

Aging and Volunteer Services

Serving Buncombe, Henderson, Madison, and Transylvania Counties



Vol I - Issue 3: August - October 2012

A&VS

Choose your destination during Active Aging Week September 22 - 30, 2012

This year's Active Aging Week theme "Many Journeys, Many Destinations," recognizes that older adults choose to travel along individual paths based on their interests and needs. All Active Aging Week destinations are FREE and showcase the opportunities, in Western North Carolina, to optimize physical, social and mental well-being. For more information visit www.activeagingweekwnc.org or call 828-251-7438.

Saturday - September 22

Walk to End Alzheimer's - Pack Square Park

Sunday - September 23

Blue Ridge Adventist Wellness Network Intergenerational Health 5K Walk/Run - UNCA campus Sherrill Center - 1:30 pm

Monday - September 24

Wellness Expo - Biltmore Square Mall - 10 am to 2 pm (see page for more info)

Lewis Creek Preserve Walk - 9:30 am

Marshall Guided Walking Tour - 9:30 am

Tuesday - September 25

Journey Within, Destination: Relaxation - Asheville Movement Center - 9:30 am - 2pm

Historic Hendersonville Walk - 10 am

Hot Springs Guided Walking Tour - 9:30 am

Wednesday - September 26

Eating Healthy on a Budget, Project EMMA Day - Battery Park Apartments - 2-5 pm

Oklawaha Greenway Walk - 9 am

Mars Hill Guided Walking Tour - 9:30 am

Thursday - September 27

Balance for Life Day - CarePartners - 10 am to 2 pm

Fletcher Park Walk - 10 am to 12 pm

Bullington Center Garden Walk - 3 to 5 pm

Senior Wellness Fair - Hot Springs Elementary Gymnasium - 9 am to 1 pm

Taste of Therapies - Silvermont Opportunity Center - 9 am to 12 pm

Friday - September 28

Predictors of Successful Aging with Dr. Eisdorfer - Osher Lifelong Learning Center at UNC Asheville (formerly the NC Center for Creative Retirement) - 11:30 am to 1 pm

Watercascade Walk - Laurel Park - 9 am

Building Better Balance Fall Risk Screening - Blue Ridge Mall - 8 to 10 am

Senior Wellness Fair - Madison County Cooperative Extension - 9 am to 1 pm

Saturday - September 29

Fit After 50 Day - Woodfin Community Center & YMCA Recreation Field - 12 to 5 pm

Website: www.landofsky.org
Phone: (828) 251-6622



Area Agency on Aging



AAA Area Agency on Aging

The Area Agency on Aging helps to determine the needs of older adults and works with counties to plan services to meet those needs. The goal of providing these services is to enable older adults to live independently in their homes for as long as possible. The AAA is responsible for the management and delivery of the programs listed.

FCSP Are You Suffering From Caregiver Stress?

You won't find "caregiver stress syndrome" or "caregiver syndrome" in the DSM, the diagnostic manual that psychiatrists use to define illness but the effects experienced by many of the 34 million unpaid family caregivers looking after America's elders are every bit as potent and debilitating as other conditions found there. Some caregivers are at higher risk than others.

Caregivers are among the three most-stressed groups in the United States, according to the 2012 Stress in America Report by the American Psychological Association. Some researchers call the unique stress experienced by family caregivers a form of post-traumatic stress syndrome. As many as 70 percent of family caregivers show signs of depression surveys show -- far higher rates than for peers who aren't in a caregiver role.

Who's the most stressed?

Not all caregivers experience stress equally, notes Gail Hunt, president and CEO of the National Alliance for Caregiving (NAC), a nonprofit coalition based in Bethesda, Maryland. Many family members report that stress is offset by deep personal satisfaction or by closer ties to the person in their care. For about a third of Alzheimer's caregivers for example, positives outweigh negatives, according to data from the NAC. The majority -- and even for many of those who see silver linings, experts say -- the caregiving journey is stressful.

Consider yourself at extra risk of caregiver stress if you answer "yes" to any of the following seven questions. (And many caregivers will tick multiple boxes.)

1. Are you a woman?
2. Are you caring for a spouse?
3. Do you live with the person you're caring for?
4. Does your loved one have Alzheimer's or another form of dementia?
5. Does your loved one have behaviors or care needs that you find challenging to deal with?
6. Do you feel you had or have a choice about caregiving?
7. Do you have young children?

Excerpts from an article by Paula Spencer Scott, a senior editor at Caring.com, written as part of a MetLife Foundation Journalists in Aging Fellowship, a project of New America Media and the Gerontological Society of America.

If you are experiencing caregiver stress, consider seeking help. Ask friends, family, or others for support. Hire someone to provide home care for a few hours or have the person you are caring for attend an adult day services program where he/she will socialize with others while you get some much needed time off.

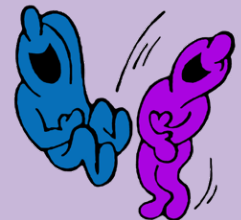
Land-of-Sky Regional Council's Family Caregiver Support Program contracts with organizations to provide respite (short-term relief) and other support for caregivers. Family Caregiver Specialist Carol McLimans is available to help caregivers identify their needs and access supportive services. Contact her at 828-251-6622 or carol@landofsky.org to see how the Family Caregiver Support Program can help you.

SAVE THE DATE

Fun Friday for Family Caregivers
Friday, November 9
Calvary Episcopal Church, Asheville

Come out and enjoy a day of:

Laughter Music
STORYTELLING
Food Fashion
& MORE



FCSP Family Caregiver Support Program

The Family Caregiver Support Program provides support for caregivers of frail elderly persons and grandparents or other older relatives who are raising children. FCSP also provides caregiver counseling, training, respite and case assistance to help support families with the emotional and physical stress of dealing with caregiving for their loved ones disabilities or illness.

SCSEP Senior Community Services Employment Program

The Senior Community Services Employment Program is a job-training employment program for low-income adults. SCSEP provides temporary work experience assignments for people age 55 and over whose incomes fall at or below the federal poverty line and are currently unemployed. Participants work with community organizations to sharpen and develop skills while searching for a permanent job.

SCSEP SCSEP Update

We are well into the new grant year, and things are running pretty smoothly. Our budget for this year is \$204,540. We will not be able to afford a second staff person for the program, but we are very fortunate to have a participant, Jean Greene, filling a slot of community service here at Land-of-Sky Regional Council. She has been a very big help to both SCSEP Title V and to our fellow workers in AAA and in the Volunteer Services Department.

We have been given 22 allotted slots for our four counties. At the present time that is how many participants I have in place in 17 host agencies. That would be great, but we have 3 host agencies looking for some customer service help now. The program is looking ahead to see if there are possibilities for over-enrollment, though one word coming from Washington was that there should be a hold on new participants at this time.

Meanwhile, we have received great support for our cash fund so far from the Asheville/Buncombe Christian Ministries for a total of \$2,500 for the five participants they now have in their two shelters (Vet' Quarters and Steadfast House).

We continue to encourage our other non-governmental host agencies to consider giving financial support, to bolster our fund that goes directly to help the participants with training or other support needed for them to either get to work and develop contacts with businesses in our region.

We also continue to encourage those of you who read this newsletter regularly to keep a look out for new businesses or present businesses in Region B that are open and welcoming to our elder, trained, and eager-to-work elders.

For more information, please contact Jennifer Atkinson, Coordinator, SCSEP Title V at 251-6622 or email me at jatkin@landofsky.org.

CRC CRC Introduces the PASSPORT

Have you ever been a patient in the hospital? Or maybe your parent, spouse, child, or another loved one has required hospitalization at some point. If so, you will probably agree that even if procedures went well and the care was excellent, the experience was at least somewhat stressful.

If a patient is vulnerable, perhaps due to a chronic illness, disability and/or advanced age, the experience can be downright daunting. First there is apprehension about being in the hospital. Then there's a dizzying array of doctors, nurses and other personnel. Finally, there's the discharge - with a multitude of instructions and questions about care after the hospital, including medications to take and follow-up appointments to make.

Enter PASSPORT which stands for **Person-centered Approaches Supporting Successful Patient Outcomes for Recovery & Transitions** – a set of user-friendly tools to prepare people before entering the hospital. Distributed through the collaborating partners of Land-of-Sky Regional Council's Community Resource Connections (CRC), these materials are receiving high marks for arming people with the information needed to have a more successful hospital experience – before and after.

The primary goal is to assist elders, family caregivers, and people with disabilities in preparing for hospital discharge to: a) minimize trauma and harm to the individual hospitalized; b) maximize options; and c) restore routine.



Pictured are some of the materials available through the PASSPORT initiative including a 1) discharge reminder list for the patient and family; 2) personal health record; and 3) medication card.

For more information about accessing PASSPORT training and/or materials through Land-of-Sky Regional Council's CRC, contact Shanaia Powell at 251-7462 or shanaia@landofsky.org.

HPDP

Health Promotion and Disease Prevention

Health Promotion and Disease Prevention provides support to older adults in maintaining optimal physical, mental and emotional health. Administers funding and program support for Senior Centers and a variety of regional health and wellness activities.

LH

Living Healthy with a Chronic Condition or Diabetes

Living Healthy also known as Chronic Disease Self-Management Program, developed through Stanford Patient Education, is a six-week workshop for people with any type of ongoing health problem. Participants learn to manage symptoms such as pain, fatigue & depression; increase endurance; use medication effectively; improve communication skills, eat well; handle stress; and more!

FP

“Stand Together” Against Falls and Observe Falls Prevention Awareness Day: September 22

North Carolina joins 44 other states and the Falls Free© Coalition in declaring a statewide Falls Prevention Awareness Day on the first day of fall, September 22, 2012. In NC, we join Governor Beverly Purdue and the NC Falls Prevention Coalition in declaring September 17-22 as Fall Prevention Awareness Week. This year’s theme, Standing Together to Prevent Falls, seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population.

LOSRC’s Area Agency on Aging stands with over 30 regional agencies and additional community advocates to prevent falls through the WNC Fall Prevention Coalition. “It is amazing to see the commitment and outcomes of dedicated citizens coming together to reduce the number of falls and fall related injuries in Western North Carolina through focused and coordinated effort,” states Rebecca Chaplin, Coalition Facilitator.

In 2012, the coalition members coordinated:

- Pilot study: First responders (EMS and Fire Department) in Madison County provided information and referral to fallers who were not transferred to the hospital
- Pilot study: Training primary care physicians to offer screening and referral on site
- Five “Matter of Balance” program series
- Four “Tai Chi for Arthritis” program series
- Community Balance Screenings: 30 community members were trained as “Building Better Balance Screeners” and 396 older adults in the region were screened and provided with fall prevention resources.

Studies show that WNC is on the right track – falls are multi-factorial. It is through a combination of interventions that the number of falls and related injuries can be significantly reduced in the older adult population. Experts recommend a physical activity regimen with balance, strength training, and flexibility components; consulting with health professionals about a fall risk assessment; having medications reviewed; getting eyes checked annually; and making sure the home environment is safe and supportive.

Standing together, the WNC Fall Prevention Coalition and community partners will continue to work together to prevent falls. You can stand with us! Contact Rebecca if you would like to train as a Building Better Balance Screener or Matter of Balance coach, join the coalition OR if you would like to bring fall prevention resources to your community.

FP**LH**

Health Promotion Training Opportunities

Take Charge of Your Health and Life! While helping others do the same. The opportunities listed below will provide you with the knowledge and tools to improve your health AND give the gift of your experience to community members. Each training session is FREE with a commitment to offer at least one class or screening to members of your community in the next 12 months. Contact Rebecca at 251-7438 to register.

Matter of Balance Coach Training

The 8-hour training will prepare you to co-coach an 8-session course that addresses the fear of falling - a risk factor for falling.

DATES: July 31 and August 1

TIME: 9 am - 1 pm

PLACE: Land-of-Sky Regional Council

Building Better Balance Screener Training

This training session will allow you to increase your fall prevention IQ and learn to identify older adults at risk for a fall. CEUs provided. Attend one of the following:

DATE & TIME: September 18, 9 am - 12 pm

PLACE: UNC Asheville Sherrill Center

DATE & TIME: September 25, 9 am - 12 pm

PLACE: Hendersonville Family YMCA

Living Healthy Leader Training

Living Healthy is designed to help participants with a chronic condition learn how to take charge of their health.

DATES: August 15, 16, 20, and 21

TIME: 9 am - 4 pm

PLACE: MAHEC, Cherokee Room

Living Healthy with Diabetes Leader Training

Cross-Training for Living Healthy Leaders

DATES: August 30 and 31

TIME: 9 am - 4 pm

PLACE: MAHEC, Cherokee Room

FP

Fall Prevention

The WNC Fall Prevention Coalition is committed to reducing the number of falls and fall-related injuries in Western North Carolina. The Coalition is comprised of community volunteers and representative of 35 local agencies. The Coalition has three areas of focus: provider education, community awareness and education, and community screening and referral.

HCCBG

Home and Community Care Block Grant

The Home and Community Care Block Grant, or HCCBG, allows local groups to make decisions about what services are most needed by older and disabled adults in their county, how much money needs to be allocated to the service, and what agency will provide the service. Last year more than 3600 seniors were assisted in our region.

LTCOP

FCSP

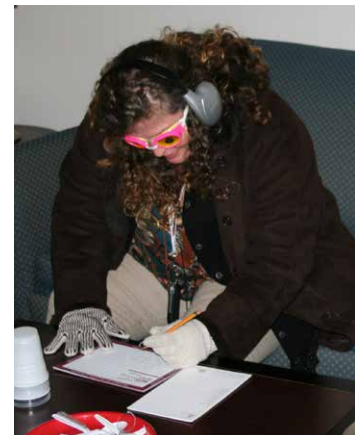
Virtual Dementia Tour

Imagine yourself in a carnival funhouse. You step inside and the lights go dim. You can barely see what's in front of you so you reach out your arms to feel your way along the walls, but this is no use. Trying to gain your bearings with limited sight and touch is tricky enough, but now it's nearly impossible to concentrate because you are constantly bombarded by a hodgepodge of random, jarring noises. Quickly realizing that this is not as "fun" as you had hoped, you struggle to make your way to the end and finally find the exit. You step out into daylight and onto steady ground, safely away from the chaotic madhouse. But for those living with Alzheimer's disease or other forms of dementia, this scenario is all too real.

P.K. Beville, a geriatric psychologist and founder of the nonprofit senior citizen advocacy group Second Wind Dreams created the Virtual Dementia Tour - an experiential kit used to simulate the symptoms of age-related Alzheimer's and dementia and to help caregivers better identify and cope with their patients' behaviors and needs. "Once you go through [the exercise] you discover that most of the behavior patterns are actually coping strategies," Beville said.

Beville said she has administered the Virtual Dementia Tour (VDT) to more than 10,000 professional caregivers, and has identified specific ways of improving care for a person with Alzheimer's. She said that offering positive reinforcement and encouragement is essential for any caregiver. In several of her experiments Beville provided guidance by offering a pat on the back and saying, "You're doing great." By repeating this every four minutes, she found that the person remained calmer and was able to accomplish all of the tasks that were assigned. By learning how to better cope with the effects of Alzheimer's, caregivers and family members might feel more equipped to manage and treat a loved one who is diagnosed with the disease," Beville said. "It is a way of giving people hope," and in the battle against Alzheimer's, a little bit of hope can go a long way. *Information found at "Dementia Today" news article.*

For more information about the VDT training, contact Carol McLimans, Barbara Hinshaw, or Terry Collins at 251-6622.



Participant during a Virtual Dementia Tour

HPDP

Lakeview Senior Center

Congratulations to the Lakeview Senior Center, Director Renee Mastrangelo, and the Town of Black Mountain for certification as a Senior Center of Excellence! Certification with the NC Division of Aging and Adult Services as a Center of Excellence means that the center offers the highest level of services, information, and referral. This earns the center three times the amount of general purpose funding for the upcoming fiscal year. At present, we have two centers in our region declared as Centers of Excellence – Lakeview Senior Center in Black Mountain and Silvermont Opportunity Center in Brevard.



SAVE THE DATE!
Land-of-Sky Regional Council's
2012 Annual Celebration

Date: 10.10.12
Time: 6 - 9 pm
Location: Asheville
Ballroom & Dance Centre



CRC

Community Resource Connections for Aging and Disabilities

Community Resource Connections is a federal and state initiative to reduce the confusion that many have experienced in trying to find services, often resulting in making multiple telephone calls before finding help. CRC core functions include information and assistance, options counseling, streamlined access, v transitions partnership with hospitals and nursing facilities.

STHL

Senior Tar Heel Legislature

The Senior Tar Heel Legislature promotes citizen involvement and advocacy concerning aging issues before the General Assembly. STHL provides information and education to Senior Citizens on the legislative process and matters being considered by the General Assembly. Each of the 100 NC counties is entitled to one delegate and one alternate to the STHL.

LTCOP

Adult Care Home Update – Personal Care Services

The Centers for Medicare and Medicaid Services (CMS) approved North Carolina’s State Plan Amendment revising the scope and nature of Personal Care Services effective May 1, 2012. This approval extended the sunset deadline for In-Home Care and Adult Care Home personal care services from April 30, 2012 to December 31, 2012. Effective January 1, 2013, Medicaid Personal Care Services for all recipients, including licensed adult care homes, will be provided under a consolidated Personal Care Services (PCS) benefit.

Pursuant to N. C. General Assembly Session 2011 House Bill 950, NC Department of Health and Human Services (NC DHHS), will apply for a Medicaid State Plan Amendment to implement the new consolidated PCS benefit and develop program policies. The State will not pursue CMS approval to provide these benefits under the 1915(i) Home and Community Based Services option. NC DHHS will apply to CMS for approval to provide personal care under the 1915 (i) option to elderly individuals with dementia who are served in Special Care Units and memory care units.

Effective January 1, 2012, individuals must meet the program functional eligibility requirements set forth in House Bill 950 to qualify for PCS services. Adults 21 years and older with a medical condition, disability, or cognitive impairment who meet the functional eligibility requirements may qualify for up to 80 hours of PCS per month. Recipient eligibility and authorized service levels will be determined by an independent assessment conducted in the recipient’s residence. To qualify for services, adults must demonstrate unmet need for assistance with three qualifying activities of daily living (ADL’s), or two ADL’s, one of which is assessed as extensive. The five qualifying ADL’s are bathing, dressing, mobility, toileting and eating.

The NC Division of Medical Assistance (DMA) contracted with the Carolinas Center for Medical Excellence (CCME) to conduct recipient eligibility assessments. Assessments of current licensed care home residents are scheduled to begin the week of July 23, 2012 and continue through November 2012. Functional eligibility assessments of current licensed home residents will be conducted using a standardized process and assessment tool provided by DMA. The assessment will incorporate observation, interview, and recipient demonstration of ADL’s, interviews with staff, and review of facility records. A completed Medical Attestation form, verified and signed by the resident’s physician or designee, will be required for every resident.

Until this change in Personal Care Services, facilities have received personal care payments for each resident who qualified for Special Assistance and Medicaid benefits. Personal care money amounted to approximately one-third of each resident’s payment to the facility. The changes in Personal Care Services combined with the evaluation of NC facilities as IMD’s (Institutions of Mental Disease - discussed in the last issue of the AAA Newsletter) mean that substantial changes are coming to the adult care home/assisted living system of care. The Area Agency on Aging is working closely with DSS, Western Highlands, and our other community partners to keep informed about these changes and assure that residents and their rights are protected.

Adapted from the North Carolina Medicaid Special Bulletin July 2012.

AAA

Fans Still Available



Each year LOSRC’s Area Agency on Aging receives funds from the NC Division of Aging and Adult Services to administer Operation Fan/Heat Relief. Through partnerships with several organizations, fans are purchased and distributed throughout our region.

It’s still hot and we still have some fans available. If you are 60 years of age or older, reside in the county of the providing agency and could use a little relief, contact the agencies below.

Henderson County Council on Aging 692-4203
Madison County Department of Community Services 649-2722
WCCA - Transylvania County 884-2255

LTCOP

Long-Term Care Ombudsman Program

An Ombudsman is an advocate for long-term care residents' rights and is responsible for investigating complaints made by, or on behalf of, nursing and adult care home residents. They work with residents, family members, concerned citizens, facilities, as well as public and private agencies to enhance the quality of care and life for residents in long-term care.

AAA

Other AAA Programs & Services

Other programs and services that the AAA manage include:

- Century Club honors people on their 100th and subsequent birthdays.
- Operation Fan/Heat Relief is a special assistance project that provides people 60 and over or with a disability fans and air conditioners during the hot summer months.

LTCOP

Envisioning Home: Creating New Models of Home & Community in Later Life

What kind of home will be your home in later life? How will it support your needs (physical, social, spiritual, financial)? How will you get from here to there? By accident or design? In this half-day forum, we will explore some of our personal and cultural beliefs about what makes a home a home, and examine some of the current and emerging options for creating home in later life. The featured keynote speaker will be Dene (Geraldine) Peterson, founder and developer of ElderSpirit, a mixed-income co-housing community in Abingdon, Virginia designed to foster mutual support and later life spirituality. The workshop will include panel discussions with local experts and small group sessions focused on intentional visioning and exploration.

Presented by the Buncombe County Culture Change in Aging Network (BC-CAN)

- DATE:** Saturday, September 29, 2012
TIME: 9:00 am to 1:30 pm
COST: \$20 (includes lunch)
PLACE: Osher Lifelong Learning Institute at UNC Asheville (formerly the NC Center for Creative Retirement)



CAC Orientation will be held on August 22 & 23 at Land-of-Sky Regional Council from 9 am - 1 pm. *If you are interested in being a CAC member, call the Ombudsmen at 251-6622.

LTCOP

The NC Action Collaboration for Excellence in Long-Term Care - Learning Session II

This is a five-part learning and action network series on providing high quality individualized care. Come to learn from the experts and to see how other facilities are using effective leadership skills for culture change. The topic of learning session II is "A positive chain of leadership - the most common practices in nursing homes with stability."

- DATE:** Friday, August 24
PLACE: Land-of-Sky Regional Council
TIME: 8 am - 1 pm (continental breakfast provided)

TARGET AUDIENCE: Nursing home teams of four members, including the administrator and director of nursing, are encouraged to attend. Teams from adult care homes are also welcome.

REGISTRATION FEE: Pre-registration is required. All participants must be registered separately by Monday, August 13, 2012. Registration is FREE. Teams are encouraged to attend all learning sessions during the upcoming year to get the full benefit of the series.

For more info or to register, visit www.ccmemedicare.org. Contact Lee Ann Smith at 251-6622 for additional questions.

CAC

Community Advisory Committee Member

The Ombudsman Program works in conjunction with Nursing Home (NH) and Adult Care Home (ACH) Community Advisory Committees (CACs) in each county to serve residents in long-term care facilities. CACs are volunteers appointed by county commissioners who visit facilities, interact with residents, and advocate for quality care in the homes.

Thanks and Farwell to:

Julianne Kilcullen and Janice Early - HC ACH/NH CAC
Bea Banks, Vonciel Penland, Sandra Treadway and Mary Kate Griffin - MC ACH/NH CAC

Thank you for your services!
You will be missed!



CAC Meeting Calendar

- Buncombe County ACH:** Aug 17, Sept 21, Oct 18
Buncombe County NH: Oct 18
Henderson County ACH/NH: Aug 8, Sept 12, Oct 10
Madison County ACH/NH: TBA
Transylvania County ACH/NH: Oct 8

Volunteer Services



vs Volunteer Services

Volunteer Services connects today's over 55s with the people and organizations that need them most. VS helps them become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations. Their contributions make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout our region.

vs 2012 Wellness Expo

Land-of-Sky Regional Council's Volunteer Services Department will host a region-wide Wellness Expo as a kick-off event to International Active Aging Week. The Wellness Expo will take place on Monday, September 24, 2012, from 10 am to 2 pm at the Biltmore Square Mall in Asheville.

"Many Journeys, Many Destinations" is the theme of this year's event and aims to increase health awareness and access to community services to mature adults, their caregivers, and families. Open to everyone and primarily targeted to the mature population, we anticipate an attendance of approximately 500 people. This is a great opportunity for your business or organization to reach out to our senior adults and provide health screenings, educational materials, volunteer opportunities, and physical activity demonstrations.

Come help kick-off Active Aging Week's "Many Journey's, Many Destinations" by taking a wellness journey at this year's Wellness Expo. There will be free health screenings, samples, healthy snacks, exercise demonstrations, and much more!

SCP Summer Picnic

Senior Companions from all four counties came together on July 16, 2012, at Laurel Wood Apartments in Asheville to kick-off summer with a potluck picnic. Volunteers brought their favorite dish to share with the group. There were hamburgers and hot dogs cooking on the grill, and baked beans, potato salad, and coconut cake for all. The volunteers relaxed and spent time talking with other volunteers. A big "THANK YOU" to Kathryn Hightower, Resident Manager at Laurel Wood Apartments, for providing the space and staff to help make the picnic a success.




Land-of-Sky Regional Council presents

The 2012 Wellness Expo


Monday, September 24
Biltmore Square Mall
10 am - 2 pm
FREE Admission

Come help kick-off Activity Aging Week's **Many Journeys, Many Destinations** by taking a wellness journey at this year's Expo. There will be free health screenings, samples, healthy snacks, exercise demonstrations, and much more!

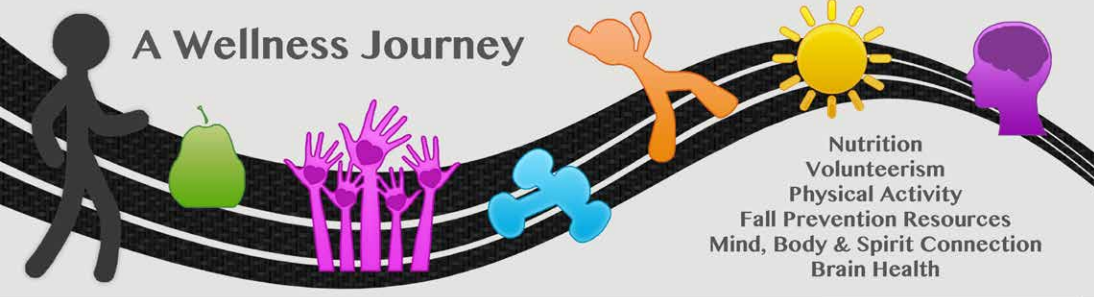
For more information or to become a sponsor, please call 828-251-6622.

The Center for Healthy Aging
 A collaborative initiative of
 MAHEC, UNCA & WCU



A Wellness Journey



Nutrition
 Volunteerism
 Physical Activity
 Fall Prevention Resources
 Mind, Body & Spirit Connection
 Brain Health

FGP End-of-Year

The Foster Grandparent Program just closed out the year with 87 volunteers serving 80,462 hours. With the one-on-one attention provided by Foster Grandparent volunteers, at-risk children were able to meet their personal academic goals and move to the next developmental level. It was a very successful year and we owe that to our extraordinary volunteers!

SCP

Senior Companion Program

The Senior Companion Program brings together volunteers age 55 and over with adults in their community who have difficulty with the simple task of day-to-day living. Companions help out on a personal level by assisting with shopping and light chores, interacting with doctors, or just making a friendly visit.

FGP

Foster Grandparent Program

The Foster Grandparent Program connects volunteers age 55 and over with children with exceptional needs. Their efforts enhance a child's physical development, improve the children's self-esteem and, in general, they serve the children as invaluable role models. Their service and kindness fosters hope in the hearts of the children.

A&VS

Day of Caring

On September 6, 2012, staff members from Land-of-Sky Regional Council will participate in Hands on Asheville-Buncombe's Day of Caring. Day of Caring uniquely mobilizes and equips workforce volunteers to strengthen our community by matching these groups with service projects to benefit Asheville and Buncombe County nonprofits, schools and public entities. Last year, over 1000 people participated from 59 local businesses and the public at large. Over 70 projects were completed which supported 64 local nonprofits, schools, and public entities.

This year, LOSRC staff will volunteer to clean up Hominy Creek Greenway. If you'd like to join staff in this effort, contact Tracy Ash at 251-6622 or email tracy@landofsky.



Hominy Creek

**A&VS**

Older Americans Month in Transylvania County

The kick-off to Older Americans Month in Transylvania County was at the Senior Games on April 27, 2012. Over 100 seniors gathered at Transylvania County Recreation Department taking in the beautiful arts and crafts that make up Silver Arts. After several performances in the Silver Arts Category, the torch was lit marking the beginning of Older Americans Month and the start to Senior Games. During the month, there are lots of activities going on in the county for seniors to participate in including the "Older Americans Walk through Pisgah Forest" and the White Squirrel Festival.



OAM Torch Presentation

VS

Volunteer Services Awarded Diabetes Screening Program Grant

MedicareDiabetes Screening Project

Volunteer Services received a competitive award of \$2,500 to be used for increasing awareness of the benefits for screening for diabetes and pre-diabetes offered by Medicare. Land-of-Sky Regional Council was one of fifteen Senior Corps Programs across the United States to receive an award from the Medicare Diabetes Screening Project (MDSP), a national coalition of patient, nonprofit organizations, and corporate partners that is leading the way in encouraging seniors to improve their health by being checked for diabetes.

"We are thrilled to receive this award from the MDSP because it allows us to increase our outreach to seniors in Region B through the service of Senior Corps volunteers," said Patti Cameron, RSVP Lead Coordinator. "Increasing awareness of diabetes and the need for appropriate screening is in line with our mission and nicely complements other disease prevention and health promotion activities already underway through the Area Agency on Aging."

Volunteer Services will use the \$2,500 grant to reach its goal of providing outreach and screening to 1000 senior adults. Efforts will include diabetes themed in-service trainings provided to the Foster Grandparent and Senior Companion Program volunteers, and a diabetes awareness booth at the 2012 Wellness Expo on Monday, September 24. Senior Corps volunteers will be the target audience for the grant as well as receive training to provide outreach and educational tools to encourage others to be checked for diabetes.

RSVP

Retired and Senior Volunteer Program

The Retired and Senior Volunteer Program connects volunteers age 55 and over with service opportunities in their communities that match their skills and availability. From building houses to immunizing children, from enhancing the capacity of non-profit organizations to improving and protecting the environment, RSVP volunteers make a difference.

VS

Volunteer Services Funding

Volunteer Services is a program of the Corporation for National and Community Service, an independent federal agency created to connect Americans of all ages and backgrounds with opportunities to give back to their communities and their nation. More than five million Americans are engaging in service through Senior Corps, AmeriCorps, Learn and Serve America, and United We Serve.

RSVP

Get Connected with RSVP

The United Way of Transylvania is proud to announce "Get Connected," an easy-to-use web-based platform that matches the right volunteers with the right opportunities. The launch marks the achievement of a goal that has been on the county's wish list for years: the development of a centralized volunteer resources center for all ages. Through the new website, anyone, regardless of age, can access volunteer listings and respond to needs simply and easily.



Land-of-Sky Regional Council's RSVP Program has been a pivotal partner in the development of this new sight. Working to get it up and running, RSVP has assisted in fine-tuning the website and entering agency information and opportunities. Furthermore, to ensure the success of Get Connected, RSVP has enlisted Aging and Volunteer Services Coordinator, Shanaia Powell, to visit each RSVP partnering agency (or volunteer station) to train them on how to best utilize the site.

Get Connected will complement the services offered by the RSVP Volunteer Center. "We realize that not everyone will be comfortable searching for opportunities on-line or have access to a computer. This is where the RSVP Volunteer Center will be an important player as we offer face-to-face volunteer placement assistance," said Patti Cameron, RSVP Lead Coordinator. "The only difference is that we will be utilizing the Get Connected platform to place and track volunteers."

If you live in Transylvania County and want to volunteer, we invite you to check out Get Connected at <http://www.unitedwaytransylvania.org> or drop by the RSVP Volunteer Center located at Silvermont Opportunity Center in Brevard every Thursday from 12 noon to 4 p.m. RSVP's staff of trained volunteers will assist you.

RSVP

New RSVP Station

RSVP is happy to announce the addition of several new RSVP stations to our program. If you are interested in volunteering with these agencies, or are already a volunteer with them and would like your hours reported, contact rsvp@landofsky.org or Patti Cameron at 251-6622.

- Allison-Deaver House
- Cradle of Forestry
- Girls Scouts
- General Service Administration
- MemoryCare
- The Haven of Transylvania County
- Transylvania Heritage Museum

RSVP

RSVP information sessions in Buncombe County

Want to volunteer but don't know where to start? Already volunteering but want to try something different? We invite you to attend an RSVP Information Session. There you will get a short orientation to RSVP, enjoy a guest speaker, and then receive volunteer placement assistance from an RSVP Coordinator. All sessions are from 11:30 am to 1:30 pm at the Osher Lifelong Learning Institute at UNC Asheville (formerly the NC Center for Creative Retirement) in room 207. To register, email rsvp@landofsky.org.

August 3, 11:30 am to 1:30 pm. Topic: Education & Mentoring Join us as we tackle the issue of education. We will have guest speakers from agencies that offer volunteer opportunities in education, tutoring and mentoring. This will also include adult literacy.

September 18, 11:30 am to 1:30 pm. Topic: Food Insecurity Join us as we address the issues of food insecurity in Buncombe County where one in six residents struggle to provide enough food for their family.

October 16, 11:30 am to 1:30 pm. Topic: Skilled Volunteer Work Join us as we address the issue of utilizing skilled volunteers. Most volunteer positions are generalized and deployed to meet a nonprofit's needs that require less specialized skills. The actual professional skills of a volunteer may not be relevant, so we might find a doctor or a lawyer helping in a food pantry, regardless of their professional skills. We will be gathering several non-profit organizations that are currently looking for skilled volunteers.

August

- 7/31-8/1** **Matter of Balance Coach Training**, LOSRC, see page 4
- 2-4** **MAHEC's Aging with Grace Symposium**, MAHEC's Blue Ridge Room. The sessions will focus on a variety of preventative and chronic care topics, expanded to provide info on screening for low vision related to safe driving, polypharmacy, substance abuse, falls risk assessment, and depression. Visit www.mahec.net/media/brochures/id080212.pdf
- 8** **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm
- 10** **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 13** **Balance Your Life FREE Webinar**, 10 am. The webinar will focus on tips to help maintain balance and prevent falls with speakers Rebecca Chaplin, LOSRC & Rowan Lischerelli, Deaf-Blind Specialist, NC Division of Services for the Blind. Visit copilotblog.weebly.com/fall-prevention.html
- 14** **Senior Companion and Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 14** **Caregiver Support Program Advisory Committee Meeting**, LOSRC, 11:30 am - 1 pm
- 15** **Buncombe County Cultural Change in Aging Network Meeting**, LOSRC, 2 - 4:30 pm
- 15,16,20,21** **Living Healthy Leader Training**, MAHEC Cherokee Room, see page 4
- 22-23** **Ombudsman CAC Orientation**, LOSRC, see page 7
- 24** **The North Carolina Action Collaborative for Excellence in Long-Term Care - Learning Session II**, LOSRC, see page 7
- 30** **Buncombe County Cultural Change in Aging Network Meeting**, LOSRC, 9:30 - 11:30 am
- 30-31** **Living Healthy with Diabetes Leader Training**, MAHEC Cherokee Room, see page 4

Calendar of Events

September

- 3** **Labor Day**, Land-of-Sky offices **CLOSED**
- 6** **Fall Prevention Coalition Meeting**, LOSRC, 10:30 am - 2 pm
- 6** **Hands on Asheville-Buncombe Day of Caring**, see page 9
- 7-8** **Tai Chi for Arthritis Leader Training**, The Cathedral of All Souls, 8:30 - 5 pm each day. Visit tctrng.kintera.org/asheville
- 8** **SCSEP Title V Coordinators Meeting**, LOSRC

9-12 SE4A Conference, Grove Park Inn

- 12** **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm
- 14** **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 18** **Building Better Balance Screener Training**, UNCA Sherrill Center, see page 4
- 21** **NC Respite Coalition Meeting**, LOSRC, 11 am - 2 pm. For more information contact Jane MacLeod at 919-740-6605 or email jane.macleod@nc.eastersealsucp.com



22 Fall Prevention Awareness Day, see page 4



22-30 Active Aging Week, see page 1 for destination details



24 Wellness Expo, Biltmore Square Mall, see page 9



25 Building Better Balance Screener Training, Hendersonville Family YMCA, see page 4

29 Envisioning Home: Creating New Models of Home & Community in Later Life, Osher Lifelong Learning Institute at UNC Asheville (formerly the NC Center for Creative Retirement), see page 7

October

- 5** **LGBT Sensitivity Training**, MAHEC, 8:30 am - 1 pm. Registration is \$75 through MAHEC, CEUs available.
- 10** **CRC Leadership Team Meeting**, LOSRC, 10:30 am - 12 pm

10 LOSRC Annual Celebration, see page 5



- 11** **Aging Advisory Council Meeting**, Transylvania County Library, 10 - 11:30 am
- 11-14** **2012 International Sage-ing Conference**, Lake Junaluska Conference Center. Visit www.sage-ingguild.org/2012conference
- 12** **WNC Fall Prevention Coalition Subcommittee Meeting**, LOSRC, 8:30 - 10 am
- 15** **Senior Companion Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 16** **Foster Grandparent Volunteers In-Service**, LOSRC, 9 am - 1 pm
- 23** **"Psychotropic Medication" CEU Class**, LOSRC, 8:30 am - 1:30 pm, for more info contact Barbara Hinshaw at 251-6622.
- 25** **Buncombe County ACC Meeting**, LOSRC, 2 - 3:30 pm



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We would like to hear what you think of the new Aging and Volunteer Services Newsletter. Contact Christina at 251-6622 or email christina@landofsky.org.

Please recycle this newsletter!



Aging and Volunteer Services

Serving Buncombe, Henderson, Madison, and Transylvania Counties

Vol I - Issue 3: August - October 2012



A&VS

Aging and Volunteer Services' Staff

LeeAnne Tucker - Aging and Volunteer Services Director
Brenda Delacruz - Aging and Volunteer Services Project Assistant

AAA

Area Agency on Aging Staff

Barbara Hinshaw - Regional Ombudsman
Carol McLimans - Family Caregiver Resource Specialist
Christina Giles - AAA Project Assistant, Newsletter Layout & Design
Jennifer Atkinson - SCSEP Coordinator
Lee Ann Smith - Regional Ombudsman
Linda Kendall Fields - CRC Coordinator & Buncombe County Aging Plan
Rebecca Chaplin - Aging Programs Specialist - HPDP and Senior Center
Sherry Christenson - Aging Programs Specialist - Contracts and ARMS
Terry Collins - Regional Ombudsman

VS

Volunteer Services Staff

Patti Cameron - RSVP Coordinator
Stacy Friesland - FGP Manager
Tracy Ash - SCP Manager
Shanaia Powell - Volunteer Assistant



Please share this newsletter with residents, staff, family members, volunteers and others interested in our community.