage Band. You must register in advance for this at [cun04@henrico.us](mailto:cun04@henrico.us)

**Valentine Bingo** -- Make your own bingo card and then play it at the Eastern Henrico Recreation Center, 1440 N. Laburnum Ave., Wednesday, Feb. 21, 10:30 a.m. to 6 p.m. Details at [mcc159@henrico.us](mailto:mcc159@henrico.us)

There are even more programs of interest! Contact Henrico Recreation and Parks, 801-501-7275 for their schedules.

## Libraries

**Smartphone Photo Editing for Beginners** -- Tues., Jan. 9, 2-4 p.m., Twin Hickory Library, 5001 Twin Hickory Road. Make smartphone photos pop! Bring your personal device to class or join without a phone to listen and learn. Register at 804-501-1920.

**Healthy Eating: Food Labels with Senior Connections** -- Wed., Jan. 10, 11 a.m.-12 p.m., Fairfield Library, 1401 N. Laburnum Ave. Learn about nutrition labels to take charge of your food choices. Kathy Brown of Senior Connections provides tips and tricks.

**Financial Literacy: Retirement Accounts** -- Sat., Feb. 3, 2-3 p.m., Gayton Library, 10600 Gayton Road. The basics of retirement accounts, including different types of accounts and the benefits and drawbacks of each. Benefits people just starting to save for retirement, as well as those further along.

**Elegba Folklore Society: The Talking Gourd** - Mon., Feb. 5, 6-7 p.m., Fairfield Library, 1401 N. Laburnum Ave., also Thur., Feb. 8, 6-7 p.m., Glen Allen Library, 10501 Staples Mill Road. Oral histories, music and ceremony regarding Africa's global influence.

**Job Search Tips for Older Adults** -- Wed., Feb. 14, 11 a.m.-12 p.m., Glen Allen Library, 10501 Staples Mill Road. Representatives from Virginia Career Works present tips for older adults, which sectors and types of jobs are good fits. Library materials related to finding employment and preparing for interviews will be available for checkout after the program.

**All Henrico Reads: An Evening with Author Cheryl Strayed.** -- Thur., March 28, 7-10 p.m., Henrico Sports and Events Center, 11000 Telegraph Road. Bestselling author Cheryl Strayed talks about her book, *Wild: From Lost to Found on the Pacific Crest Trail*, about a young woman's adventures on the Pacific Crest Trail after the loss of her mother.

**Ongoing Series for Older Adults** at the Twin Hickory Library, 5001 Twin Hickory Road, 804-502-1920, offers monthly programs. Upcoming topics include the Backyard Bird Count, Home Safety and Fall Prevention, and a grandmother becoming the first woman to hike the Appalachian Trail alone.

**The Something to Talk About Series** at the Varina Library, 1875 New Market Road, 804-501-1980, has monthly programs including the Virginia presidents, the Venetian Carnival, and growing mushrooms.

# Real Estate Relief for Qualified Seniors and Disabled Homeowners

*By Henrico County Finance Department*

The housing market of 2022-2023 did no favors for long-term homeowners who wanted to stay in their current homes. Because Virginia law requires real estate tax assessments to reflect the fair market value of properties and the value of homes skyrocketed, homeowners found their tax bills escalate for properties they bought decades ago for a fraction of the current assessment. For seniors and disabled homeowners on fixed incomes, the increase in property taxes can lead to difficult choices when it comes to providing for the daily necessities.



Henrico County, like other localities, has had a long-standing program of tax relief for seniors of limited means. The Real Estate Advantage Program (REAP) has been in place for 50 years and provides an exemption from real estate taxes of up to \$3,200 for those with taxable incomes under \$75,000 and a net worth, excluding their home value, under \$500,000. These net worth and net income limits can be adjusted by the County Board of Supervisors annually prior to the program application period in February and March.

Because of the stress of double-digit percentage increases in real estate values the past two years, the Board of Supervisors asked the Finance Department if another program could be created to assist more moderate-income seniors with their rising assessments. Thus, the Real Estate Cap Program (RECAP), a companion program to REAP, was developed.

For seniors and permanently disabled homeowners who don't qualify for REAP, RECAP will limit the tax bills of qualified applicants to the amount billed when they entered the program. Starting in February 2024, seniors and permanently and totally disabled homeowners who have less than \$105,000 in taxable income and a net worth, excluding their homes, of less than \$700,000 can apply for the RECAP program.

Participants joining RECAP in 2024 will receive bills equal to their 2023 tax bill, or less if their assessments go down. Each year a homeowner remains qualified, the bill will not increase over their 2023 tax bill. For those joining the program later, the bills will be capped at the amount paid the year before they joined.



While the Finance Department is required to collect some personal financial information to determine eligibility for the program, applicants can be assured that their information is secure and kept confidential. This popular program has more than 6,000 participants and many homeowners find they don't have a real estate bill due at all and are able to use their funds for other essential needs.

Even if you are not sure if you qualify, but think you, or a neighbor, friend, or family member might under either the REAP or RECAP programs, call our Revenue Division at 804-501-4263. The call is answered by a recording, but hold on because a real person will come on the line shortly to walk you through the details of the program, answer all your questions, and start an application for you.

# Henrico Ambassador Program for Seniors (HAPS)

The HAPS program is a great opportunity for older Henrico residents to become familiar with resources and information of special interest to seniors, and to bring that information as ambassadors back to their neighbors, friends and civic organizations.

Who can be an ambassador?

Any Henrico County resident 60 or older! You don't need to wait for an invitation, just come to a meeting, usually held the third Wednesday of the month from 10-11 a.m. at various libraries around the county.

What do you have to do?

- Attend monthly meetings
- Learn about available resources in Henrico (Hint: The Advocate's Office has a resource guide online to get you started.)
- Share information you learn at the meetings with other members of your community.
- Provide feedback on aging services in Henrico County, what needs to be done, what could be improved.

For more information, contact the Advocate for the Aging's office at 804-501-5065 or email [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us)



## In case you missed it...

The Advocate for the Aging hosted Navigating Senior Services at the Tuckahoe Library in August, sharing resources available in Henrico County.

Senior Safety Day was at the Deep Run Recreation Center in September. Attendees learned ways to stay safe in their home, avoid fraudulent predators, and ways to support positive mental health. A Fall Prevention Workshop followed at the East End Recreation Center.

Seniors and children came together to play at Play It Forward at Deep Run Recreation Center in October, followed by the Senior Volunteer Fair at the Belmont Recreation Center. If you would like a list of volunteer opportunities from that event, call 804-501-5065 or email the advocate's office at [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us)

HAPS met at the Fairfield Library in October to learn about Medicare options. HAPS learned about diabetes management in November and how valuable it is to join a support group to keep up with the latest advances in management.

The Veterans Brunch at the Eastern Henrico Recreation Center was inspiring and delicious and we celebrated Henrico County caregivers at the Caregiver Appreciation Dinner at the Fairfield Library in November.



# Staying Ahead of Chronic Diseases

*Source: Centers for Disease Control and Prevention and the National Council on Aging*

For senior citizens, living with a chronic disease or medical condition is increasingly common. According to the Centers for Disease Control and Prevention, nearly 80 percent of older adults have two or more chronic conditions. That's a lot to deal with! Chronic diseases can limit a person's ability to complete daily activities and everyday tasks. You can lose your independence, eventually requiring institutional care, an in-home caregiver or other long-term support services.

Slowing down the process and managing chronic conditions as they develop requires lifestyle changes, medication management, and regular medical check-ups. Here's the basics:

**Exercise regularly.** Exercise keeps seniors supple and alert, both mentally and physically. Schedule at least three hours of exercise a week. That's just a half hour daily. You can take a class, or take a long walk, or dial up a senior exercise session on YouTube. Even chair yoga stretches count.

**Eat healthy.** A healthy diet can help you manage your chronic diseases by providing the nutrients you need. Need to lose weight? Have a nutritionist or a doctor outline a low carb diet for you. Need more fiber? Get a list of the foods with the highest fiber, pick your favorites and always have them on your shopping list. The basic recommendation is a diet rich in fresh fruits, vegetables steamed or boiled, whole grains, and lean protein. Stock some pre-packaged protein shakes in the refrigerator for a pick-me-up snack.

**Medication management is key.** Are you



taking your medications as prescribed? A very helpful way to remember is to get a days-of-the-week case and set out all your pills at once for the coming week. Take your pills at the same time every day so it becomes a habit. And if you can't remember if you took your medication or not, just look in the case. If the pills for that day are gone, you already took them! No danger of overdosing with this type of organization. And periodically review your medication with your doctor or pharmacist to ensure you are taking the necessary dosages and different medications don't have dangerous interactions.

**Get support.** There are often support groups available in the community for many common medical conditions. Seek them out. You'll meet people successfully dealing with the same issues you are, and you can learn from their successes and failures. It's also a comfort to know you are not alone. Stay calm. Meet every challenge head on, and as the song says, don't worry, be happy. A positive attitude is a very powerful healing element.