Greetings from Henrico County's Advocate for the Aging!

This summer our goal is to get out into the community. If your organization, neighborhood watch, civic association, faith based community, leisure club, or older adult group is having a community day or would like our office to come speak, please contact us!

In the meantime, we hope you stay and EngAGE in Henrico County.

Jelisa Turner, Advocate for the Aging

**HENTRICO'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 of Henrico County Local Government Agencies

Advocate for the Aging’s Office
804-501-5065 or tur060@henrico.us

www.henrico.us/services/seniors
www.facebook.com/henricovaaging
PRESS RELEASE: CAREGIVER KITS

CONTACT: Patricia Conway
Community Relations Coordinator
Henrico County Public Library
PHONE: (804) 501-1906
June 14, 2018
FOR IMMEDIATE RELEASE

CAREGIVER KITS AT HENRICO LIBRARIES CONNECT LOVED ONES WITH MEMORY DISORDERS THROUGH CONVERSATION, CREATIVITY

Henrico County Public Library is debuting a new type of item for checkout at its five Area Libraries to benefit people and families caring for loved ones with dementia and other memory-related disorders. Caregiver Kits, available now at Fairfield, Libbie Mill, Tuckahoe, Twin Hickory, and Varina libraries, are thematic backpacks filled with books, DVDs, discussion questions, or music CDs. The kits are designed to stimulate memory and conversation using familiar themes and objects for those experiencing memory loss.

Reminiscing and engaging with images, music, and sounds, as opposed to text, can help those with memory disorders find the words they wish to use in conversation more easily. The accompanying questions allow family and friends to encourage their loved ones to share stories and gain confidence in communicating with others. Through revisiting bygone days through the items in Caregiver Kits, those with memory loss can have more meaningful conversations and connections in their daily lives.

Jelisa Turner, Henrico County’s Advocate for the Aging, believes Caregiver Kits can open up opportunities for not just conversation and connection, but creativity and improved quality of life. According to Turner, “the Kits give those caring for their family members with cognitive impairments the opportunity to engage creatively with their loved ones. Though we understand the kits won't be able to stop memory loss from occurring, this level of social connectivity can greatly improve the quality of life for people living with Alzheimer’s disease and other forms of dementia.”

Margaret Allbee, Programming Librarian at Henrico County Public Library, worked with Ms. Turner and library staff to create and assemble the kits. “I am really excited about the role these kits can play in helping family members reconnect with each other,” Allbee said. “I hope they become starting points for making memories with their loved ones.”

Kits have been designed around the following themes: Automobiles, Farm Life, Food and Cooking, Holidays, Pets, Richmond History, 1940s & 1950s, and 1960s & 1970s. Twenty Caregiver Kits are now available for a loan period of two weeks with the option to renew. While the kits reside at the County’s five Area Libraries, patrons may request to have Caregiver Kits sent to their nearest Henrico County Public Library location for convenience.

For more information on this topic, contact Patricia Conway, Community Relations Coordinator for Henrico County Public Library: pconway@henricolibrary.org, 804.501.1906.

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HENRICO COUNCIL ON AGING

Our Mission: To be a well-informed, interconnected network of service providers for Disabled and Older Adults living in Henrico County.

The Council meets the 4th Tuesday every month at 9AM. If you are interested in joining, contact Renee White, HCOA Coordinator at whi86@henrico.us or 804-501-5866.

KINSHIP CARE SUPPORT GROUP

Support Group for grandparents and other relatives who are raising a child under the age of 18.

Location: Henrico’s Human Services Building at 10:30 AM-Noon

If you are interested in joining the Support Group contact Renee White, at whi86@henrico.us or 804-501-5866.

Grandparents on the Go!

Ages 50+ with children ages 5-9 (recommended). Attention grandparents! Are you looking for new ways to spend time with your grandchild? Join us each month this summer for a recreational activity you can do together! Make sneaker planter pots in June, cook together in July and get organized for school in August. The $15 fee is per person and covers all three classes; all participants must register.

Information: god001@henrico.us

| W  | Jun 13, Jul 11 & Aug 8 | 6:30-8pm | $15 | BE | 7833 |

IN THE COMMUNITY
IN THE COMMUNITY

FREE BLOOD PRESSURE SCREENINGS

For Ages 50+
Come get your blood pressure and cholesterol checked and learn healthful ways to keep it under control. To ensure accuracy, do not eat breakfast before having cholesterol tested. Service provided by Westport Rehabilitation and Nursing Center.

Appointment required.
Please contact Cindy Spear at (804) 243-9785.

Belmont Rec Center ............................................Aug 1
Confederate Hills Rec Center ..................................Aug 29
Deep Run Rec Center .......................................Jun 27, Jul 25 & Aug 22
Walkerton Tavern .............................................Jun 20, Jul 18 & Aug 15

DEEP RUN FRIENDSHIP CAFE

Ages 60+. Senior Connections’ Friendship Cafés are neighborhood gathering places for seniors. A nutritious midday meal is served. Enjoy meeting up with good friends and participating in diverse activities to remain active and connected to the community. The program is free; however, registration is required in advance through Senior Connections (no drop-ins). The Friendship Café at Deep Run Recreation Center will be open Tuesdays and Thursdays, May 1-Jun 15 and Fridays, Jun 29-Aug 31 from 9am-1pm. No meeting Jun 22.

For more information, contact Senior Connections,
The Capital Area Agency on Aging at 804-343-3000.

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 County of Henrico Division of Police, County of Henrico 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.

Monthly Council meetings are held at the Henrico Training Center on the first Tuesday of each month at 9 am. For more information, call Community Policing at 804-501-5933.
Taking Control of Your Money  
Wed, Jul. 11, 1:00 PM  
Discover effective strategies for saving money, managing spending and improving your credit. Set personal finance goals to gain peace of mind and control over your money.

Organizing Your Financial Records  
Tue, Jul. 24, 1:00 PM  
Learn how to save time by getting and keeping your financial records organized. Learn what records to keep, what to keep handy in case of a natural disaster, and how to take a home inventory.

Alzheimer’s Association Program & Memory Cafe  
Thu, Jun. 21, 1:00 PM  
Thu, Jul. 19, 1:00 PM  
Thu, Aug. 16, 1:00 PM  
An informative presentation from the Alzheimer’s Association, Greater Richmond Chapter. From 1-2 PM, Alz will offer a different topic each month with an opportunity to answer questions, engage in discussion and enjoy socialization. The Memory Cafe, from 2-3 PM, provides a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially engaged with others traveling the same journey. Refreshments and snacks will be provided.

Navigating Insurance When You Have a Serious Illness  
Tue, Jul. 24, 7:00 PM  
Everyone is required to have health insurance but plans are often confusing. Learn to read between the lines to understand your coverage. Find out what happens when your plan approves or denies a claim. Presented by CancerLINC.

Alzheimer’s: The Basics  
Mon, Jun. 25, 6:00 PM  
Alzheimer’s is a disease of the brain that causes problems with memory, thinking, and behavior. But it is not apart of normal aging. Topics covered in the program include: anatomy of Alzheimer’s disease, how individuals experience dementia, reversible versus non-reversible dementias, related dementias, genetic links, diagnosis and treatment, communication with the doctor, and prevention.
Social Security Disability Basics  
Wed, Jul. 11, 2:00 PM

CancerLINC and a local attorney offer a primer on qualifying for Social Security Disability Income (SSDI) and Supplemental Security Income (SSI) benefits. Join them as they explain what medical information is essential to include in order to qualify, as well as the procedures that will be used to determine eligibility.

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### Computer Basics: Keyboard & Mouse  
Get familiar with how to interact with a desktop computer. If you know little or nothing about computers and want to learn more, this is the place to start!  
Registration Required  

- **Tue, Jun. 26, 2:00 PM** Libbie Mill Library (804-501-1940)  
- **Mon, Jul. 16, 2:00 PM** Tuckahoe Library (804-501-1910)  
- **Wed, Aug. 15, 2:00 PM** Varina Library (804-501-1980)  
- **Thu, Aug. 30, 6:30 PM** Libbie Mill Library (804-501-1940)

### Internet Basics: Getting Started  
Learn your way around the Web with a hands-on guided tour. Prerequisite: familiarity with keyboard and mouse.  
Registration Required  

- **Tue, Jun. 26, 10:00 AM** Twin Hickory Library (804-501-1920)  
- **Thu, Jul. 19, 2:00 PM** Fairfield Library (804-1930)  
- **Tue, Jul. 24, 2:00 PM** Libbie Mill Library (804-501-1940)  
- **Tue, Jul. 31, 6:30 PM** Twin Hickory Library (804-501-1920)  
- **Mon, Aug. 6, 10:00 AM** Varina Library (804-501-1980)

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### BEREAVEMENT GROUPS

#### Sandston Library  
804-501-1990

- **Mon, Jul. 9, 6:00 PM**  
- **Mon, Aug. 13, 6:00 PM**  

An open group for people to make sense and find calm in the presence of change and loss.  
Led by Alane Cameron Ford, hospice bereavement coordinator.

#### Tuckahoe Library  
804-501-1910

- **Thu, Jun. 28, 2:00 PM**  
- **Thu, Jul. 26, 2:00 PM**  
- **Thu, Aug. 23, 2:00 PM**  

An open group for people to make sense and find calm in the presence of change and loss.  
Led by Alane Cameron Ford, hospice bereavement coordinator.
EXPANDING FRESH FOOD ACCESS

Saturdays
June 2, 2018 - October 27, 2018
9:00 AM - 1:00 PM

The mission is to provide the citizens of Eastern Henrico with easy access to fresh and nutritious local produce, food, and crafts of the highest quality. SNAP and EBT will be accepted.

2999 Darbytown Rd, Henrico, VA 23231
4TH ANNUAL SENIOR SAFETY DAY 2018
Thursday, July 12, 2018
8:30 AM - 3:30 PM

First Baptist Church
2709 Monument Avenue
Richmond, VA 23220
(Parking Available on Robinson and Mulberry between Monument and Park Avenues)

The 4th Annual Senior Safety Day 2018 is a Senior Conference on Safety and Security for seniors in the Capital Area Region. It is a free event for seniors presented by the Senior Center of Greater Richmond in partnership with the Office of the Attorney General and Richmond’s First Baptist Church.

Safety Workshops, Lunch, Vendors & Prizes.
Open to the Public. FREE.

*Registration Required*
Seniors and Senior Groups welcome with advance registration. For Information or to request registration forms, call 804-353-3171 or email SeniorCenterRVA@gmail.com.

35th Annual National Night Out, Tuesday, August 7, 2018, 5:30-9:30 p.m.
Join Henrico Police and more than 38 million people in 16,000+ communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. The night will be alive with cookouts, block parties, ice-cream socials, parades and other fun community events during the National Night Out celebration, so lock your doors, turn on your front porch lights and spend the evening outside with your neighbors and Henrico Police.

Chief Humberto Cardounel and his command staff, along with patrol and community officers and other county representatives, will visit National Night Out events throughout the evening in neighborhoods across Henrico County.

Contact the HPD Prevention Services Unit at 804-501-4838 or visit https://henrico.us/police/crime-prevention/national-night-out/ for more information about hosting an event in your neighborhood or to find out if your neighborhood already has registered an event.
PL AY IT F O RWA R D . . . A G I N G T O G E T H E R @ D E E P R U N R E C R E AT I O N C E N T E R - T U E S , S E P T . 2 5 , 1 0 A M - 1 2 P M ,

Join us as we get the generations together for a day of fun and games! Play it Forward...Aging Together is unique opportunity to bring young people and older adults together for an intergenerational event filled with games, vendors, exercise, prizes, arts/crafts, fun, and laughter.

F R A U D P R E V E N T I O N P R O G R A M @ L I B B I E M I L L L I B R A R Y - T U E S , S E P T . 2 5 , 2 P M - 3 : 3 0 P M

This informative session will help you stay one step ahead of criminals. Detective Logan of the Henrico County Police Department will show you tips and tricks for avoiding scams. Stick around for some best practices you can use to stay safe online.


A professional Medicare expert will help you learn how to navigate Medicare (including Parts A, B, and D), Medicare Advantage Plans, and Medicare Supplements. This presentation will also include information on when and how to sign up for Medicare, the costs involved, and how to avoid late enrollment penalties.

V O L U N T E E R F A I R @ T U C K A H O E L I B R A R Y - S A T , S E P T . 2 9 , 1 0 A M - 1 P M

Get some fresh air and learn how you can stay involved in your community as you enter your golden years. Area non-profits will be on hand to tell you about available volunteering opportunities. This event is outside, so please plan accordingly. (In case of inclement weather, event will be moved to the Library Meeting Room)

F I R E & F A L L P R E V E N T I O N F O R O L D E R A D U L T S @ G L E N A L L E N L I B R A R Y - S A T , S E P T . 2 9 2 P M - 3 P M

House fires and falling are two causes of injuries at home among older adults, and both incidents are preventable. Learn the basics of fire and fall prevention with Jon Reinmuth, Community Services Firefighter for Henrico County’s Fire Department, who will cover services provided by the County as well give other helpful information. Caregivers are encouraged to attend as well as older adults.
**THE VOLUNTEER MONEY MANAGEMENT PROGRAM**

The Volunteer Money Management Program assists people age 60 and over to pay bills on time and protect their money. Volunteers undergo police background checks and are carefully trained and monitored as they work with the assigned client. Volunteers help by:

- Preparing a budget
- Assisting to pay bills
- Sorting Mail and Reconciling bank statements to the client check register

For more information, contact Jean B. Adams, Program Manager at 804-343-3055 or jadams@youraaa.org

**FAMILY LIFELINE VOLUNTEER OPPORTUNITIES**

Whether you have a particular set of talents or are looking to gain some new skills, we’ll work to allow you to make the most of your volunteer time while helping others. We offer many opportunities for involvement, ranging from office assistance to direct service options. See some examples below for our different service areas that assist older adults and persons with disabilities:

- Friendly Visitor Volunteer
- Phone Buddy
- Friendly Baskets of Cheer
- Greeting Card Artist

For more information, contact Family Lifeline at 804-282-4255

**SENIOR CONNECTIONS VOLUNTEER OPPORTUNITIES**

Volunteers are a vital resource to Senior Connections especially in service to frail and economically disadvantaged seniors. Our Agency provides volunteer opportunities for all ages and we are most appreciative of their dedicated service.

Opportunities include:

- Agency Outreach
- Clerical Assistant
- Telebridges
- Friendship Café Volunteer & More

For more information, contact Shana Beverly at 804-343-3024