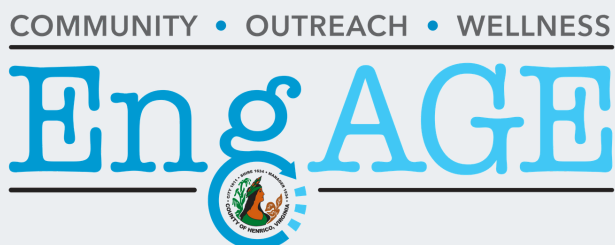




## JANUARY-MARCH 2021

Aging through Community, Outreach, and Wellness



### Spread the Love: Valentine's Day Card Project

Valentine's Day is a holiday known for spreading joy and love! Henrico's EngAGE initiative would like to *Spread The Love* this February by collecting an assortment of Valentine's Day Cards for our friends residing in Henrico County's long term care facilities.

Send your homemade or embellished Valentine's Day Cards to:

**Henrico EngAGE**

**Attn: Sara Morris**

**PO Box 90775 Henrico, VA 23273**

All cards must be received by  
**Friday, February 5th.**

### 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](mailto:mor141@henrico.us)  
[www.henrico.us/seniors](http://www.henrico.us/seniors)

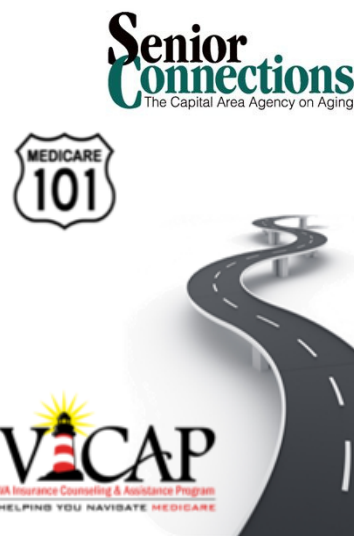


See our **EngAGE at Home** telephone-based activities program schedule on page 3-4!

# UPCOMING PROGRAMS AND EVENTS

## Medicare 101

Do you have questions about Medicare? Are you trying to navigate through the fog of Medicare benefits and options? Please join us as we take the confusion out of Medicare and get your questions answered during this informative program!



**Thursday, January 21**

**2pm-3:15pm**

**Virtual Program** (RSVP to receive log-in information; if you do not have internet or computer access, a telephone only option is available)

**RSVP to Sara Morris at 804-501-5065 or [mor141@henrico.us](mailto:mor141@henrico.us)**

---

## Drive Thru Resource Fair

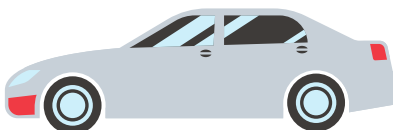
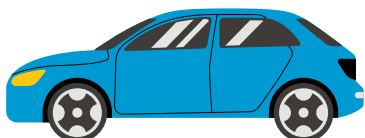
Join us for an opportunity to collect community resources! The last year has been one of constant change and, of course, this includes changes to many organizations' programs and services. The Drive Thru Resource Fair will be an opportunity to collect the latest resources and giveaways without ever leaving your vehicle.

**Thursday, March 18**

**10am- Noon**

**Deep Run Park, 9900 Ridgefield Pkwy. Richmond, VA 23233**

**NO RSVP 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 (**below**), then contact Sara Morris at mor141@henrico.us or 804-501-5065. You will need to provide the session(s) 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.

**\*\*NEW: Video options are now available! If you would like to see your presenters and have a little face-to-face interaction, please request our *UberConference Video Instruction Guide* upon registration! \*\***

## January 5 at 11am

### Navigating Community Resources

Have you ever been in a situation where you had no idea where to turn or what resources are available to you? Henrico's Advocate for the Aging will be informing and guiding you to resources and services in Henrico County and beyond.

## January 12 at 11am

### Journaling Basics with John Countryman

This session is a structured, positive and productive way for individuals to express, process, and understand themselves during the time of COVID-19. The only materials you will need are a journal and writing utensil. \*\*This is part 2 from the December 1st session.

## January 19 at 11am

### Financial Safety presented by the Office of the Attorney General

Join David Malakouti, Community Outreach Coordinator for the Office of the Attorney General. This presentation will discuss how you can protect yourself from scams targeting your finances. Learn about resources and what you should do if you suspect scammers.

## January 26 at 11am

### 2021 New and Notable Releases Book Talk

**Mysteries! Histories! Memoirs! Thrillers! Romance!** These are just a few of the genres we will feature in this book talk series led by library staff from the Henrico County Library. This quarterly book talk series is designed to keep you ahead of the curve on 2021's most buzzed-about titles by highlighting releases coming soon to an HCPL branch near you!

## February 2 at 11am

### Honoring Choices presents *Advance Care Planning*

Honoring Choices Virginia is out to change the way we look at planning our future medical decisions. Starting the conversation can be the most difficult part. Join Honoring Choices for a presentation on how to start the conversations and create your own advance medical directive. Regardless of age, we all need to have a plan!

## February 9 at 11am

### VCU Gerontology Master's Student Session

Learn more about what VCU Gerontology students are up to in making Richmond a livable, stable and engaged place to grow older. We will hear from Natalie Mansion, a masters student and recent Age Wave Scholar, on her experiences with gerontology and longevity.

## **February 16 at 11am**

### **Valentine's Day Trivia**

Join us for a morning of trivia related to the month of LOVE! We will be playing a variety of trivia games from Jeopardy to BINGO to some tough Brain Busters.

**Register by February 12th to receive your BINGO card.**

## **February 23 at 11am**

### **Richmond Reads Book Talk**

Phil Ford, from the Henrico County Mobile Library Service presents: "Richmond Reads". Ever wanted to get to know the city of Richmond a little better? The River City has a fascinating history and we will explore some of it together through a variety of great books and other library materials.

## **March 2 at 11am**

### **The Valentine Museum presents *Women in the Wickham House***

Join The Valentine Museum on a tour through the Wickham House as you explore the fascinating stories of the women who inhabited the historic home during the 19th century. This tour will discuss new research into the lives of the women who lived and worked in the home and the stark contrast between their lives as mothers, daughters and enslaved laborers.

## **March 9 at 11am**

### **VCU Gerontology Master's Student Session**

Learn more about what VCU Gerontology students are up to in making Richmond a livable, stable and engaged place to grow older. We will hear from Natalie Mansion, a masters student and recent Age Wave Scholar, on her experiences with gerontology and longevity.

## **March 16 at 11am**

### **Senior Connections Programs & Services**

Join Senior Connections, The Capital Area Agency on Aging to learn all about the programs, services and resources offered for our region's older adults. Senior Connections is dedicated to helping older adults maintain their independence and quality of life as we age.

## **March 23 at 11am**

### **Page-to-Screen: All Creatures Great and Small**

Read, watch, and plan to join Kimberly Bridges from Henrico County Public Library for a discussion of All Creatures Great and Small as we celebrate the 50th anniversary season of Masterpiece on PBS with an all-new screen adaptation of James Herriot's book about the heartwarming adventures of a veterinary surgeon working across England's Yorkshire Dales.

## **March 30 at 11am**

### ***Aging in Place* presented by My Virtual OT**

As we age, our typical routines may become more difficult and our homes may become less safe. Join *My Virtual OT* for a presentation on how to make your home safe as you age including simple steps you can take to ensure you and your space function appropriately.

## 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.




# 2021 BOOK BINGO!



**Use this Bingo card to inspire your reading in the new year!**

Discover new and wonderful titles or enjoy old favorites. Your goal is to find a book that matches each category, eventually filling up your entire Bingo card by the end of the year. Looking for suggestions? Check out your local Henrico County library online for more recommendations: <https://henricolibrary.org/adults>

Biography or Memoir	Published in 2021	Set mostly or entirely outdoors	Has a number in the title	A debut novel
Published the decade you were born	A 2020 Bestseller	Written by an author who uses initials	Three-word title	A sequel
Longer than 400 pages	Set somewhere you would like to visit	<div>FREE</div>  <div>SPACE</div>	Poetry	Features three generations (grandparent, parent, child)
Re-read a favorite book	Inspired a movie or tv series	Historical Fiction	Author that shares your name - first or last	A genre you don't normally read
Set in the state where you were born	Book cover is your favorite color	Author raised in a different part of the world than you	About art or an artist	A book about being on vacation